#### EDUCATIONAL PROGRAM FOR CANOE SLALOM COACHING: FOUNDATION ASSISTANT COACH AWARD IRAN – OCTOBER 14<sup>TH</sup>-22<sup>ND</sup>

### A. PRESENTATION

The Canoeing, Rowing and Sailing Federation of Iran organized this clinic in cooperation with the Canoe Slalom consultant. It had gathered 18 participants as 8 men and 8 women.

Participants have different backgrounds as Slalom for the one hand and Sprint for the other hand.

The classes were conducted in the Azadi Sport Complex at the Federation Office, Tehran for both theoretical and practical parts. The clinic ended by the welcoming of 18 young paddlers from sprint and slalom background.

The main target is to prepare the coaches at the specific format presented at the Youth Olympic Games 2018. That means having knowledge and abilities in coaching sprint and slalom.

### B. OUT-COMES and RELEVANT CONCLUSIONS

According the proposal development plan to ICRSF in 2015, one of the main target is to develop YOG system that could fit with the national development in Iran for Canoe.

Thus, making working groups Slalom/Sprint was a must and the main aim is to develop a strong cooperation among the different coaches in Iran.

Beside that, a bold development plan towards YOG 2018 had been presented to Iran NOC. It is needed to develop a strong and reliable network for YOG competitions on the territory.

By a close cooperation with Rowing & Sailing, a 2017 plan is aiming to organise actions based on:

- Training camps
- Competition on YOG format
- Educational program for coaches
- Social workshops on Olympic values for athletes

By funds coming from Iran NOC, Ministry of Sport, ICRSF and Olympic Solidarity with the support of ICF for all technical aspects and expertise, this program shall give the best results for a Iran participation at the YOG 2018. At the meantime, this should be grassroots for the national development of canoe and especially towards youth and new generation of coaches.



Participants building session for YOG abilities

### C. CONTENTS OF THE EDUCATIONAL PROGRAMME

Module 1	Foundation Assistant Coach Award			
Module 2How to CoachPassport Games and Activities				
Module 3	Build & Run a session			
Module 4	How to Roll			
Module 5	5 Physical Conditioning			
Module 6	YOG			

## D. PARTICIPANTS

	Name			
1	М	Ali Ahadi Amandi		
2	М	Ali Bandenejad		
3	М	Hadi kolali khormuji		
4	М	Masoud Mahedavinia		
5	F	Bahareh Afsharpour		
6	М	Milad Ale ali		
7	F	Sima Orouji		
8	F	Somayeh fallah asgari		
9	М	Amirmohamad Fattahpour		
10	М	Bardiya Mehrjou		
11	F	Monire Nasrazadani		
12	F	Roxana Razeghian		
13	М	Hiva Nasimi		
14	М	Masoud khodayary		
15	М	Mehdi Nazari		
16	F	Shaghayegh Seyedyousefi		
17	F	Sonia Gomari		
18	F	Katayoun Ashraf		

#### E. GLOBAL FEEDBACK

All participants were deeply involved in the learning process and worked on a daily basis on the different items proposed by the modules.

Teaching was based on paper-work, power-point files, pedagogical videos and practical workout.

The lecturer organised the working session as to mix the working groups with sprint and slalom people.

# F. <u>SCHEDULE</u>

9h-12h Module 1 Foundation Assistant Coach Award 8h30- 12h30 Module 3-A: build a session   introduction & presentation foundation assistant coach what is cance slalom? History of cance slalom? History of cance slalom Movies CSL exercices-Movies CSP technique and exercices   paddle passport programme paddle passport: equipment selection & embarquer forward paddling & backward paddling & emergency stops Working group by 8 groups of 2: 4 groups CSL/4 CSP 4building a session with a technical topic CSP-éducatifs C1   forward paddling & backward paddling & emergency stops IMA00   forward sweeps chat about vidéos water confidence skills movies "swimming-capsizing" IMA00   I3h30- Module 2 How to coach - Extension 17h30 Of 20   Module 2 Pasport Games and Activity UNCH 16h30   Introduction to coaching What is coaching Coaching Philosophy Coaching Styles Discussion Awereness Questionning Feedback Iffective instruction Learning Style Athlete Centred Learning Relationship development Reflective practice Coaching Tips Effective coaching TGFU	Saturday 15/10/2016		Sunday 16/10/2016			
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Coaching Tips Effective coaching						
Effective coaching		•				
6	Coaching Tips					
TGFU	Effective coaching					
	TGFU					

Monday 17/10/2016		Tuesday 18/10/2016			
		9h00-10h50 :	coach	athletes	
Rest -	Katayoon & Pierrick to Iran NOC	CSL CSP	group	group	observers group
		11h30-12h30 Debriefing			
	LUNCH	LUNCH			
13h	30-16h30 : Module 5: Physical	14h00-17h30 Module 6: YOG			
	Conditionning				
	Introduction				
	Understanding the body				
	Common Injuries				
Co	mponents of physical fitness				
	Energy Systems				
	General training principles				
	Periodisation				
Writing training programmes					
Training sessions for different fitness					
components					
Working group by 8 groups of 2:					
17h30	4 groups CSL/4 CSP - preparing a				
	session with a technical target				
	and a physiological frame				

Wednesday 19/10/2016	Thursday 20/10/2016			
9h-12h		session 1 for kids		
setting of CSP and CSL venues	9h-11h30	Coaches Groups	Coaches Groups C	
		A & B: CSL	& D: CSP	
LUNCH		Coaches Groups	Coaches Groups A	
LUNCH		C & D: CSL	& B: CSP	
	LUNCH			
13h30-15h30 : rest		session 2 for kids		
	14h30-16h	Coaches Groups	Coaches Groups A	
16h30-18h		C & D: CSL	& B: CSP	
preparation of the "Kids Welcoming"	16h30-17h30	debriefing		

Friday 21/10/2016		Saturday 22/10/2016		
9h-10h30		session 3 for kids		Debriefing
11h15-12h15	Group	Group 90°-lean-rocker (coach Pierrick)		Awards
				Closing
		LUNCH		
13h30-14h30	Group	draw/rudder (coach Pierrick)		
14h45-15h45 Group sweeps/backsweeps + edging (coach Pierrick)				
16h00-17h00	00-17h00 Group ups exit (coach Pierrick)			
17h30-18h30	0-18h30 debriefing			