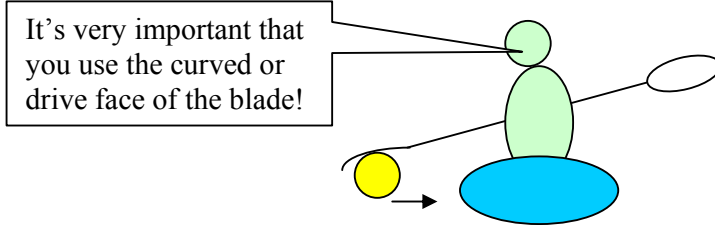
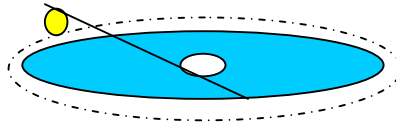


Coaching Notes -Paddle Skills.

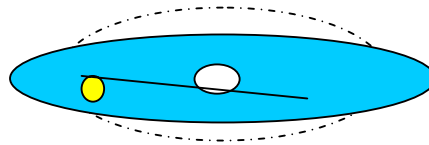
Scooping the ball into the boat. Put the ball arms length from the boat. Pull the ball into the boat by using the drive face of the blade. Increase the distance so that you have to extend the paddle to reach the ball. Also, try putting the ball towards the front or back of the boat to start before scooping it towards your body.



Moving the ball around the boat with the paddle. Take the ball in a full circle including the ends of the boat. Extend the grip on the paddle to be able to reach the ball around the end of the boat. Use the curved (drive face) of the blade to control the ball. Swap the blade that you use from the left to the right depending on what side the ball is on.

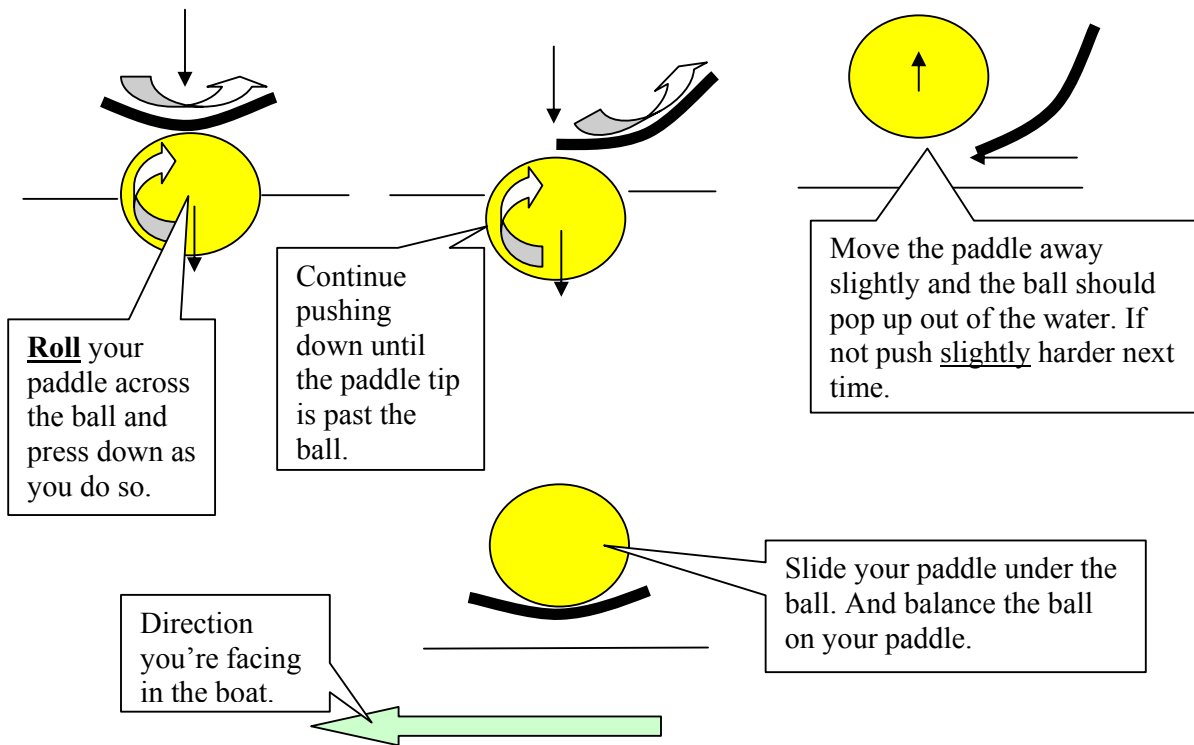


Around and over. Move the ball around the boat but instead of going around the end of the boat, take the ball over the back deck and front deck. The paddle does not need to be extended in order to move the ball over the boat. Use the curved (drive face) of the blade to control the ball. Try and also maintain your normal grip on the paddle. Swap the blade that you use from the left to the right depending on what side the ball is on.



Coaching Notes -Paddle Skills.

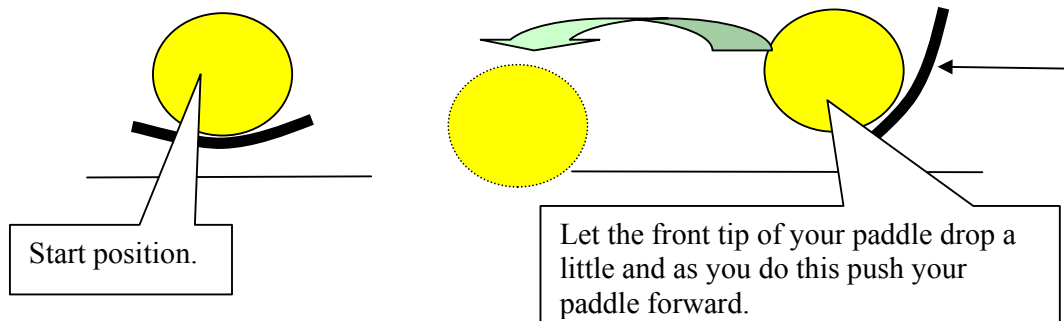
Flicking the ball onto the paddle.



Important Notes

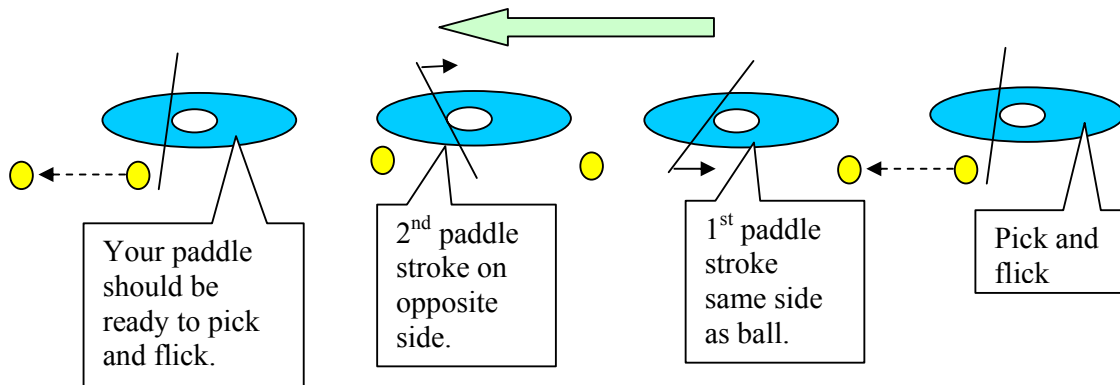
- You will find this easier on the left if you are right handed and visa versa. Trust me!!
- At stage three of this exercise you can stop the ball moving past you if you were moving forward, this is why you need to practice rolling the paddle backwards.
- Once you have cracked this on the easier side, you must practice on the harder side.
- Keep practicing. This can be hard to pick up, but is the start of many other skills.

Flick and place. Once the ball is up on the paddle, throw it forward a short distance. The end of your boat will be fine. Practice until you get the ball in the same position every time. Once you can do this, increase the distance by a small amount and try and get it in the same spot every time. Work up to a distance of about 2m.



Coaching Notes -Paddle Skills.

Paddle dribble. This is the next stage. Once you have mastered the Flick and Place at a distance of 2m, you're ready to start to learn to dribble the ball with the paddle. Paddle up to the ball in the water, pick the ball up with the paddle and place it 2m in front of the boat and on the same side. Try and time your paddle strokes so that after the flick, paddle firstly on the side that you used to pick up the ball. This is because your paddle is already in a forward position. Make a paddle stroke on the other side. You should now be in a position to pick and flick again. If you are not then you either placed the ball to far forward or not far enough.



Important Notes

- Don't move onto this skill until you can perform the pick and flick.
- You will find this easier on the left if you are right handed and visa versa. Trust me!!
- It is important that you roll the paddle backwards, so that you can control the ball if you don't pick it up. Otherwise it will go straight past you.
- Start slowly!! Practice the timing so that you make 2 paddle strokes between each pick up. The timing is vital.
- Once you have cracked this on the easier side, you must practice on the harder side.

Up and Over Stand with your paddle in both hands. Grip your paddle in the normal way. Place the ball in one of the paddle blades. Throw the ball a short distance in the air and catch the ball in the same paddle blade. Increase the height you throw the ball. To catch the ball, as it drops, try and judge the speed of the ball and move your paddle down at the same speed this will aid the control. Once you can do this higher than your head try and catch the ball in the other paddle blade.

