

Sample Session

Name of session: Kayaking Session

Date and Time: 15/06/21	Team/Group: Kids – 9- 12 yrs Total : 6	Equipment Needed: Sit on tops = 0 Enclosed = 6	Weather: NW wind Cloudy, Temp: 15 Degrees
Location: Bray Harbour	Duration: 2.5 hrs	Health & Safety: DICE – Describe area, indicate hazards, communicate emergency plan and show entry and egress points.	Allergies/ Medical conditions: Asthma Aspergers

Sample Session

Aim of Session: Beginner session – Basic paddling skills – forward, backwards, turning.

Context and previous content:

First session on the water. Session to be safe fun and friendly. Sneaky learning is the purpose of the session.

Roles and responsibilities of main coach:

- Choice of equipment for person
- Session plan for evening
- Design of games and tasks.
- Feedback and observations
- Critical analysis

Roles and responsibilities of assistant coaches (may include all or any of the following):

- Laying out boats for use
- Choice of wetsuit, helmet, buoyancy aid and paddle for kids
- Acquire any equipment needed for games
- Acquire any equipment needed for tasks
- Help lead skills
- Help lead tasks
- Help lead games
- Support Coach with feedback and observations

Roles and responsibilities of Support

(parents, committee members and various club help, may include all or any of the following):

- Set up of equipment
- Getting on the water
- Getting on equipment for the water
- Collection of equipment at the start and end of session
- Help with tidying up equipment at the end of session

<p>Warm Up Activities: Spongey relay Simpsons game</p>	<p>Main Activity: Experience Forward paddling Discussion and practice Task Feedback Experience Reverse paddling Discussion and practice Task Feedback</p>	<p>Cool-Down Collecting equipment and putting away.</p>
<p>Coaching Points/Questions: Who What When Where Why 80/20 rule</p>	<p>Experience Turning Discussion and practice Task Feedback</p>	<p>Additional Notes: Spread task for assistants around to all assistants on session that night.</p>