

paddling skills

Module
06



Padding skills

- ⦿ Getting in/out of boat
- ⦿ Capsize drill
- ⦿ Paddle grip
- ⦿ Low support
- ⦿ High support
- ⦿ Forward paddling
- ⦿ Reverse paddling
- ⦿ Forward sweep
- ⦿ Reverse sweep
- ⦿ Draw
- ⦿ Bow draw

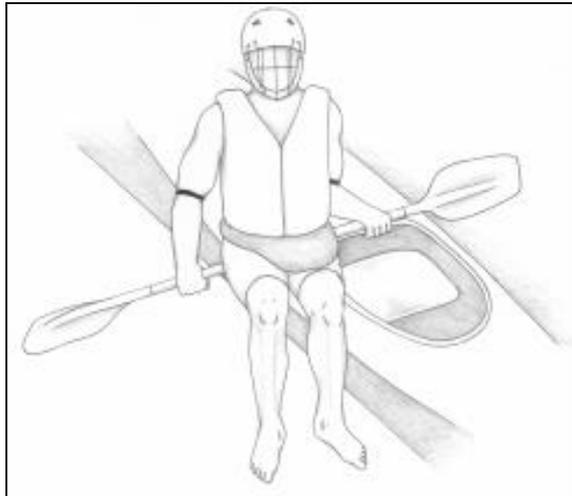
Getting in/out of the kayak

Two approaches:

- use paddle to brace the boat

or

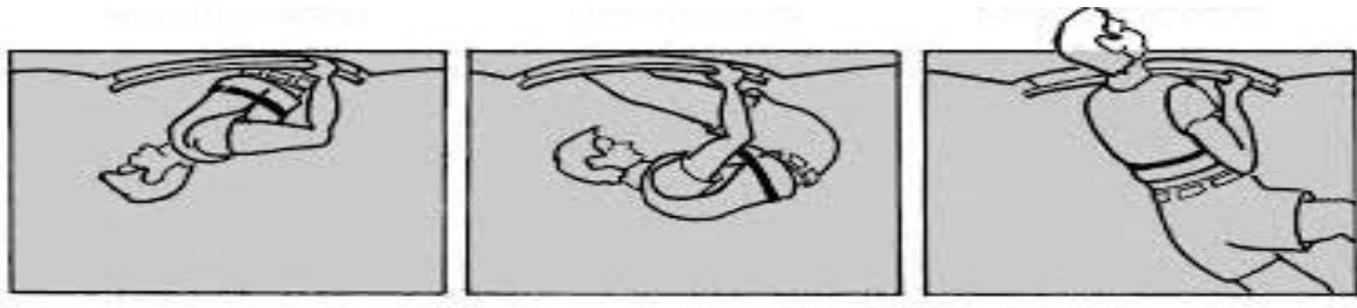
- balance with hand at water's edge



Capsize drill

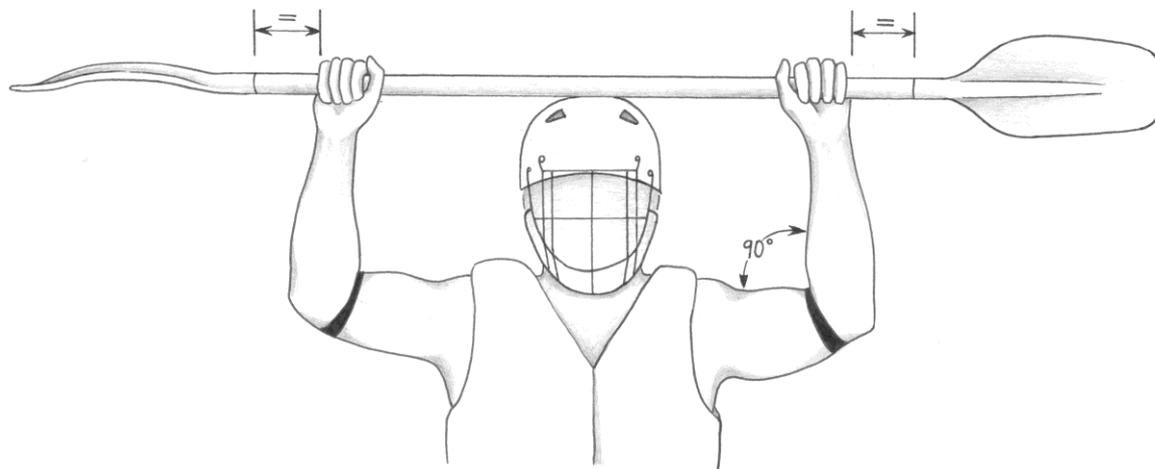
The learner must be confident that they can recover from a capsize safely:

- lean forward
- release spray deck
- hands to side, tumble forward
- swim to surface



Paddle grip

- Hold the paddle above the head and resting on the helmet, arms bent at 90°
- Hands are equidistant from each blade



Low support

The low support stabilises the kayak

Key points

- The paddle is held low with the back of the blade pushed into the water
- The elbows are over the paddle and the shaft is in close to the body
- As the blade hits the water, do a hip flick for full recovery or to control the boat

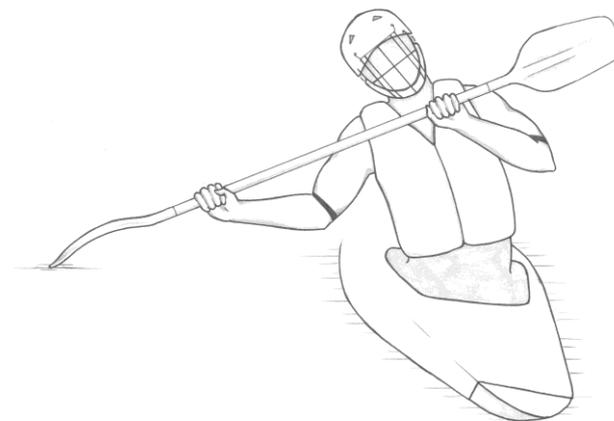


High support

The high support stabilises the kayak

Key points

- The paddle is at chest height with the power side of the blade striking the water
- The elbows are below the hands and the shaft is in close to the body
- As the blade hits the water, do a hip flick for full recovery
- The ear stays on the shoulder on the side of the support



Padding strokes

- Paddling strokes are often overlooked as players concentrate on ball skills and team tactics. But paddling strokes are critical.
- Teach the strokes on a flat hull then add knee lifts, edging and kayak control
- Do lots of work on boat control and edges

Forward stroke

The forward stroke is in four parts:

1. Catch

- Sit up straight, relaxed
- Rotate towards the foot, plant the blade in the water so that it forms an angle of $\sim 80^\circ$ with the side of the kayak. The lower arm is fully extended.
- To encourage body rotation, keep the paddle shaft parallel with the shoulders
- The top hand drives the paddle into the water



Forward stroke

2. Power

- Push on the footrest on the side of the stroke
- Rotate the body back to pull the boat toward the blade (imagine that the blade is fixed in the water)
- The arm is straight for the first part of the stroke but bends toward the end of the stroke



Forward stroke

3. Exit

- Lift the blade sideways and out of the water as it reaches the hip
- Recovery arm should travel on a plane level with the shoulder

4. Recovery

- The body is prepared for the next stroke



Reverse paddling

- The reverse stroke is the opposite of the forward stroke
- Start with body rotation to the back and insert the paddle just behind the hip
- Not too far back because that places the elbow beyond the line of the back
- Exit the paddle when it comes to the knees, ready for the catch on the opposite side
- Look over the shoulder every few strokes to maintain direction
- May need to lean forward to avoid tail diving

Forward sweep

The forward sweep turns the boat from the bow

Key points

- Good body rotation, face where you want to go
- Plant paddle where it is positioned by body rotation, near the feet
- Working arm straight
- Keep the arc wide, paddle is low
- Push on the foot peg on the same side as the stroke to move the boat away from the paddle
- Recovery arm is kept wide of the body, watch for the recovery arm being held close into the waist



Reverse sweep

The reverse sweep turns the boat from the stern.

Key points

- Good body rotation, face where you want to go
- Plant paddle where it is positioned by body rotation, alongside the tail
- Working arm straight
- Keep the arc wide, paddle is low
- Push on the foot peg on the opposite side of the stroke to move the boat *toward* the paddle

Pic needed

Draw stroke

The draw stroke moves the kayak sideways

Key points

- Full body rotation, face where you want to go
- The lower arm is extended but not rigid
- The top arm is stationary and acts as a pivot. It frames the face, with the forearm in front of the forehead.
- Move the kayak to the paddle
- Feather the blade as it comes to the side of the kayak to start a new stroke.



Bow draw

The bow draw stroke spins the kayak around the paddle

Key points

- Body rotation, face where you want to go
- Insert the paddle about 50cm out from the side of the kayak, in line with the feet
- The paddle is near vertical
- The top arm frames the face, with the forearm in front of the forehead
- Imagine the paddle is fixed and use the feet to spin the kayak around the paddle
- Edging the boat away from the paddle produces a sharper turn



Linking strokes

Once a player has mastered the basic strokes, it is time to link them together. By linking strokes, a player gets the maximum effectiveness out of every stroke.

- Keep the blade fully submerged
- Turn (or feather) the blade to reduce resistance through the water
- Every stroke must be efficient in terms of power and turning effect