

Kayak control

Module
10



Boat control

- ◎ Players use the size and shape of the kayak to tackle and outmanoeuvre opponents, and to win or protect the ball
- ◎ Kayak control must become an automatic skill

Kayak control

- ◎ Aspects of kayak control:
 - > flat turn
 - > edging
 - > tackling
 - > gaining and maintaining possession

Flat turn

- ◎ The flat turn:
 - > is the most common turn in canoe polo
 - > it is easy and quick
 - > in most cases, it is best for maintaining kayak position on an opponent

(Stern turns are an advanced skill and best avoided until paddlers have mastered the flat turn.)

Flat turn

Key points

- ① Boat moving forward
- ① Sweep stroke to start the turn
- ① Immediately followed by bow draw on opposite side to continue the turn
- ① Link seamlessly to a forward stroke to take the boat out of the turn and forward

Edging

- ⦿ Edging refers to the boat standing on its side
- ⦿ Use the thigh to lift one side of the boat
- ⦿ Typically the kayak is edged in combination with paddle strokes to vary sharpness of turns or to dive the nose or tail under another boat
- ⦿ Edging is also effective for stopping attacking players and for protecting the ball from an opponent

Edge the kayak to protect the ball



Tackling

Tackle by diving under an opponent

- ◎ With forward stroke
 - > paddle to side of the opponent
 - > with a powerful forward stroke, and both feet pushing on the foot pegs, lean forward to dive the nose beneath the boat
 - > time the effort so that the paddle becomes an anchor to pull against



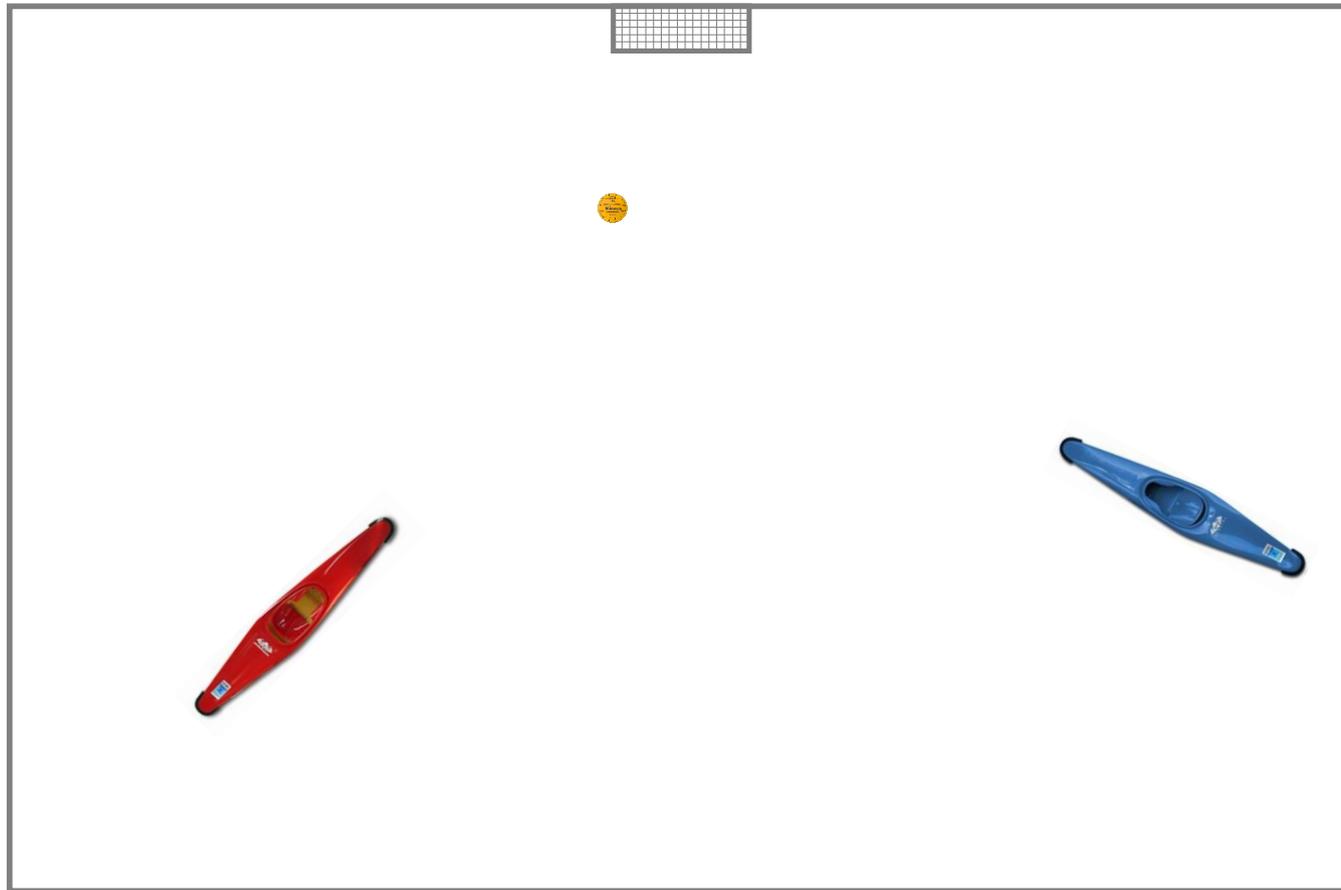
Tackling

- ◎ With sweep strokes
 - > used when approaching at an angle
 - > lift the outside knee to edge the boat and throw your weight forward to 'bounce' the nose under water. At the same time, use a powerful sweep to turn the kayak under the opponent.

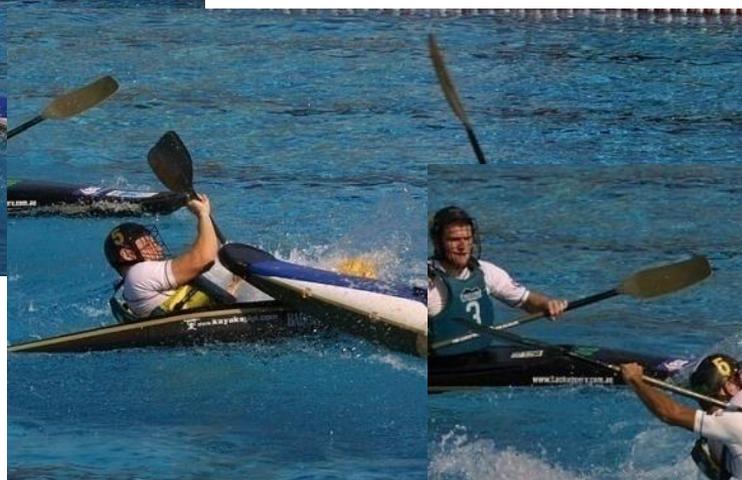
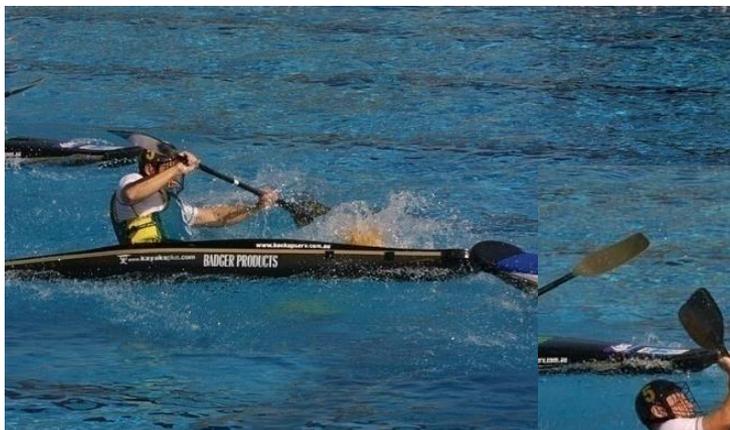
Win possession

- ⦿ Always get your kayak between opponent and the ball
- ⦿ Keep paddling until the ball is alongside your knees
- ⦿ Then either turn into the tackle to maintain direction or turn on the ball to gain field position and time

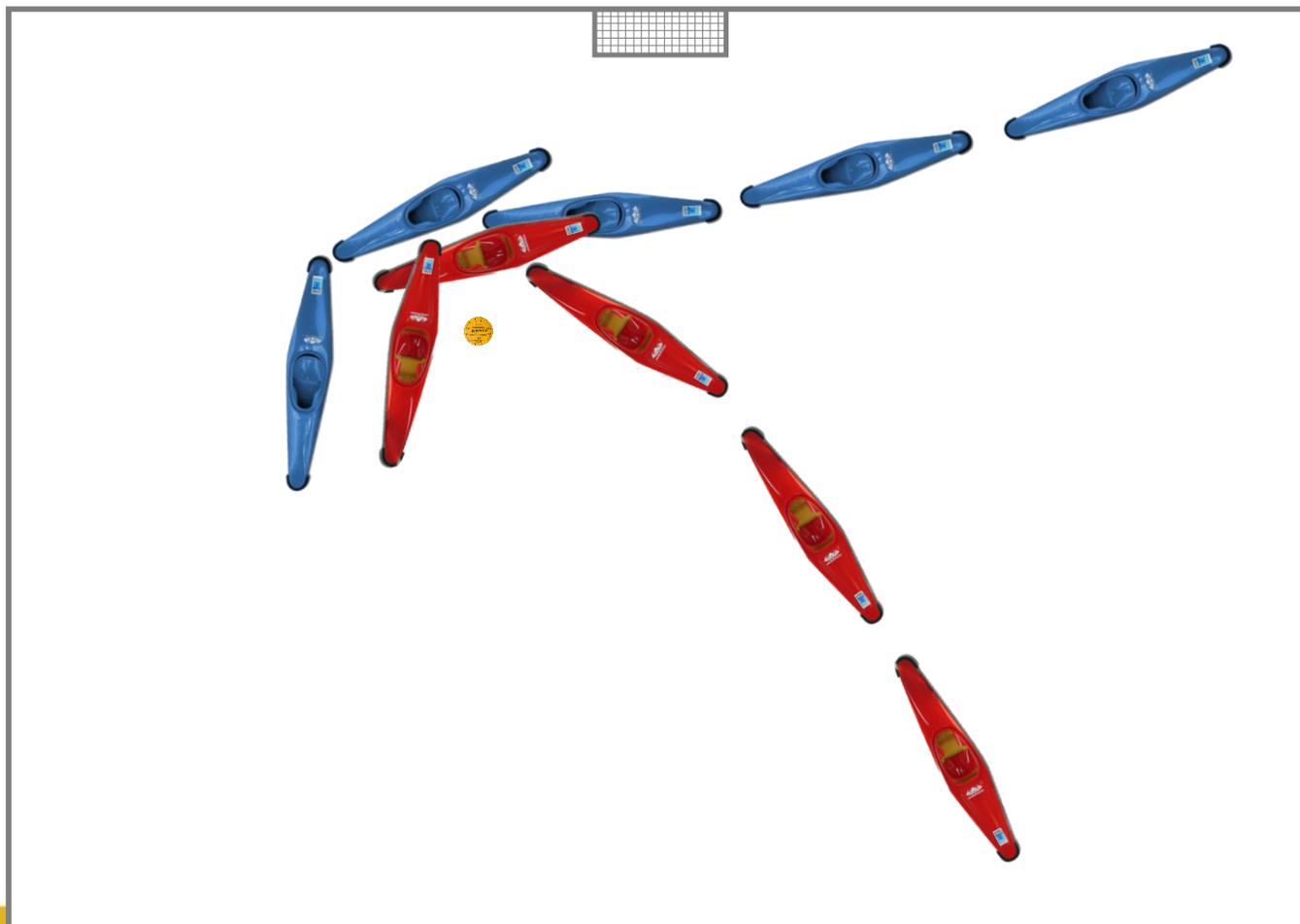
Get your boat between the opponent and the ball



Get between opponent and ball



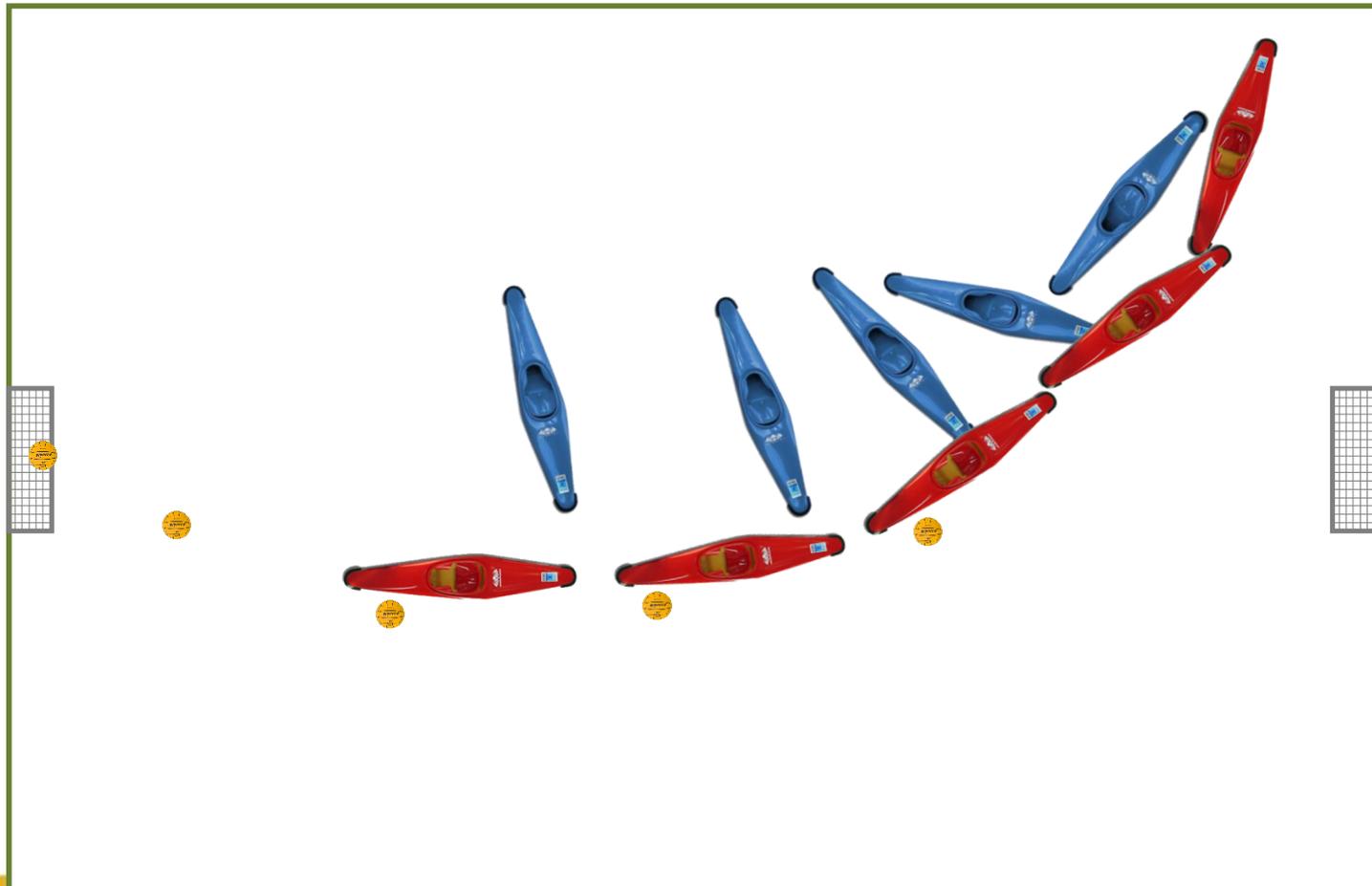
Get between opponent and ball



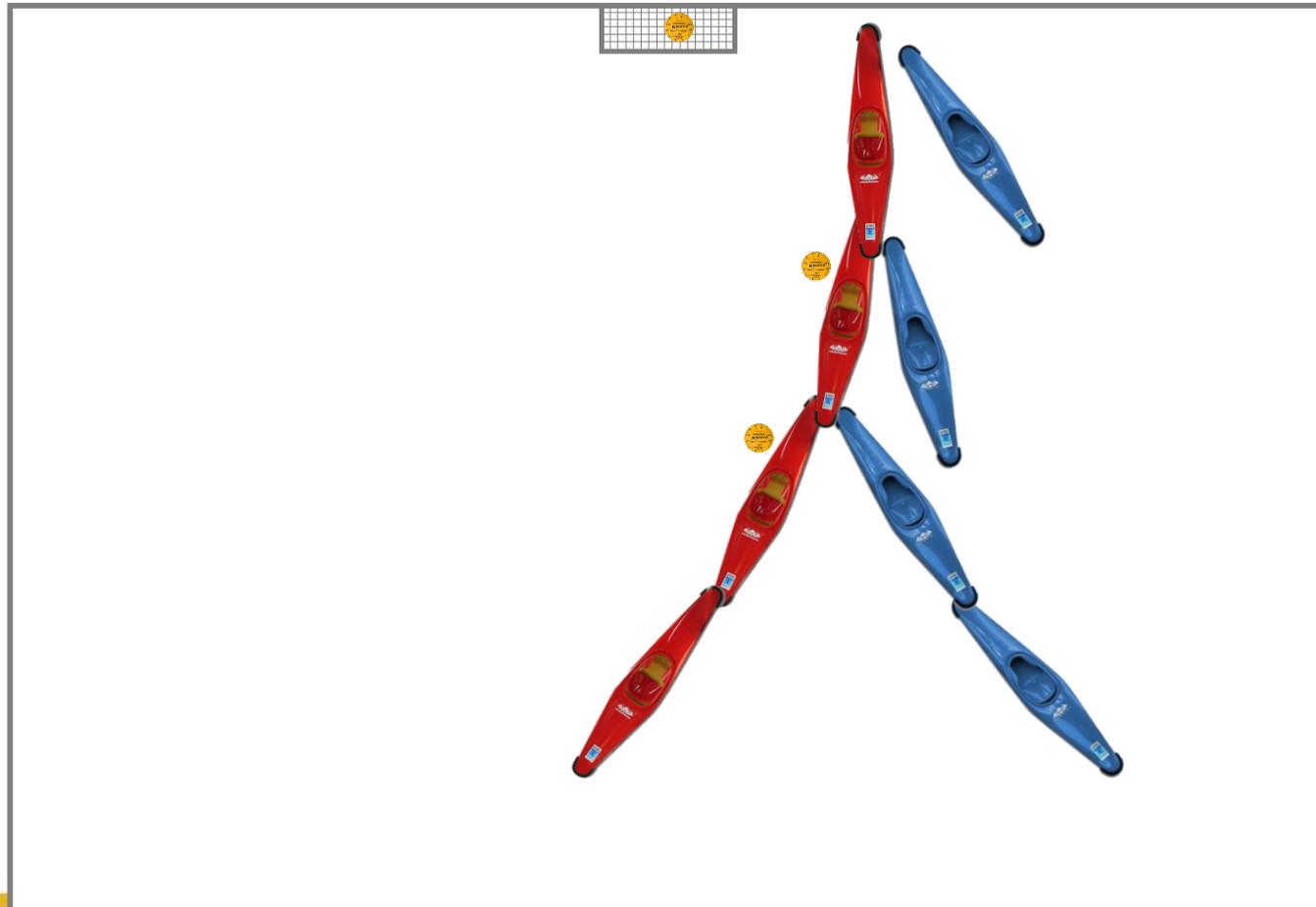
Get between opponent and ball ... and keep paddling



Get between opponent and ball



Get between opponent and ball



Keep possession



Tackling from behind to get ball

