

**ICF Coaches Course
Level 1
Slovenia – 14 till 19 August 2021**



Always moving forward



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Section 1: GENERAL

During the European Championships where it took place in Solkan (Slovenia), the ICF and ECA organised a level 1 slalom diploma to give some general skills to the coaches to introduce and develop this sport in their countries.

This level 1 is based on the ICF documentation with New Zealand cooperation, where all the technical and practical inputs are coming from the "assistant foundation coach" and "Paddle passport".



Section 2: CAMP SCHEDULE AND CONTENT

	Morning	Afternoon
Thursday August 12th		Arrival of the expert
Friday August 13th	Preparation day	gear for practical and classroom
Saturday August 14th	Welcoming from ECA President, presentation of the level 1 course and M1. Foundation assistant coach	M.2 How to coach and basic technical moves in slalom
Sunday August 15th	M3. Physical conditioning	M4. Safety module
Monday August 16th	Practical session Being paddler and coach	Practical session Being paddler and coach
Tuesday August 17th	Observation session with national coaches	Feedback from morning session and video review
Wednesday August 18th	M5. How to Judge	How to set a course. Meeting with course designers.
Thursday August 19th	Course walk, technical analysis	Judging, video judging...
Friday August 20th		Departure of the expert

In global the content from the assistant coach and paddle passport was good, I had to adapt some content to suit all the students.

From my point of view it's very important to keep 3 parts for this course:

- Theoretical part: where we can give content, documents, and discussions (all the documents are available at the annex pages)
- Practical part: where we can analyse the level of each student as a paddler and as a coach, his behaviour and how to transmit the knowledge.
 - o We have had 2 sessions that we split them in 4 (warm up, 2 thematics part, warm down) and the students took 1part to coach. They were the coaches and athletes in turn in the same session. The thematics were about basic up streams, staggers, S ups and spins.
 - o Also, we learned how to film, and do the video reviews.

- Observe a session with a national coach with his team and see how that work with the top level does. Ask questions about the way they coach
 - How to set a course and assist the course designers
 - How to judge
- Safety part: how to coach safely is one of the most important modules.
- Check-up for the safety gear: air bags, buoyancy aid, helmet.
 - Swim with all gear
 - Swim to the bank safely
 - Use the throebag to help a swimmer

Section 3: CONCLUSION

For the European countries are in development it was interesting to offer them that kind of course. It can be more people if it is around a world competition or especially in one country where there are lots of demand. Anyway, for a first course it was perfect to have no more than 6 students, we have had more facilities to adapt ourselves.

I think in the future, it will be important to create a content that we can use everywhere. And at least we should work to establish a level 1 and 2 as well, because all the students were asking for a level 2.

In Turkey there are lots of people who want to do a level 1 and 2. It can be interesting to help them to develop slalom because there is a desire to improve.

I want to thank the Slovenian federation for making available for us the classroom and all the gear needed to allow this course to take place

List of Participants:

Milan Djordjevic	Serbia
Goran Jovanovic	Serbia
Ionut Stancovici	Romania
Orhan Turan Emniyet	Turkey
Sarganovic Emir	Turkey
Muhammed Emre Ertek	Turkey

Modules: Introduction

This course is designed for coaches, parents and teachers who are new to the sport and wish to gain a greater understanding of how to develop the fundamental skills of canoe slalom. The course will provide the coach with information on how to coach, how to create a safe environment and basic kayaking techniques.

The course is delivered in a modular format, and is based around a PowerPoint presentation and practical observation that utilises past experiences and knowledge from the participants.

Aims and Objectives

Learning area of the Canoe Slalom Coach Development Framework.
Main Module 'Foundation Assistant Coach'

Learning Outcomes

- Demonstrate knowledge, care and appropriate use of kayaking equipment
- Demonstrate knowledge about the basic kayaking techniques
- Demonstrate knowledge about the Paddle Passport
- Assist a group in the kayaking skills required for a positive introductory experience
- Demonstrate effective safety management
- Understand the Coach Development Framework

Prerequisites

There are no prerequisites for this course.

Restrictions

A Foundation Assistant Coach can only coach under direct supervision from a Foundation Coach with a Paddling Endorsement. Your supervising Coach will be responsible for making sure you are coaching in appropriate conditions and must be qualified to coach in the particular environment.

Scope

At the completion of the course, a Foundation Assistant Coach can, under the supervision of a Foundation Coach:

- Assist in planning and prepare introductory kayaking experiences on flat water
- Introduce and coach the basic kayaking skills required for a positive introductory experience
- Assist Foundation Coaches

Assessment

There is no assessment for this module

Syllabus

Theory Session

- What is Canoe Slalom?
- Paddle Passport
- Effective Coaching
- Canoe Slalom Equipment
- Basic Safety Strategies
- Canoe Slalom Athlete and Coaches Pathways

Practical Session

- Correct Entry into Kayaks
- Exiting the Kayak Correctly on the Water
- Posture/Balance/Edging
- Forward/Reverse Paddling
- Turning Strokes – Draw, Sweep, Reverse

Practical Observation

- Coaches will assist and run a flatwater training session



Nadji Mazar
Coach