

CANOE STAGES OF TECHNICAL DEVELOPMENT



	INITIATION	✓	ACQUISITION	✓	CONSOLIDATION	✓	REFINEMENT	✓
KEY OUTCOMES	Position and Posture in Boat		Arms/body forward of C of G		A-frame position is more consistent		Continuous, dynamic, fluid stroke	
	Hand Positions and grip on Paddle		Square paddle at catch		Paddle vertical for longer periods		Good connection throughout stroke	
	Basic Boat Control		Basic muscle sequence is smoother		Hip begins to 'lead' the stroke		Constant pressure until exit	
					Steering stroke develops into more dynamic exit		Boat accelerates at exit and glides smoothly	
BALANCE	Balance stable boat with ease while feathering		C of G in front of body		Forward lean		Full transfer of weight from block to paddle at catch	
	Body mass in center of boat		C of G between block and front foot		Body weight in center of boat or on paddle side		Level boat - minimal bouncing and rocking	
	Level boat (bow-stern and left-right)		Equal balance (L/R) in boat		Transfer weight from block to paddle		Everything forward of the body/block	
	Kneeling tall, chin up, head up		Forward momentum in all parts of stroke		Dynamic/rhythmical weight transfer between strokes		Dynamic/rhythmical weight transfer from stroke to stroke	
	Front knee angle slightly greater than 90°		Minimum C of G movement with longer stroke					
	Front foot / back foot aligned							
	Hips square to front of boat in resting position							
PROPULSION	Set Up/Catch		Set Up/Catch		Set Up/Catch		Set-up/Catch	
	Sit tall through reach		Slight forward lean		Reach 'up the river' with arms		Catch/Set-up angle is 60 degrees	
	Reach achieved through rotation, not lunging		Basic rotation		Top hand-hip-kneeling knee aligned		Blade is vertical from front. Hands stacked	
	Extended elbow on paddling side		Bottom arm extended and parallel to water		Stacked shoulders and hands through stroke		Bottom wrist in neutral position	
	Clean, quiet catch – sink the blade		Top arm extended - reaching out over gunwale		Maintain A-frame as paddle connects		Bottom hand fingers hooked and relaxed	
	Paddle blade is square at catch		Hands/shoulders 'stacked' over each other		Drop body weight onto paddle		Tip of blade 3-5 cm above water at set-up	
			Front knee @ 90 degrees over ankle		Hips move the A-frame forward		Bury only blade quickly	
			Weight in front of block		Hip is fully rotated and low on paddle side at catch		Quick transfer of balance - block to paddle	
			Paddle side hip is forward of knee at catch		Catch in a forward motion		Maintain set up angle/hip forward until blade buried	
			Blade square and only blade buried		Blade square and only blade buried			
	Draw		Draw		Draw		Draw	
	Bottom hand – relaxed fingers on paddle shaft		Front knee fixed with little motion		Initiation of stroke with activating/opening hip		Leading power is from hip and core - support by legs	
	Bottom arm extended throughout draw		Proper posture maintained - legs and trunk		Paddle side hip moving back away from hand at initiation		Legs are 'connected' to boat	
	Basic rotation of the hips observed		Hands track in front of body with fixed arms		Sitting up while hands stay in front of body		Maintain A-frame and vertical paddle through stroke	
	Hands track a straight line parallel to the boat		Initiate movement with large muscles (hip/core)		Strong, linked two hand pressure throughout stroke		Bottom hand remains above gunwale through stroke	
			Paddle remains vertical for longer		Top arm at shoulder/parallel to water for longer		Constant pressure on paddle through stroke until exit	
			Hands stay above gunwale		Maintain A-frame and vertical paddle for longer		Paddle is 'fixed' and boat moves to the paddle	
			Top arm at shoulder/parallel to water for longer		Hip stays forward through stroke		Hip moves toward paddle in second half of draw	
	Exit		Exit		Exit		Exit	
	Paddle exits close to hip		Exit in front of hip		Paddling side hip moves forward		Exit phase still moving boat forward	
	Hands stay in front of hips		Maintain forward momentum		Hand out at hip and paddle moves forward out of water		Paddle accelerates out of water	
			Paddle side hip stays in front of block		Bottom hand is always moving		Increased pressure on blade til exit	
					Elbow comes out to side		Hip 'squeezes' toward paddle at exit	
				Shoulder down and flat		Recovery		
				Maintain strong position with body		Wrists strong and neutral		
						Rotation/forward motion through recovery		
						Lead with top arm through recovery		
						Boat is level and everything moves forward		
BOAT CONTROL	Basic forward, back, draw, and check stroke		More skilled draw, check and back stroke		Steering is dynamic without pause in rhythm		Smooth, errorless steering throughout stroke	
	Steering (J) stroke is evident		Steering (J) stroke is smoother		Basic wash riding skills 2/3/4 diamond		Control of boat under all conditions	
	Can launch and dock boat		More skilled on both sides of boat		Group workout steering is dynamic		Can wash-ride in complex conditions with many changes	
	Able to raft up		Can steer in group workout		Long distance racing turns - basic		Can wash-ride in competitive situations	
	Able to complete basic 'obstacle course'		Basic wash riding skills evident				Can hold starts with pressure on blade	
	Paddle on left and right side						Can do boat 'shoots'	