

Discipline specific (Canoe Polo) Part 1 Syllabus

Foundation support Module for Canoe Polo.

Duration: 6hrs

Requirements: Open entry, no previous experience is necessary. Practical sessions may be coached from the boat or the bank.

Objectives:

To be able to:-

- Identify the key demands of canoe polo performance.
- Recognise and understand the key elements of the core skills canoe polo requires, both tactical & technical elements.
- Recognise and understand the key equipment and rules involved in canoe polo, in order to deliver a safe, enjoyable session.

Also

- To have been introduced to the basics of planning & organising a canoe polo session.
- To have experienced canoe polo coaching in a small group.
- To have decided what YOU do next as a canoe polo coach.....and where to find help and more information.

Summary: The course will involve both bank and water based practices. The content will include the foundation skills of canoe polo, some training theory and discipline specific coaching practice.

Session	Objective	Learning outcome	Key content
1. Canoe polo explained	Theory & background knowledge	1.1 What is canoe polo?	1.1.1 Description / explanation of canoe polo 1.1.2 Regional and UK league structure, BCU canoe polo committee. International competitions. 1.1.3 Benefits of learning canoe polo

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		<p>1.2 The core skills canoe polo require & the principles of TTPP</p>	<p>1.2.1 The core skills can be categorised under 4 areas TTPP</p> <p>1.2.1.1 Technical:</p> <ul style="list-style-type: none"> - Strokes: Efficient forward paddling - different speeds, backwards paddling, turning, support strokes, rolling - Throwing: Passing, shooting - Catching - Blocking: general & goalkeeping - Dribbling: hand, paddle - Boat positioning - Hand tackling & boat tackling - Timing <p>1.2.1.1 Tactical:</p> <ul style="list-style-type: none"> - Defense: (zone: 3&1, 2&2, 2&1-1, flat 4) - Defense: Chasing (2&2, 3, 4) - 5 out - Attack: Draws - star - Attack: Overload - Attack: Split - Attack: Centre player - Decision making and awareness <p>1.2.1.1 Psychological:</p> <ul style="list-style-type: none"> - Interpersonal skills: team work, communication etc - Use of Tools: Imagery, self talk, goal setting etc - Commitment: ability to continue working to agreed goals - Confidence: belief in one's abilities - Control: ability to maintain emotional control - Concentration: ability to maintain focus <p>1.2.1.1 Physical:</p> <ul style="list-style-type: none"> - Endurance - Muscular endurance - Strength - Speed - Power - Flexibility - Reactions

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2. Canoe polo coaching	Theory & coaching practice	2.1 Requirements of a canoe polo coach 2.2 Organising a canoe polo session	2.1. Role & responsibilities. 2.2.SEL(Safe, enjoyable learning). Plan do review. Knowledge of generic risk assessment for canoe polo plus assessment for venue being used and the operating procedure for that venue. Bank based v boat based; pro's and con's; appropriate on water safety cover. Goal setting for the session - Note at level 1 requirement is to be able to deliver a session. Level 2 a series of sessions.
3. Canoe polo equipment	Theory & background knowledge	3.1 Minimum requirements and progressions available 3.2 Boat requirements and individual fit 3.3 Paddle requirements 3.4 Personal safety equipment (Helmet & face-guard and BA) 3.5 Clothing 3.6 Pitch set up	3.1. Basic requirement - a safe area; a defined goal (side of a pool, an open canoe, a bank or actual goal); kayaks; ball; buoyancy aids; if using paddles, helmets with face-guards become requirements. Progression requirements or any organised competition - safe area (appropriately marked); goals, kayaks, BA's, paddles and helmets & face-guards, shirts as defined in canoe polo rule book. 3.2. Large range of boats available (legal designs for competitions - list published by BCU canoe polo committee). Plastic boats (range of designs, sizes, generally aimed at clubs). Composite boats even greater range of designs and sizes, fitted out to increase connectivity. 3.3. Double bladed paddle, max length of 220cm & blades max50x25cm with minimum thickness of 5mm. 3.4. Helmet & face-guard and BA with side protection. 3.5. Shirt to cover minimum of shoulders and upper arms. Other clothing appropriate to the weather conditions. 3.6. See rule book for full competition requirements.

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4. Fitness & warm up	Theory & coaching practice	4.1 Fitness components of canoe polo 4.2 Training 4.3 Warm up & cool down	4.1.1. Physical Fitness components: Endurance; Strength; Speed; Power. 4.2.1. In boat training 4.2.2. Out of boat training (cross training) 4.3.1. Basic physiology of warm up. Warming up - joint mobility & increased blood flow. Land based and water based options. 4.3.2. Demonstration of practical warm up.

Session	Objective	Learning outcome	Key content
5. Foundation Canoe Polo Skills	Theory & Coaching practice	<p>5.1.1 Demonstration of a practical session including the core technical skills for canoe polo</p> <p>5.1.2. Awareness of the other technical elements of canoe polo.</p> <p>5.2.1 Demonstration of a practical session including tactics for defense and offense.</p> <p>5.2.2. Awareness of other tactical elements of canoe polo.</p>	<p>5.1.1. Knowledge of the following technical elements:</p> <ul style="list-style-type: none"> - Throwing: Passing, shooting - Catching - Blocking: general & goalkeeping - Dribbling: hand, paddle <p>5.1.2. Awareness of the following technical elements:</p> <ul style="list-style-type: none"> - Strokes: Efficient forward paddling - different speeds, backwards paddling, turning, support strokes, rolling [<i>Note, discussion on these element, but other courses cover in more detail</i>] - Boat positions including tackling - Hand tackling <p>5.2.1. Knowledge of the following tactical elements:</p> <ul style="list-style-type: none"> - Defense: 2&2 zone - Defense: Chasing 2&2 - Attack: Basic draw - Attack: Overload - Attack: Split - Attack: Centre player <p>5.2.2. Awareness of the following tactical elements:</p> <ul style="list-style-type: none"> - Defense: 3&1 zone, 2&1-1 zone & flat 4 zone. - Defense: Chasing 3, and chasing 4 & 5 out - Attack: Draws - star - Attack: Overload - Attack: Split - Attack: Centre player

Session	Objective	Learning outcome	Key content
6. Basic Rules of Canoe polo	Theory & background knowledge	6.1. Basic requirements to oversee a safe and fair game of canoe polo.	6.1.1 Start 6.1.2 When a goal is scored 6.1.3 Boundaries 6.1.4 Illegal tackles 6.1.5 Illegal paddle
7. Further Action	Using resources - Reading coaching info & watching video's & or live matches. Action Plan Feedback		