

Wild River

Observation and analysis

Gather information verbally, gauge skill levels
Psychological Physiological

Discuss things that students want to work on.
Listen to this but do not commit to any specific aim

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
Compare what they do against the correct Technical templates
Flags and Markers will help with this
Technical Tactical
Use open questions to gather more info about why they do things in that way. Why are they using that stroke to complete that manoeuvre? Can they tell you what parts of the body they are using?

Compare what they want to work on with what they need
Do they know what they can and cannot do

Set aims for the session
Sell the aim to the students
What will the student be able to do by the end of the session
Start coaching