

Paddle skills

Module
12



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Basic paddle skills

- ① Picking up the ball
- ① Juggling
- ① Blocking
- ① Catching

Picking up the ball

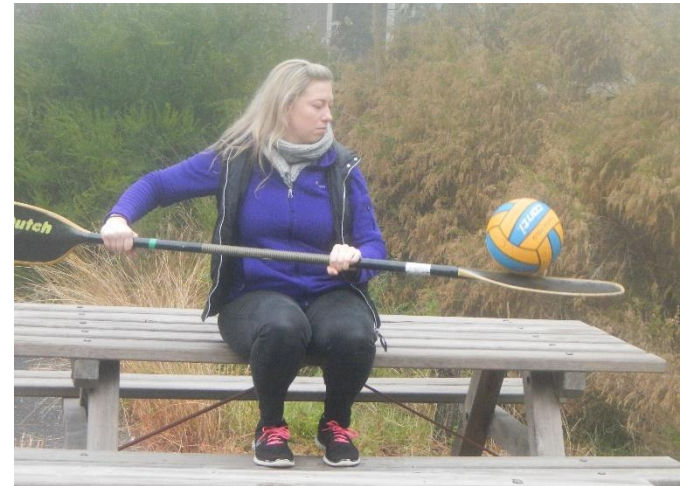
- ◎ To pick up the ball from the water:
 - > place the back of the blade at a slight angle on top of the ball
 - > push the ball gently into the water
 - > as the ball springs from the water, maintaining contact, deftly move the edge of the blade down behind the ball to roll it onto the blade

- ◎ The leading or the tailing edge of the blade can be used to roll the ball backward or forward



Juggling

- ◉ Juggling is a great way to build eye-hand-paddle coordination
- ◉ Practice first by bouncing the ball on the blade to one side of the body
- ◉ Then practice by hitting the ball high and across the body to be caught with the other blade



Blocking

- ⦿ The paddle becomes a natural extension of the hands
- ⦿ When blocking, watch the ball, use either face of the blade
- ⦿ For maximum reach slide the bottom hand down to the neck of the blade and then slide the top hand beside it



Know where the ball is!



Catching

To catch the ball in mid flight:

- > reach with the power side of the blade facing the ball
- > move the blade to meet the ball and as it makes contact, bring the blade back (in the same direction as the ball)
- > catch the ball with 'soft' hands
- > the extended arm closest to the ball absorbs the impact and controls paddle movement
- > the lower hand controls the angle of the blade