

## KAYAK STAGES OF TECHNICAL DEVELOPMENT



	INITIATION	✓	ACQUISITION	✓	CONSOLIDATION	✓	REFINEMENT	✓
KEY OUTCOMES	Position and Posture in Boat		Position and posture in the boat		Connect arms, chest, paddle shaft throughout stroke.		Refinement of coordination and timing	
	Hand Position on Paddle		Proper contact with footrest		Use hip rotation and leg drive to move the boat		Pressure on paddle, footboard, seat maintained through stroke	
	Basic Boat Control		Square blade at catch		Lock the blade and move the boat past it		Correct angles at all phases of stroke	
	Gross motor / body movements		Gross motor / body movements		Dynamic/rhythmical weight transfer between strokes		Smooth transition between strokes	
BALANCE	Balance stable boat with ease while feathering		Knees together		Seated forward on seat		Forward lean (10 - 15 degrees), chin in front of hips	
	Level boat (bow-stern and left-right)		Chin over hips		Rotation occurs in seat		Weight stays on paddling side using pressure through footboard	
	Sitting tall, chin up, head up		Center of gravity between seat and footboard		Forward lean from hips – Chest up and flat		Paddle supports majority of body weight	
	Sitting on seat with feet on footrest		Maintain posture through the movement		Chin slightly in front of hips		Dynamic/rhythmical weight transfer from stroke to stroke	
	Hip, Knee, and foot aligned		Balance boat while rotating hips and moving legs		Hold posture through stroke		Maintain control and balance through each phase of the stroke	
	Hand Position on Paddle is 1/3 - 1/3 - 1/3		Level boat (left/right)		Boat is level, or leans to paddling side		Can separate phases of stroke and maintain stability	
			Pressure with ball of foot - heel on bottom of boat		Ability to maintain balanced start			
PROPULSION	<b>Set Up/Catch</b>		<b>Set Up/Catch</b>		<b>Set-Up Catch</b>		<b>Set-Up Catch</b>	
	Sit tall through reach		Iron bar - top arm elbow to paddling side shoulder		Maintain 'iron bar' from top shoulder across chest		Paddle angle is 60° - 65° at catch	
	Basic rotation of body		Relaxed shoulders - elbows below shoulder level		Hold top hand angle at 90° top hand slightly in front		Blade catch is timed with beginning of leg drive	
	Extended elbow on paddling side		Top hand at or above shoulder level		Initiate catch with both hands		Paddle fixes and 'finds resistance' without changing arm position	
	Clean, quiet catch – sink the blade		Paddling side hand at or above shoulder level		Bury blade fully at catch - keep 'hands dry'		Complete weight transfer to blade	
	Can twist paddle to catch square on both sides		Reach achieved via rotation of hips and torso		Hold paddling side hip forward until catch			
			Bottom arm is extended		Blade is locked in water before any rotation is initiated			
			Maintain blade angle and rotation at catch		Pressure on footboard at catch			
	<b>Draw</b>		<b>Draw</b>		<b>Draw</b>		<b>Draw</b>	
	Bottom arm extended		No adduction (peck deck) in shoulder angle		Legs/torso coordinated		Pressure is maintained through hip-torso-paddle connection	
	Proper posture maintained		Top hand maintains height through draw		Shaft parallel to chest while top hand height stays constant		Constant pressure on paddle shaft through both hands	
	Increased rotation of body during stroke		Tall posture maintained throughout stroke		Pressure connects through heels on footboard		Hip movement linked and connected to entire stroke	
	Hands track a straight line parallel to the boat		Pressure on footboard maintained - exit to catch		Ankle/heel angle stays the same through push		Torso and leg drive completely synchronized with top arm	
	Basic leg movement may be observed		Hips move with stroke via legs		Boat moves past locked / fixed paddle in water		Boat moves past paddle with complete per stroke efficiency	
			Shaft parallel to chest throughout stroke		Path of paddle follows natural line away from the boat			
	<b>Exit</b>		<b>Exit</b>		<b>Exit</b>		<b>Exit</b>	
	Bottom hand exits before or at hip		Bottom hand exits at or before the hip		Lift the hand - not the elbow		Pressure on paddle, seat, footboard maintained through the exit	
Exit should not slow the boat down		Tall posture is maintained (slight forward angle)		Maintain neutral wrist		Elbows stay in front of lateral line of the body		
				Elbow stays below the the paddle shaft throughout the exit		Rotation/forward motion through recovery		
				Exit to height of top hand and pause to separate strokes		Lead with top arm through recovery		
						Boat is level and runs smoothly		
BOAT CONTROL	Use of kayak steering mechanism		Steering efficiently without interrupting the stroke		Basic wash riding (2-3-4 Diamond)		Control of boat under all conditions	
	Basic forward, back, draw, and check stroke		Group paddling – handling wash		Ability to manage boat position on start line		Can wash-ride in complex conditions with many changes	
	Can launch and dock boat		Line up at a start line start		Group workout turns		Can hold starts with pressure on blade	
	Able to raft up		Control the boat steering during a race		Long distance racing turns with boat lean		Can 'shoot' the boat	
			Able to complete basic 'obstacle course'					