



Australian Government
Australian Sports Commission

Canoe Polo DEVELOPMENT COACH Training Program

Training outline

1. Preliminaries
2. Coach preparation*
3. Athlete preparation*
4. Skills and tactics

* Coach preparation and athlete preparation are presented by the state institute of sport

1. Preliminary requirements

- ⦿ Accredited foundation coach
- ⦿ Five years coaching experience
- ⦿ ASC training (two days)
- ⦿ Canoe polo training (two days)
- ⦿ Coaching diary (24 weeks)
- ⦿ First Aid qualification

2. Coach preparation

- ① The essence of coaching
- ① Program management
- ① Planning
- ① Sports safety
- ① Coaching processes
- ① Inclusive coaching

3. Athlete preparation

- ① Skill acquisition
- ① Introduction to physiology
- ① Basic anatomy and biomechanics
- ① Development and maturation
- ① Nutrition for sport
- ① Sport psychology
- ① Anti-doping in sport

4. Skills and tactics – 1

- ④ Session planning
- ④ Designing a training program
- ④ Skill training
- ④ Advanced ball skills
- ④ Advanced paddle skills
- ④ Advanced boat skills

4. Skills and tactics – 2

- ④ Defence
- ④ Offence
- ④ Tactics
- ④ Injury prevention
- ④ Fitness
- ④ Touring and competition day

Assessment

- ① Written assessment
- ① On-water practical assessment
- ① Coaching diary (24 weeks)

Note

The canoe polo development coach training program is not available online. Please contact your state association for training details