

EDUCATIONAL PROGRAM FOR CANOE SLALOM COACHING: FOUNDATION ASSISTANT COACH AWARD IRAN – OCTOBER 14TH-22ND

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 2	How to Coach Passport Games and Activities
Module 3	Build & Run a session
Module 4	How to Roll
Module 5	Physical Conditioning
Module 6	YOG

D. PARTICIPANTS

		Name
1	M	Ali Ahadi Amandi
2	M	Ali Bandenejad
3	M	Hadi kolali khormuji
4	M	Masoud Mahedavinia
5	F	Bahareh Afsharpour
6	M	Milad Ale ali
7	F	Sima Orouji
8	F	Somayeh fallah asgari
9	M	Amirmohamad Fattahpour
10	M	Bardiya Mehrjou
11	F	Monire Nasrazadani
12	F	Roxana Razeghian
13	M	Hiva Nasimi
14	M	Masoud khodayary
15	M	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 work-out.

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

F. SCHEDULE

Saturday 15/10/2016		Sunday 16/10/2016			
9h-12h	Module 1 Foundation Assistant Coach Award	8h30-12h30	Module 3-A: build a session		
introduction & presentation foundation assistant coach what is canoe slalom? History of canoe slalom paddle passport programme paddle passport: equipment selection & embarquer forward paddling & backward paddling & emergency stops forward sweeps & backward sweeps chat about vidéos water confidence skills movies "swimming-capsizing"		Movies CSL exercices-Movies CSP technique and exercices Working group by 8 groups of 2: 4 groups CSL/4 CSP 4building a session with a technical topic CSP-éducatifs C1			
		LUNCH			
		13H40-15H30	Practical Module 3-A: run a session (8 groups of 2)		
		CSL	practical CSL Workshop coach group	practical Workshop athletes group	observers group
CSP					
LUNCH		16h30	debriefing		
13h30-17h30	Module 2 How to coach - Extension Module 2 Passport Games and Activity				
Introduction to coaching What is coaching Coaching Philosophy Coaching Styles Discussion Awereness Questionning Feedback Effective instruction Learning Style Athlete Centred Learning Relationship development Reflective practice Coaching Tips Effective coaching TGFU					

Monday 17/10/2016		Tuesday 18/10/2016			
Rest - Katayoon & Pierrick to Iran NOC		9h00-10h50 : CSL CSP	coach group	athletes group	observers group
		11h30-12h30 Debriefing			
LUNCH		LUNCH			
13h30-16h30 : Module 5: Physical Conditioning		14h00-17h30 Module 6: YOG			
Introduction Understanding the body Common Injuries Components of physical fitness Energy Systems General training principles Periodisation Writing training programmes Training sessions for different fitness components					
17h30	Working group by 8 groups of 2: 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 setting of CSP and CSL venues		9h-11h30	session 1 for kids	
LUNCH			Coaches Groups A & B: CSL	Coaches Groups C & D: CSP
13h30-15h30 : rest		LUNCH		
16h30-18h preparation of the "Kids Welcoming"		14h30-16h	session 2 for kids	
			Coaches Groups C & D: CSL	Coaches Groups A & B: CSP
		16h30-17h30	debriefing	

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