



Avenue de Rhodanie, 54
1007, Lausanne
Switzerland
telephone: +41 21 612 02 90
facsimile: +41 21 612 02 91
www.canoeicf.com

ICF Coaches Course

Luanda (Angola) – 2nd till 8th december 2024





Avenue de Rhodanie, 54
1007, Lausanne
Switzerland
telephone: +41 21 612 02 90
facsimile: +41 21 612 02 91
www.canoeicf.com

OVERVIEW:

Dates: December 2 to 8

Location: Luanda (Theoretical and Practice), Angola.

Hosted by: Federação Angolana de Desportos Náuticos

Presented by: Isaac Villa Santos, Olympic Coach in Tokyo 2020 and Paris 2024 by Santo Tome y Principe, National Coach of the CD Triana.

University Graduate in Physical Activity and Sport from the Pablo de Olavide

University of Seville. Coach level 3 by the RFEP. National competitor active for 27 years.

PROGRAM SUMMARY:

Theory Program

Monday, December 2, 2025: Course presentation and 5 hours of lecture/independent study (theory); Tuesday, december 3, 2025: 4 hours of lecture/study; Wednesday, december 4, 2025; 3 hours of lecture/study; Thursday, december 5, 2025; 3 hours of conference/study; Friday, december 6, 4 hours of conference / study. Saturday, december 7, 2 hours of exam.

Practice Program.

Tuesday, december 3, 2025: 4 hours; Wednesday, december 4, 2025; 2 hours; Thursday, december 5, 2025; 3 hours ; Friday, december 6, 4 hours . Saturday, december 7, 2 hours of exam practical.

Total 26 hours Theory, 15 hours Practical, 4 hours Exam.



Avenue de Rhodanie, 54
1007, Lausanne
Switzerland
telephone: +41 21 612 02 90
facsimile: +41 21 612 02 91
www.canoeicf.com

In person Instruction will consist of lecture and use of Power point presentations developed by ICF Coaching experts and master coach Csaba Szanto. The independent study will consist of reading the textbook, watching videos, participatory classes and homework. Practical instruction will consist of practical training experience with the students of the course themselves. Level 1 certification requires participation in the required classes and completion of the exam.

All Materials will be provided along with ICF and MVC L1 Coaching certifications. Your name will be recorded as an ICF certified coach on the ICF website at:
<https://www.canoeicf.com/development/coaches>

SUBMISSION DETAILS:

● THEORETICAL PART.

- Define Canoe Sprint. Introduction other Canoeing disciplines.
- Differentiate parts of a canoe and kayak
- Safety and rescue
- learn and explain to others the basic concepts of the technique ● Start in the modalities of canoeing, from the basic to the complex. ● Kayak technique.
- Canoe technique
- Dry training. How to apply strength, endurance and power training. ● Introduction to competition ● Rol of the coach.
- how to assess context and act to teach
- basic concepts of nutrition and sports psychology
-

- `

• **PRATICE PART.**

- Safety and rescue, how to tow a canoe and how to act in case of a rollover.
- change of role from teacher to athlete.
- main mistakes to teach canoeing.
- experience the different modalities of canoeing.
- How to teach, at different ages and modalities.
- How and when to perform tests and how to interpret their results.
- how to give feedback to athletes: sandwich technique.
- Ground work, main mistakes.
- Take advantage of the opportunities of the environment.

OBJETIVES.

The main objective of this course is to sow the seed that all attendees achieve, the knowledge and skills necessary to start in canoeing, instill the values inherent in sport such as teamwork, solidarity, respect for the rival and the improvement of the quality of life when practicing sport.

As learning objectives we set ourselves, that the students manage to identify the parts of a boat, learn to transmit positive feedback

to the athletes, know how to schedule basic training sessions both in water and on land or know what the stages of learning are and how they can be overcome for a correct instruction.

As primary objectives, we mark that the students work as a team, know how to interpret the signals of their students and transmit the orders in an appropriate and precise way, in addition to obtaining knowledge of strength training, resistance, nutrition, psychology and where to obtain information for improvement and improvement.

By Isaac Villa Santos.



COURSE SUMMARY.

Class 1

Duration: 1 hour

Contents: Presentation, watching a video on the history of canoeing, reading the powerpoint.

Homework: writing objectives, what you want to achieve with the course. Explanation of each one to their classmates, correction of communication guidelines.

Observations: The group remains attentive to my explanations, keeping their eyes and taking notes, they are a bit shy, but there are some who collaborate giving contributions.

REST: 40 minutes.

Duration: 1 hour.

Contents: Types of canoeing and parts of a boat. Viewing of a video explaining the parts of the kayak and the canoe and how they have to be assembled.

Homework: Drawing a canoe, kayak, canoe paddle and kayak and pointing out its parts.

Observations: The group is more integrated and contributes ideas, although when they reach the part of the paracanoe they disconnect from the session, I have insisted on punctuality and the use of the phone in class.

Class 2

Part 1

Duration: 1:30 minutes.

Contents: Equipment and basic technique.

Homework: Questions on basic technique.

Class activities: Individual explanation of each student on how to use the paddle in each modality.

Observations: The attention of the group is good, although there are some students who arrive late, according to them because they live far away and communications are not good in the area.

BREAK: 10 minutes.

Part 2

Duration: 1:30 minutes.

Contents: Practical class in the gym. Circuit of balance exercises, with fit ball, bosu, floor.

Each student proposed in the warmup an exercise to warm up, in the balance circuit, the exercises were proposed by me, they only knew a couple of exercises to work on balance.

We did the same dynamic in the stretching changing roles.

Class 3 Part 1

Duration: 2 hours

Contents: Kayak technique and basic training.

Homework: Questions on kayak technique.

Class activities: kayak students take on the role of coaches and canoe students take on the role of athletes.

Observations: Most of the class understands the basic kayak position and how the paddle should be worked in the water. Today only one student has arrived late, we have managed to attract his attention.

BREAK 10 minutes.

Part 2.

Duration: 2 hours.

Practical class on the outside. Circuit of strength exercises with self-loading, 12 minutes of rest and 20 minutes of Core workout circuit.

As we don't have the gym, we do a 10 minute warm up led by me, then we do a circuit of self-loaded strength, with the role changes, teacher-student. We rested for 10 minutes and then did a Core circuit led by me, followed by 15 minutes of stretching, led by the students.

Observations: The students are already moving confidently and firmly towards their fellow athletes.

Class 4

Part 1

Duration: 2:30 hours

Content: Canoe technique and role of coaches.

Homework: Questions on canoe technique, teaching styles and the fundamental role of the coaches in relation to the athletes.

Class activities: canoe students take the role of coaches and kayak students take the role of athletes.

Observations: Most of the class understand the basic canoe position and how to work on the paddle in the water.

Regarding the role of the coaches, they have a paternal figure, in what they understand a coach should be, for them a coach should take care of the health of the athletes and be like a father to them, which satisfies me, as it is one of the values of this sport, respect and care for others.

BREAK: 10 minutes.

Part 2

Duration: 2:30 hours.

Practical class in the gym, in three groups of 5 people.

As the gym was not available, we did a 10 minute warm up led by a student in charge of the group, then we went into the gym to explain the mechanics of working the pectoral on a flat bench, dorsal on a flat bench and traction and impulsion on a pulley machine.

Observations: The students work with motivation, and with curiosity, perfectly correcting their partners in the exercise.

Class 5

Part 1

Duration: 3 hours

Content: Strength work in the gym and safety and rescue.

Homework, they carry out a training session to improve their strength or other physical condition.

Class activities: students have half an hour to do a training session on paper, and then go out and explain it to their classmates.

Observations: In this last class, we have managed to get everyone to be punctual and arrive to class on time. On the other hand, the knowledge and theory given was a bit heavy for them, I looked for examples so that they could understand the objective of each training session and how to achieve it. They have the concept that there is no danger in the water, and I have tried to give reasons why this should be the priority in teaching beginner athletes,

BREAK: 10 minutes.

Part 2

Duration: 2 hours.

Practical class in the gym, in three groups of 5 people.

We carry out a test of maximum strength in pectoral and another of chest rowing, where the athlete must perform the maximum number of repetitions and then with the formula explained in class obtain their relative strength.

Observations: As it was the first test in pectoral, almost none of the boys completed the two minutes, on the other hand, in the chest rowing, all of them completed the time.

Class 6

Duration: 2 hours.

Content: Exam administered by the ICF.

The exam is given to the student 20 questions, the exam is edited by Szaba Santos, the behaviour in the exam is very good and nobody makes suspicious actions of copying.

After the exam the questions are read and the solutions are given, solving the doubts of each student regarding the answer of the questions.

EVALUATION.

The evaluation system is 40 % exam, 20 % homework and 40 % practicals. In order to pass the exam, students need 60 %, or 6 out of 10.



PRACTICAL

The practices were held at the Luanda naval club and the facilities of the Angolan Federation of water sports, on the first day they practiced kayaking initiation, the second day they worked with the canoe, the third day physical conditioning and the fourth day specific work in the gymnasium of the Federation.

The practical exam consisted in evaluating the skills of the coaches to initiate the kids who are going to practice our sport in canoeing.







Curso de Formador Nível 1 ICF

segunda, 2 de dezembro de 2024

Horário: 11:00- 11:30

Apresentação do curso, formas de avaliação, história da canoagem, material, adaptações à paracanoagem.

Horário: 11:40 – 13:00

Técnica Geral.

Horário: 14:00 – 15:00

Técnica de caiaque.

Horário: 15:15 – 16:30

Técnica de canoa/paracanoagem.

Terça-feira, 3 de dezembro de 2024

Horário: 9:00 – 10:30

Aptidão física

Horário: 11:00-13:00

Princípios de Formação

Horário: 14:00 – 16:00

Sessão prática no ginásio.

Quarta-feira, 4 de dezembro de 2024

Horário: 9:00 – 11:30

Entreno do Core.

Horario: 11:00 – 13:00

Ritmos de trabalho na Água.

Horario 14:00 – 16:30

Sessão prática na água

Quinta-feira, 5 de dezembro 2024

Horário: 9:00 – 13:00

Entreno (Específicos na agua)

Horario 14:00 – 16:30

Sessão prática na água



Avenue de Rhodanie, 54
1007, Lausanne
Switzerland
telephone: +41 21 612 02 90
facsimile: +41 21 612 02 91
www.canoeicf.com

Sexta-feira, 6 de dezembro de 2024

Horário: 9:00 – 10:30

Planeamento desportivo

Horário: 11:00 – 13:00

Paracanoagem

Horário: 14:00 – 16:30

Sessão prática de planeamento

Sabado 7 dezembro 2024

Horário: 9:00-10:30

Introdução à edição de vídeo, análise qualitativa.

Horário: 11:00 – 14:00

Exame teórico

Horário: 14:00 – 16:30

Exame prático.

EVALUATION

Below are the total marks for the course, where there were a total of 37 students, twelve failed because they did not reach the minimum required and 25 passed.

Nombre	Pais	Asistencia	Actividades	Final exam	Puntos	Nota final
Rui Albuquerque	Angola	2	2,46	8,2	4,1	8,56
Benício Kambinda	Angola	2	2,39	7,7	3,85	8,24
Rafael Martinho	Angola	1,8	2,27	8	4	8,07
Josemar Andrade	Angola	2	2,35	6,6	3,3	7,65
Alerio Paulo	Angola	2	2,08	6,9	3,45	7,53
Manuel Antonio	Angola	1,8	1,94	7,1	3,55	7,29
Aldair Neto	Angola	2	1,97	6,6	3,3	7,27
Francisco António	Angola	2	1,79	6,6	3,3	7,09
Francisco Escovinho	Angola	1,8	1,82	6,8	3,4	7,02
Ismael Texeira	Angola	2	1,90	6	3	6,90
Hilaria Maria Gilherme de Al	Angola	2	2,20	5,4	2,7	6,90
Lan de Seng	Sao Tome y Principe	2	2,05	5,7	2,85	6,90
Priscila de Morais Caimesse	Angola	1,8	1,83	6,2	3,1	6,73
Cesar Fidalgo	Angola	1,8	1,77	6,3	3,15	6,72
Alexandra Custódio	Angola	2	2,07	5	2,5	6,57
Lúcia Pinto	Angola	1,8	2,06	5,4	2,7	6,56
Fernandes Ngunza	Angola	2	1,98	5	2,5	6,48
Jose Fernao	Angola	2	1,90	5,1	2,55	6,45
Mario Jose Gabriel	Angola	1,8	1,77	5,7	2,85	6,42
Francisco Francisco	Angola	1,8	1,74	5,7	2,85	6,39
Vilma Wola	Angola	1,8	1,64	5,7	2,85	6,29
Izildro Tchicuele	Angola	1,8	1,90	5,1	2,55	6,25
Fátima António	Angola	2	2,22	4	2	6,22
Vasconcelos Tubias	Angola	2	1,98	4,3	2,15	6,13
Antoaneta Varela	Angola	2	1,89	4,3	2,15	6,04
Afonso Borges	Angola	1,8	1,41	5,4	2,7	5,91
Hugo s Nunes	Angola	2	1,78	3,7	1,85	5,63
Jairo Domingo	Angola	2	1,66	3,7	1,85	5,51
Benilson Sanda	Angola	1,6	1,39	5	2,5	5,49
Celso Manuel	Angola	2	1,73	2,9	1,45	5,18
Ester Mbota	Angola	2	1,88	2,6	1,3	5,18
António Kavinda	Angola	2	1,52	3,1	1,55	5,07
Paixão Paulo	Angola	2	1,48	3,1	1,55	5,03
Paulo Rocha	Angola	1,5	0,56	6,3	3,15	5,21
Evaristo Morais	Angola	1,6	1,10	3,1	1,55	4,25
João Silva	Angola	1	0,68	0	0	1,68
Jose Serafin	Angola	0	0,53	0	0	0,53

There are two students who did not pass due to lack of attendance, the rest did not pass because they did not reach the required level, according to my observation there are students who are practising and do not know the theory or have not found the motivation to learn in this course, such as Jairo Domingo, athlete and trainer or Fatima Antonio. The rest come from totally unknown sports and it has been difficult for them to reach the level, but they have recognised that they have learnt many things to put into practice in their sports.

Under my responsibility, I understood that the level of demand of this course should not be lowered, putting in the hands of these people the life of our future sportsmen and women, although it is not a requirement in the country to be able to exercise this profession.

Pass rate 67.6%.

The ratio of men and women is 30 boys and 7 girls.

The best mark of a man, in this case Rui Albuquerque, and the best mark of a woman, Hilaria Maria Riquelme, were presented with a stopwatch courtesy of the ICF, in recognition of their academic performance.



OVERVIEW OF THE COURSE.

The structure of the Angolan water sports federation has offered this course for all the sporting bodies that can practice within the sporting system. In general there were 37 students of whom there were people who never rode a canoe or people who are currently helping the growth of our sport in the country. It is noteworthy that there were 7 sailing students, 4 swimming students, a sports director of a sailing club, and 4 athletes who were related to athletics.

The facilities of the hotel were ideal to give the theory and the willingness of the sailing club to collaborate with the practices is to be appreciated. The Angolan federation has basic facilities for strength training sessions and we were able to give a very compact training session. As for the future of this federation, they aspire to host the next qualifier for the Los Angeles Games 28, and from my point of view, they have a spectacular bay, that if they get the support of the government to dredge a meter and a half deep, we would have the best track in Africa, right in the centre of the city of Luanda.

The organisation of the federation is also one of the best I have found in Africa, so it is no coincidence that the current president has obtained 100 per cent of the votes.



Avenue de Rhodanie, 54
1007, Lausanne
Switzerland
telephone: +41 21 612 02 90
facsimile: +41 21 612 02 91
www.canoeicf.com

In short, we must continue to bet on the growth of our sport in this part of Africa, where there is a producer of boats, Ruca, the Angolan Federation is organized and the Olympic Committee is very much in favour of the sport, as demonstrated to me at the final twinning meal Domingo Torres Junior, where it is intended to make a register of coaches with qualifications and to train other coaches, from this talk came an exchange to create a structure within the federation to improve the organization and the future of all sports.

Isaac Villa Santos.

03/02/2025