

On water

Module
20



On-water session

Candidates demonstrate their coaching skills by leading a training squad

Evidence required:

- risk assessment
- scrutineering
- session plan
- skills instruction
- tactics instruction

Scrutineering

Check the following before allowing a player or their equipment to participate:

- > helmet – proper fit, guard protects face
- > life jacket – proper fit, no rips, no loose straps
- > spray deck – good fit, has release strap
- > paddle – correct thickness, no sharp edges, no loose tape
- > kayak – no sharp edges, no loose screws, no loose bumpers, no loose tape
- > personal – no watches, no jewellery

Basic skills – 1

◎ Paddling

- > forward paddling
- > forward and reverse sweeps
- > draw
- > bow draw
- > low support
- > high support

Basic skills – 2

◎ Passing

- > Base ball pass
- > Lob pass
- > Two handed pass
- > Round arm pass

Tactics – 1

⦿ Defence

- > goal keeping
- > press
- > zone defence – 1-3-1, 2-2-1

Tactics – 2

- ⦿ Offence
 - > shooting
 - > screen
 - > penetrate
 - > shift