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# ICF Coaches Course

Amatitlan (Guatemala) – 3<sup>rd</sup> till 8<sup>th</sup> march 2025



Always moving forward



## **OVERVIEW:**

**Dates:** March 3 to 8

**Location:** Amatitlan (Theoretical and Practice), Guatemala.

**Hosted by:** Federación de Remo y Canotaje de Guatemala

**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, March 3, 2025: Course presentation and 5 hours of lecture/independent study (theory); Tuesday, March 4, 2025: 5 hours of lecture/study; Wednesday, March 5, 2025: 5 hours of lecture/study; Thursday, March 6, 2025: 5 hours of lecture/study; Friday, March 7, 2025: 5 hours of lecture / study. Saturday, March 8, 2025: 3 hours of lecture/study and 2 hours of exam.

### **Practice Program.**



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Tuesday, march 4, 2025: 3 hours; Wednesday, march 5, 2025; 4 hours; Thursday, march 6, 2025; 4 hours ; Friday, march 7, 4 hours .

### **Total 33 hours Theory, 15 hours Practical, 2 hours Exam.**

The theoretical instruction consisted of readings of power points, watching videos, reading scientific articles and debates that have enriched the active participation of the group, a group that had a particularity in that there were people who had not completed level 1 and an adaptation had to be made to allow them to achieve basic knowledge.

The practical part has been technical improvement interventions to the athletes of the High Performance Center of the Guatemalan national team, the first day was for kayaking, the second for canoe and the third was in gym circuits, where the technicians were divided into groups to intervene with this population, the rest of the practices were carried out in the classroom with the laptop, in video editing and spreadsheet management for sports planning.

All Materials will be provided along with ICF and MVC L2 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.**

1. Bases of sports behavior
2. Basics of sports training.
3. Básica Technique
4. Kayaking technique, at the highest level
5. Canoe technique, at the high level.
6. Paracanoe, adaptations and improvements.
7. General principles of high-level training
8. Specific physical conditioning of the high-level athlete.

9. Specific training.
10. Planning high-level training
11. Qualitative analysis of the technique using video editing.

## • PRATICE PART.

1. Realization of a rubric for the correction of errors.
2. Video recording for subsequent error correction.
3. Motor boat driving for training tracking.
4. Communication with the athlete from the motor boat to manage feedback
5. Correction of technical errors in situ from the kayak motorboat
6. Correction of technical errors in situ from the motorboat in a canoe.
7. Fitness work by groups and stations in the gym
8. Preparation of work proposals in the gym for Core, Explosive Strength, plyometrics, Endurance Strength and Hypertrophy.
9. Error correction by video editing with Kinovea program
10. Planning a training session within the excell.



## **OBJETIVES.**

The main objective of the course was to provide the necessary tools to the students to be able to achieve the development of athletes who will go hand in hand with the federation in the achievement of sporting achievements, before the maturation of the high level.

The teaching objectives are to get coaches to detect serious errors in athletes and give them the appropriate feedback and at the time where it is most effective, in addition to planning a long-term season, to achieve the objectives of Development of athletes. As for the use of tools such as spreadsheets, video editors or the handling of a boat to track a training session.

As a primary objective we set ourselves that coaches know how to communicate in the first instance with the athletes, know how to understand them, in addition to having a sports plan according to each athlete, in addition to being clear about the strategies of passage of each test, the objectives of each specific training session, the duration of said training on the athlete and the different effects that are achieved with the training.



**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 is quite integrated as it is made up of several students from the previous year, so they know the work dynamics and how to pass.

**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 pictograms of each student differ if they come from one side of the sport or the other, but we achieve the objective of the work.

### Class 2

#### Part 1

**Duration:** 120 minutes.

**Contents:** Bases of sports behavior

**Homework:** Questions about the coach's involvement in teaching.

**Class activities:** Explanation of the basis of all human behavior within sport.

**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:** 120 minutes.

**Contents:** Foundations of sports performance

**Homework:** Questions on the fundamentals of sport, physics, biomechanics, nutrition, psychology, talent detection.

**Class activities:** Explanation of the theoretical bases of sports training, adapted to canoeing.

**Observations:** The theory is a bit long and we alternate with technique and motivational videos to capture their attention.

## **Class 3 Part 1**

**Duration:** 2 hours

**Contents:** Kayak technique and basic training.

**Homework:** Questions on kayak technique.

**Class activities:** A reminder of the kayak technique is made and we go a little deeper so that new ones do not lose sight of the theory.

**Observations:** New students have a hard time understanding physics and the difference between style and technique.

BREAK 10 minutes.

## **Part 2.**

**Duration:** 2 hours.



Practical class on the outside. Technical work over 1000 meters in kayak and video recording for later correction by video editing.

We have the collaboration of the boys and girls of the Guatemalan national team of the kayak modality, they go out in pairs and the instructor goes out in the boat to correct the most visible errors and manage feedback.

**Observations:** The students of the previous year develop their skills as a coach very well, but the new ones find it difficult to give feedback, tone it and know what to correct

## Class 4

### Part 1

**Duration:** 2:30 hours

**Content:** Canoe technique .

**Homework:** Questions on canoe technique, teaching styles, common errors and development of technique.

**Class activities:** Se realiza la lectura del powerpoint en la clase, además de ver videos de diferentes palistas, y la evolución de la técnica en esta modalidad.

**Observations:** Most of the class has a harder time understanding the explanation of the canoe than the kayak, but we manage to create a synergy between the new members of the group and those who were already in the last course and a quite interesting debate is held where the students themselves solve their doubts.

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BREAK: 10 minutes.

### Part 2

**Duration:** 2:30 hours.

Practical class on the lake, the same operation as the kayak class, is carried out over the distance of 1000 m and the appropriate correction is worked on for the athlete.

**Observations:** The students who received the feedback in the previous kayak class have already shown an evolution in terms of communication with the athletes they have to correct, a great advance.

## Class 5

### Part 1

**Duration:** 3 hours

**Content:** Paracanoe, General Training Principles and physical conditioning.

**Class activities:** First, the paracanoe powerpoint is read, provided by "Selma Palacin", where it is explained a little how from the base of the training, basic and easy-to-understand concepts, the population to which they are addressed, with very revealing explanatory videos and the adaptations to each type of disabled population. In the topic of the general principles of training, a summary of level 1 is made again and in-depth principles are expanded, for their understanding and implementation by the technicians.

BREAK: 10 minutes.

### Part 2

**Duration:** 2 hours.

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

We once again have the collaboration of the training group of the Guatemalan national team, in this case we carried out five types of circuits, in which we will work, hypertrophy, endurance strength, explosive strength, core and specific circuit, previously the technicians have prepared their sessions, and they have passed them to me on paper for prior review, then the work groups and the types of training that the other coaches have

prepared have alternated, with which it has been possible to check the degree of adaptability of each technician.

**Observations:** Each group was comfortable with their proposed session, but when modifying their work objective some have already been too out of place, but proposing a little group work among the technicians each technician has been giving feedback to the member of their group to improve the session.

## Class 6

### Part 1

**Duration:** 3 hours

**Content:** Preparación específica y planificación.

**Class activities:** The first power point is the reading of the rhythms of training in water, depending on the metabolic development they want to achieve, rhythms that will give us the idea and the development of a session with an objective, in the planning power point we explain the two most common systems of planning and their effects.

BREAK: 10 minutes.

### Part 2

**Duration:** 2 hours.

Practical class in the room, with the laptops, for the development of two exercises proposed for planning and how to fill in the spreadsheet that has been provided.

**Observations:** Todos los integrantes de la clase se han afanado en rellenar las diferentes propuestas de planificación, desde una sesión a un macrociclo de cuatro años.

## Class 7

### Part 1

**Duration:** 3 hours

**Content:** Specific training of women and analysis through video editing.

**Class activitie:** In the first part, some notes are made on how to train women during their menstrual cycle, in the second part they take advantage of the videos that have previously been recorded of the athletes and the rubrics that the coaches have been ordered to make to make a correction of the kayak and canoe paddle through video editing and its rubric.

### Part 2

**Duration:** 2 hours.

**Content:** Exam administered by the ICF.

The exam is given to the student 35 questions, the exam is edited by Isaac Villa, and contains 25 questions of the syllabus, 8 questions of medium level and 7 of difficult level

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 have been carried out on Lake Amatitlán, in the facilities of the Guatemalan Rowing and Canoeing Federation, this federation has given us

both the motor boats, as well as the fuel, the gym and everything we needed to be able to develop level 2 with total peace of mind.

We want to thank the Guatemalan national team for their invaluable collaboration to make students and that the coaches could give them the necessary feedback, in addition the driving of the motor boat by the coaches has been evaluated in the first class and there have been some members who have had a hard time developing this skill.



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*CRONOGRAMA DE ACTIVIDADES DEL CURSO DE  
ENTRENADOR DE ICF LEVEL 2.*

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**3 DE MARZO DE 2025**

- 07:00-08:00 - Desayuno.
- 08:00-08:30 - Transporte del hotel al salón.
- 08:45-09:15 - Presentación Oficial, por parte de las autoridades de la federación de Remo y Canotaje y de la ICF mediante Sebastián Cuatrin.
- 09:30-10:30 - Bases del comportamiento deportivo.
- 10:45-11:45 - Bases del entrenamiento deportivo.
- 12:00-13:45 - Transporte a La Barca, almuerzo y vuelta al salón.
- 14:00-15:30 – Deporte adaptado y discapacidad.
- 15:45-17:00 - Técnica en canotaje general.
- 17:00-17:30 - Traslado del salón al hotel.
- 19:00-20:00 - Cena.

**4 DE MARZO**

- 07:00-08:00 - Desayuno.
- 08:00-08:30 - Transporte del hotel al salón.
- 08:45-11:45 - Técnica de Kayak, habilidades determinantes en kayak
- 12:00-13:45 - Transporte a La Barca, almuerzo y vuelta a la federación.
- 14:00-17:00 - Practicas de técnica de Kayak. (practicar con alumnos del centro de tecnificación).
- 17:00-17:30 - Traslado al hotel.
- 19:00-20:00 - Cena.



## 5 DE MARZO

- 07:00-08:00 - Desayuno.
- 08:00-08:30 - Transporte del hotel al salón.
- 08:45-11:45 - Técnica de Canoa, habilidades determinantes en canoa
- 12:00-13:45 - Transporte a La Barca, almuerzo y vuelta a la federación.
- 14:00-17:00 - Practicas de técnica de Canoa. (practicar con alumnos del centro de tecnificación).
- 17:00-17:30 - Traslado al hotel.
- 19:00-20:00 - Cena.

## 6 DE MARZO

- 07:00-08:00 - Desayuno.
- 08:00-08:30 - Transporte del hotel al salón.
- 08:45-09:45 -Entrenamiento de la resistencia.
- 10:00-11:45 – Análisis del rendimiento.
- 12:00-13:45 - Transporte a La Barca, almuerzo y vuelta a la federación.
- 14:00-17:00 - Practicas de entrenamiento de fuerza en el gym. (es necesario traer ropa para cambiarse y toalla).
- 17:00-17:30 - Traslado al hotel.
- 19:00-20:00 - Cena.

## **7 DE MARZO**

- 07:00-08:00 - Desayuno.
- 08:00-08:30 - Transporte del hotel al salón.
- 08:45-11:45 – Planificación Ciclo.
- 12:00-13:45 - Transporte a La Barca, almuerzo y vuelta al salón.
- 14:00-17:00 - Planificación (es necesario tener Laptop).
- 17:00-17:30 - Traslado al hotel.
- 19:00-20:00 - Cena.

## **8 DE MARZO**

- 07:00-08:00 - Desayuno.
- 08:00-08:30 - Transporte del hotel al salón.
- 08:45-11:45 – Planificación Ciclo específico de velocidad.
- 12:00-13:45 - Transporte a La Barca, almuerzo y vuelta al salón.
- 14:00-17:00 - Planificación (es necesario tener Laptop).
- 17:00-17:30 - Traslado al hotel.
- 19:00-20:00 – Cena

## **9 DE MARZO**

- 07:00-08:00 - Desayuno.
- 08:00-08:30 - Transporte del hotel al salón.
- 08:45-09:45 – Tácticas de carreras y su análisis.
- 10:00-11:45 - Análisis Cualitativo de la técnica mediante edición de video.( necesario laptop).
- 12:00-13:45 - Transporte a La Barca, almuerzo y vuelta al salón.
- 15:00-17:00 - Test final de conocimientos.
- 17:00-17:30 - Traslado al hotel.
- 19:00-20:00 - Cena

## EVALUATION

In total, 16 students have completed the course, of which 7 obtained level 1 and 9 level 2, so there is no failure in the course.

Nombre	Apellido	Federación	Asistencia 2 pts	practica 2pt	Actividades	Examen final	Examen final	Puntuacion final	
Ernesto Lazaro	Delgado Rodríguez	CUB	2	1,80	1,81	8,90	3,56	<b>9,17</b>	
Liodan	Triana Espinosa	CUB	2	1,60	1,59	9,40	3,76	<b>8,95</b>	
Elfego Antonio	Canales Santa Maria	GUA	2	1,73	1,85	7,40	2,96	<b>8,54</b>	
Jefrey	Gonzalez	GUA	2	1,40	1,69	8,20	3,28	<b>8,37</b>	
Reinier	Guisado Aldana	CUB	2	1,67	1,62	7,70	3,08	<b>8,36</b>	
Alan	Torres	GUA	1,5	1,33	1,35	9,00	3,60	<b>7,79</b>	
Herman	Garcia	GUA	2	1,33	1,57	7,10	2,84	<b>7,75</b>	
Claudia	Valenzuela	GUA	2	1,33	1,63	6,70	2,68	<b>7,65</b>	
Eliezer	Diaz	NIC	2	0,80	1,79	5,70	2,28	<b>6,87</b>	Nivel 1
Osvaldo	Teran	MEX	1,8	1,00	1,19	6,90	2,76	<b>6,75</b>	Nivel 1
Evidelia	Gonzalez	NIC	2	0,80	1,21	6,50	2,60	<b>6,61</b>	Nivel 1
Jose	Bolvito	GUA	2	0,90	1,29	6,00	2,40	<b>6,59</b>	Nivel 1
Leon	MC NEIL	JAM	2	0,80	1,28	5,40	2,16	<b>6,24</b>	Nivel 1
Ada	Cabrera	PRI	2	0,90	0,92	5,70	2,28	<b>6,10</b>	Nivel 1
Henry David	Córdoba	GUA	2	0,80	1,05	4,60	1,84	<b>5,69</b>	Nivel 1

Of those who did not take the previous level 1, only Jeffrey Gonzalez managed to pass to level 2 directly, since I completed some very good practices in addition to the exam.

The rest who obtained level 1 was due to their lack of practice in the water, their very basic knowledge about canoeing and the little development of the theory that has been given, in this way I consider in my opinion that they still do not have enough capacity to reach level 2, although they are encouraged to continue training and preparing to be able to develop all the knowledge acquired in that course.

Pass rate 100%.

The ratio of men and women is 13 boys and 3 girls.

The best grade was achieved by Ernesto Lazaro, head coach of the national team and by a girl it was Claudia Valenzuela, also head of an association in Guatemala.

## OVERVIEW OF THE COURSE.

In short, this course has caused a satisfactory experience, the Guatemalan federation has helped to make it so. As for the development of previous knowledge, I have been able to see with my own eyes the increase in level of the members of the national team and their coaches, who must be congratulated.

It is still a task to complete the competition material, the federation has the most difficult thing, an infrastructure that works and a very good base of athletes, which is gradually increasing and the material that accompanies it is not first or second class. "You can't go to war with wooden sticks."

From my point of view, they can be improved a lot with the help of the material and see the growth of Guatemala as a banner of the countries of Central America, which remain crouched waiting for one of them to take flight and make canoeing rise to the next level.

From the administrative point of view it is a federation that is well organized, always looking for points of interest for its growth and sharing those benefits with the rowing section, its president Jacqueline Ugetti, is doing a great job for it, although at times it feels overwhelmed and that is where they can die of success, the second step of the federation in terms of board of directors must be stronger and with more independence to propose and develop.

Guatemala is a good country to start developing canoeing at a high level and can be a good place where the investment of the ICF is more visible and

appreciated, this opportunity should not be overlooked, so that the part of the development of countries with difficulties is more visible from that iceberg that the rest of the world cannot see because it is an underground and invisible work.

Isaac Villa Santos.

18/04/2025



## Anexo 1

Example of a Rubric made by the students for kayaking

CRITERIOS A EVALUAR		NIVELES DE VALUACION			
		Excelente	Bueno	Bajo	Hay que mejorar
1	Agarre bien de la pala	Tiene un excelente agarre de la pala	Tiene buen agarre de pala	Se le dificulta el agarre de la pala	Debe mejorar su agarre de la pala
2	Salida limpia de la pala	Tiene una excelente salida limpia de la pala	Tiene buena salida limpia de la pala	Se le dificulta la salida limpia de la pala	Debe mejorar la salida limpia de la pala
3	Tiene equilibrio y estabilidad en la remada	Excelente estabilidad y equilibrio en la remada	Buena estabilidad y equilibrio en su remada	Se le dificulta el equilibrio y estabilidad en la remada	Debe mejorar el equilibrio y estabilidad en la remada
4	Tira la espalda con rotación del torso	Tira excelente la espalda con rotación del torso	Tira bien la espalda con rotación de torso	Se le dificulta tirar la espalda con rotación del torso	Debe mejorar a tirar la espalda con rotación del torso
5	La pala entra al agua muy limpia	La pala entra perfectamente limpia al agua	Buena entrada de pala limpia en el agua	Se le dificulta la entrada de la pala limpia al agua	La pala no entra limpia al agua
6	Posición de hombros y brazos al hacer la tracción	Excelente posición de hombro y brazos al hacer la tracción	Buena posición de brazos y hombros al hacer la tracción	Dificultad en la posición de hombros y brazos al hacer la tracción	Debe mejorar la posición de hombros y brazos al hacer la tracción
7	El plano de la pala permanece perpendicular al plano del agua	Excelente plano perpendicular de la pala	Buen plano perpendicular de la pala	Se le dificulta el plano perpendicular de la pala	Tiene dificultad para mantener la pala perpendicular
8	Aplica la fuerza al entrar la palada al agua	Excelente aplicación de fuerza al entrar la pala al agua	Buena aplicación de fuerza al entrar la pala al agua	La fuerza es muy poco aplicable al entrar la pala al agua	Debe mejorar la fuerza al entrar la pala al agua
9	Su eje permanece paralelo al pecho	Su eje permanece excelente paralelo al pecho	Su eje permanece bien paralelo al pecho	Se le dificulta mantener su eje paralelo al pecho	Debe mejorar su eje paralelo al pecho
10	La remada es bien fluida	Excelente fluidez en la remada	Buena fluidez en su remada	Se le dificulta la fluidez en la remada	Debe mejorar la fluidez en la remada



NIVELES DE EVALUACION				
4. Excelente				
3. Bueno				
2. Bajo				
1. Hay que mejorar				
Disciplina: Kayak				
Alumno Evaluado: Camisa Celeste				
NIVELES DE EVALUACION				
CRITERIOS A EVALUAR		Excelente	Bueno	Bajo
				Hay que mejorar
1	Agarre de la pala			
2	Entrada al agua			
3	Salida limpia del agua			
4	Equilibrio y estabilidad de la remada			
5	Tira la pala con rotación del torso			
6	Posición de hombros y brazos al hacer la tracción			
7	El plano de la pala permanece perpendicular agua			
8	La fuerza es aplicada cuando la pala entra al agua			
9	Su eje permanece paralelo al pecho			
10	Rema con fluidez			

## Annex 2 Canoe Rubric

CRITERIOS A EVALUAR		NIVELES DE VALUACION			
		Excelente	Bueno	Bajo	Hay que mejorar
1	Agarre bien de la pala	Tiene un excelente agarre de la pala	Buen agarre de pala	Se le dificulta el agarre de la pala	Debe mejorar su agarre de la pala
2	Salida limpia de la pala	Tiene una excelente salida limpia de la pala	Tiene buena salida limpia de la pala	Se le dificulta la salida limpia de la pala	Debe mejorar la salida limpia de la pala
3	Tiene equilibrio y estabilidad en la remada	Excelente estabilidad y equilibrio en la remada	Buena estabilidad y equilibrio en su remada	Se le dificulta el equilibrio y estabilidad en la remada	Debe mejorar el equilibrio y estabilidad en la remada
4	Amplia el desplazamiento en la fase aérea	Excelente ampliación en el desplazamiento en la fase aérea	Buena ampliación en el desplazamiento de la fase aérea	Se le dificulta la ampliación de la fase aérea	Debe mejorar la ampliación de la fase aérea
5	Coordina en el ataque la flexión del tronco con la rotación	Excelente coordinación en el ataque de la flexión del tronco con la rotación	Buena coordinación de ataque de la flexión del tronco con la rotación	Se le dificulta la coordinación de en el ataque de la flexión del tronco con la rotación	No coordina en el ataque la flexión del tronco con la rotación
6	Mantiene perpendicular la pala durante la tracción	Mantiene excelente la perpendicularidad de la pala durante la tracción	Buen mantenimiento perpendicular de la pala durante la tracción	Tiene dificultad de mantener perpendicular la pala durante la tracción	Debe mejorar el mantenimiento perpendicular de pala durante la tracción
7	Flexión ventral para llegar al agua	Tiene una excelente flexión ventral para llegar al agua	Buena flexión ventral para llegar al agua	Se le dificulta la flexión ventral al entra al agua	Debe mejorar la flexión ventral para llegar al agua
8	Brazos extendidos al entrar la pala al agua	Sus brazos están correctamente extendidos al entra al agua	Buena extensión de brazos al entrar la pala al agua	Se le dificulta la extensión de brazos al entrar la pala al agua	Debe mejorar la extensión de brazos al entrar la pala al agua
9	Trasmite fuerza de la pala a la Canoa	Excelente transmisión de la fuerza de la pala a la Canoa	Buena transmisión de la fuerza de la pala a la Canoa	Se le dificulta la transmisión de la fuerza de la pala a la Canoa	No trasmite fuerza de la pala a la Canoa
10	La remada es bien fluida	Excelente fluidez en la remada	Buena fluidez en su remada	Se le dificulta la fluidez en la remada	Debe mejorar la fluidez en la remada

		NIVELES DE EVALUACION			
		4. Excelente			
		3. Bueno			
		2. Bajo			
		1. Hay que mejorar			
		Disciplina: Canoa			
		Alumno Evaluado: Camisa Negra			
CRITERIOS A EVALUAR		NIVELES DE EVALUACION			
		Excelente	Bueno	Bajo	Hay que mejorar
1	Agarre bien de la pala				
2	Salida limpia de la pala				
3	Tiene equilibrio y estabilidad en la remada				
4	Amplia el desplazamiento en la fase aérea				
5	Coordina en el ataque la flexión del tronco con la rotación				
6	Mantiene perpendicular la pala durante la tracción				
7	Flexión ventral para llegar al agua				
8	Brazos extendidos al entrar la pala al agua				
9	Trasmite fuerza de la pala a la Canoa				
10	Rema con fluidez				