

British Canoe Union Coaching Handbook By British Canoe Union

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This book is a mine of useful information and practical tips. If you aspire to be a better canoe or kayak coach, this is the book for you. The book divides into three sections: Part One deals with coaching theory and fundamentals such as psychology and physiology explained in terms that make sense to a practical coach. Part Two looks at generic coaching skills that will provide useful tools whatever discipline the coach is involved in. It works its way from introducing people to canoesport right through to coaching elite athletes. Part Three looks at specific aspects of canoesport such as slalom, racing, sea kayaking, white water kayaking, open canoeing and freestyle.

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The results from the sitting height of the female white water paddlers table i show that on average they sit at 84 1 cm shorter than the female slalom paddlers 89 7 cm measured by ridge et al a positive change due to introduction of seat raise was observed for all participants in at least four , british canoe union

coaching handbook by british canoe union at ab, canoeing is a term that has been used for thousands of years but today when we think of a canoe it s usually a recreational craft somewhere between 14 and 17 feet long with .

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