

Observation and analysis

Gather information verbally, gauge skill levels
Psychological Physiological

Discuss things that students want to work on

Is the venue appropriate to the students

Get on and check boat and paddle sizing

Are they connected?

Is posture active?

If not fix it

Use a variety of methods to analyse performance

Are they transferring power effectively

Technical templates,

Flags and Markers

Technical Tactical

Compare what they want to work on with what they need

Be careful about what they say they want

Do they know what they can and cannot do

Set aims for the session

Sell the aim to the students