



Love to Paddle
RESPECT
THE Ocean • People • Rules



AOCRA
AUSTRALIAN OUTRIGGER CANOE RACING ASSOCIATION



JUNIOR DEVELOPMENT PROGRAM

- What to do with our junior outrigger paddlers?
- Do they all aspire to make successful representative teams?
- What type of outrigger training is appropriate for 12yrs?
- When is it appropriate to go forward for adult type loadings?
- What is the cost of going hard after U12yrs outcomes when we physically peak in our mid to late 20's?
- How do we strike a balance so young paddlers can continue enjoying their outriggering and transition into the senior age competition ranks?

VISION

AOCRA is committed to the development of safe, quality, club based outrigger canoeing programs for junior aged paddlers.

AOCRA has a strategic goal of using education and skills training to encourage the retention of its membership. A comprehensive coaching program designed to re-invest energy into skill progression

catering for both new and existing club members has been identified.

The Junior Development Committee has developed a resource designed to support late primary school and secondary school aged outrigger canoeing athletes, their parents, coaches and clubs.

Developmental milestones appropriate to age and training age are presented as the foundation understanding for strategic training and skills attainment.

The fundamental intention of this resource is to recognise the education and training needs of the entry-level and novice junior paddlers and present strategic progressive pathways for longer term and higher involvement within their club and the sport of outrigger canoeing.

The principles and philosophy of LONG TERM ATHLETE DEVELOPMENT apply to all ages and sexes, and much of the discussion presented in this resource can be applied equally to our novice adult participants, the retention of members and club development . The key is skill development.

AIM

The AOCRA Junior Development Program aims to:

1. Provide a clear direction and focus for the club based canoeing training that aligns child development with good coaching / instructing principles and practice.
2. Improve individual paddling skill levels
3. Improve individual coaching / instructing skill levels.
4. Provide interlinked progressive programmes and / teams as development steps and paths
5. Strengthen participation at Club, Zone and National outrigger canoeing events / activities and competitions.
6. Increase success at International Junior outrigger competition and carry over to senior competition ranks.
7. Enhance the fun and motivational aspect of participation with recognition of accomplishment.
8. Provide clubs with a resource to enable them to actively seek community linkages or partnerships that promote healthy active lifestyles and sporting pathways.
9. Assist the club build sound risk management practices through the provision of a basic and safe standards personal skills recognition checklist.

STRATEGIC DIRECTION

AOCRA JD: Representing a single united national entity to maximise the interests of Juniors in the sport.

AOCRA JD: Representing all juniors from introductory through to high performance in both sprint and distance disciplines .

Development of Appropriate Education Programs For All Our Junior Athletes

Part A Stage 1 The Big Picture : Understanding Working with and Developing Junior Aged Paddler -Athletes

- Long Term Paddler Athlete Development
- Maturational Stages of Child and Youth Development as the Cornerstone for Training Implications for Coaches Planning And Strategy
- Games Approach to Skill Learning. Supporting Games Resources

Part B: Projects Under Construction.

(Sample concept works presented for feedback at AGM)

Junior Program Syllabus / Modules of Sessions and Skill Progressions

Creative Pods to further Evolve Syllabus

Three-year strategic plan with clear and measurable targets, including a detailed operating budget for the next financial year. This Requires All Committees / Advisory Panels / Working sub groups cross pollination of ideas and co-operation. Working sub groups must comprise an appropriate skills mix to meet the strategic goals.

Club Resources : Appropriate Junior Outrigger Program Curriculum and Modules

- 6-8 Wk Foundation Session Blocks Based On Skill Acquisition Checklists Relevant to Training Ages

- Supporting Tips , Hints And Great Ideas For Coaching Juniors

Pathways

- School Based Participation Program: Formation of Schools Championships
- Development and Elite/ High Performance Squad Pathways

Coaching Juniors: (In Conjunction with Coaching Leadership Education and Training Working Group)

- Coaching Juniors: Practical Workshops for coaches, parents and supporters

- Junior Leadership Pathways

Junior Achievement Awards : recognition for high achievement or contribution to our sport by Youth members

Stage 2

Implement appropriate education programs for all our junior athletes, coaches and supporters with Zone and regional delivery commitment

Zone Committees working in cohesion and adhere to a strategic direction set by the AOCRA national Junior Development to maximise the interests of Juniors in the sport.

THE “BIG PICTURE”

It’s difficult to consider the complexity of the development and growth of each individual when there are 20 enthusiastic young persons standing in front of you the coach.

They’re hanging out for instruction and opportunity.

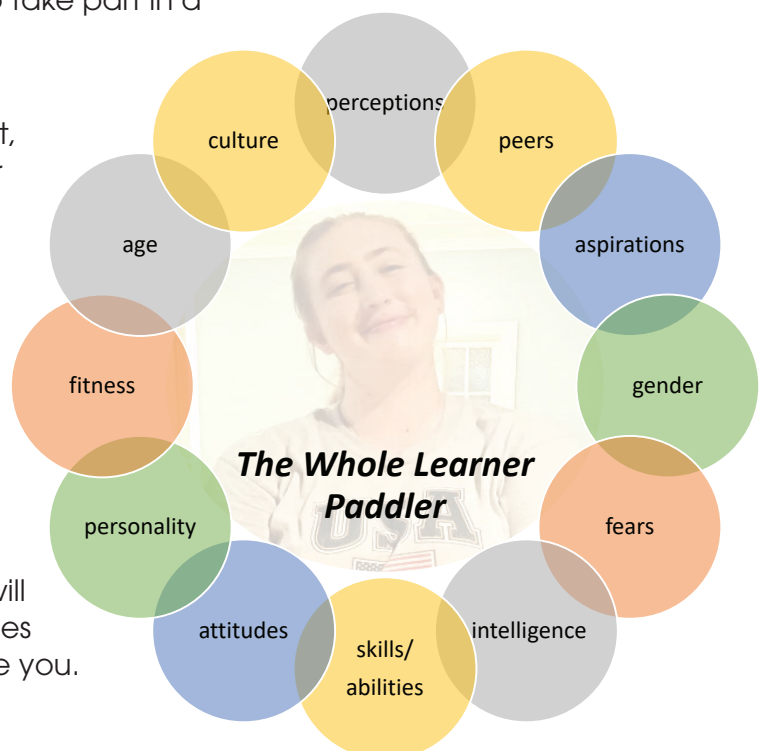
They’re jiggly and excited and anxious to take part in a sport they’ve probably heard very little about.

They’re totally dependent upon the adult, the coach, for their next steps along their sporting pathway.

The aim must be to give them the “tools’ to do that, to take them along the outriggering sport pathway. Give them time to adapt the physical qualities and the nurturing to efficiently carry them out.

Outcome based competition and competition specific exercise without considering the developmental phases will not produce the most successful outcomes long term for those young athletes before you.

All this will require a plan.



JUNIOR DEVELOPMENT

Training Young Outrigger Paddler-Athletes Long Term Paddler- Athlete Development

Research data compiled on top successful athletes from across ALL sports suggests it takes on average 10 years of balanced and sound training behind the “elite” athletes we see competing successfully internationally. It is determined on average 4 years of continuous, well structured training is required before we can define if an athlete even has the potential to “make good” and compete successfully on the international stage.

It simply takes time.

Time to develop underlying general physical ability and physical qualities (such as speed, strength and endurance) and then add more time and opportunities for our young paddlers to adapt and express these within our outrigger sport.

The extensive research literature on long term athlete development makes it apparent that for more of our young paddlers to successfully enter into the senior and elite levels of outrigger accomplishment they require a long term interlinked plan of learning and adaptation.

Our Next World Champions are currently the good 14yrs old paddler-athletes of today.

Coaches naturally seek the improved performances of their young junior and developing paddler-athletes.

BUT

It is extremely important to remember that coaching carries a HUGE RESPONSIBILITY and DUTY OF CARE.

So

Our coaching practice and philosophy should reflect ADVANCE them GENTLY

DISCLAIMER

A central goal of this resource is to explore what it takes to be a good coach of young paddling athletes, and how to work with children emphasising the coach’s role of harnessing the power of INCLUSION, not Exclusion.

This resource is not intended to be a means of coaches’ self-promotion, or a means to gain an “edge” to further sensationalise youth results for their club.

The resource is not a substitute for your own judgement , training or reputable professional advice you seek.

Remember, when reading, interpreting or implementing any of the information contained in this resource that you are fully responsible for :

- Preparticipation screening and clearances
- Personal qualifications
- Program supervision and instruction
- Facility & equipment setup, inspection, maintenance, repair and signage
- Emergency planning & response
- Records and record keeping
- Equal opportunity access
- Participation in strength & conditioning activities by children
- Supplements, ergogenic aids & drugs

Details of all relevant standards, policy and guidelines can be downloaded from the AOCRA website.

The author of this resource disclaims all responsibility and all liability.

ACKNOWLEDGEMENTS

This manual has been developed in accordance with professional canoe coaching standards and guidelines as

set out by the International Canoe Federation (ICF), International Va'a Federation (IVF), Paddle Australia and Australian Outrigger Canoe Racing Association (AOCRA) to form a guide to long term paddler athlete development.

This manual is based on the research and extensive works of **Tudor Bompa** and **Istvan Baly**, who are widely credited with presenting the clearest relationship between youth development and athletic performance and are regarded as the foremost authorities on long term athlete development.

Issurin, sourced from Chapter 17 "ICF Coaches Education Programme Level 2 and 3 Canoe Sprint Coaching Manual" **Csaba Szanto** 2014

Training Stages of Young Athlete Development **Baly and Hamilton (2001)**

and **Tudor Bompa (1993a & 1993b)**

Sourced from a **Kelvin B. Giles** publication, Movement Dynamics, (2006).

"A Guide to Developing Physical Qualities in Young

Athletes" by **Kelvin B. Giles, Lachlan Penfold and Anthony Giorgi**

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A paper presented at an Australian Canoeing National Sprint Coaching Seminar in 1995 by **Brian Trouville** and **James Hunter** from presentations at an International Canoeing Conference on Junior Development in Israel, 1994

Kayaking and outrigger coach educators **Lynda Lehman 2004** and **Denise Cooper 2005** Level 1 Canoe Coaching Course Manuals and unpublished discussion papers 2004-2018.

Many thanks must go to our outstanding canoeing coaches who continue to share their knowledge and their passion.

JUNIOR DEVELOPMENT

Characteristics and Training Stages

The following tables represents the adaptation of several key researchers on long term athlete development, taking childhood development considerations and best practice sport teaching principles and applying within the sport of Canoeing.

They provide a framework for the coach to plan and strategize; spacing objectives over several years to consolidate motor patterns and teach correct execution of canoeing techniques.

Coaches should gain a functional understanding of these maturation processes as they form the basis for understanding:

1. The reasons for faults in progress.
2. Limitations in athletic, functional and technical development.
3. Key coaching strategies for each training age.
4. Training age versus chronological age versus biological age.
5. Training session exercise selection issues.
6. Supporting the general wellbeing of the individual.
7. Retention of young athletes in our sport.

Timeline Guide for Junior Development Pathway to Elite

| Phases | Stages | Aspects | | |
|----------------|---------------------------|--|---------|----------------------------|
| Fundamentals | Participation 6-8yrs | Fun Introduction | 6-12yrs | 12-18yrs |
| Preparation | Early Preliminary 8-10yrs | Have a Go | | |
| | Preparation 10-12yrs | General paddling skills | | |
| Specialisation | Initial 12-14yrs | Develop sport skill | | *1-2yrs |
| | Early 14-16yrs | Technical adaptations | | *1-2yrs |
| | Advanced 16-18yrs | High motivation Canoeing excellence | | *2-3yrs |
| Performance | Sporting Elite 17yrs+ | Elite International competition | | **Non Determined timeframe |

Please note that the AOCRA Junior Program is not endorsing the implementation of Outrigger Canoeing Programs for Under 8yrs. The earliest age groups have been grouped together for coaches to understand underpinning maturational growth and aspects of canoeing skill development. All sport participation follows these transient adaptations. The above table illustrates U12yrs focus is in developing General Paddling Skills not developing or specialising in competitive outrigger sport skills. The 12yr-18yr Junior still requires the underpinning fundamental principles and preparation.

*indicates average time required to incorporate that level learnings

**Non determined meaning may or may not be achieved within a 4 to 10yrs training base.

Developmental Characteristics Across the Training Ages

| Preliminary / Fundamental / Early Preparation Phase | | 6-10yrs |
|---|---|--|
| Developmental Considerations / Characteristics | | Capabilities and Limitations |
| Physical Development | <ul style="list-style-type: none"> • Larger muscle groups are more developed than smaller ones. • The size of the heart is increasing in relation to the rest of the body. The cardiovascular system is still developing. • Ligamentous structures are becoming stronger; both ends of the long bones are still cartilaginous and continue to ossify. • Basic motor patterns become more refined towards the end of this stage. • The balance mechanism of the inner ear gradually matures • During this stage girls develop coordination skills faster than boys but generally there is little difference between the two sexes. | <ul style="list-style-type: none"> • More skilful in gross movements than in precise coordinated • Endurance capacity is adequate for most activities. When they are tired, they will stop. • The body is very susceptible to injury through excessive stress or heavy pressure • There is great improvement in speed, agility, balance, coordination and flexibility towards the end of the phase. • Sex differences are not of any great consequence at this stage. |
| Mental / Cognitive Development | <ul style="list-style-type: none"> • Attention span is short and children are very much action oriented. • Memory is developing in a progressive way • Very little reasoning ability at this stage. Later in this stage there is a growing capacity for abstract thought. Imagination is blossoming | <ul style="list-style-type: none"> • Young athletes cannot sit and listen for long periods of time. • Children are generally leader oriented. They love to be led • The repetition of activities is greatly enjoyed. Young athletes improve their abilities through physical experience. • Children do not learn skills correctly by trial and error alone. Experimentation and creativity should be encouraged. |
| Social / Emotional Development | <ul style="list-style-type: none"> • The child's concept of self is developing through experiences and comments from others. • Children like to be the centre of focus and attention. • The influence of peers becomes a very strong driving force behind all activities. | <ul style="list-style-type: none"> • Youngsters perceive these experiences as a form of self evaluation. "I am a good person if I do well, a bad person if I do poorly." • When a situation becomes threatening they quickly lose confidence • They can understand and play simple games with simple rules. • They may question things and expect thoughtful answers. |

Preliminary / Early Preparation Phase

6-10yrs

Coaching Aspects / Aims / Implications

- Develop a sense of enjoyment of paddling. Fun introduction to paddling.
- Positive set of experiences with a deal of enjoyment and fun informal without regimentation
No discomfort, No pain .
- **Games approach** . Specific activities and games should emphasise coordination /Kinaesthetic sense.
- Develop a sense of belonging to the group
- Encourage Team aspect carried over with participation in other sports
- **Focus participation and "have a go" with complete non- competitive environment**
- Water Safety and Confidence
- Boys and girls together should be emphasised
- No Initial /Fitness testing
- Short duration anaerobic activities (alactic) eg <100m sprints / relays
- Endurance must be developed through play and games. (lack of attention span for continuous work)
- Slow progression eg hopping, jumping, own bodyweight exercises. So allow time and repetition for practice
- Any Training Volumes and Intensity kept low
- **Major Concerns for assisting in Boat Lifting / Craft control**
- **Major Concerns for participation given craft and paddles are not designed specifically for Children**
- **Major Concerns for on water management eg cannot re-right craft; supervision ratios**
- **Major concerns re club resource (people/equipment/money/time)allocation and outcomes if targetting this very young age group**

Training

1 session per week

Duration 30-45mins

- Yearly Total session 60hr.

| Preparation Phase | | 10-14yrs |
|--|--|---|
| Developmental Considerations / Characteristics | | Capabilities and Limitations |
| Physical Development | <ul style="list-style-type: none"> • Significant proportional changes occur in bone, muscle and fat tissue. • Motor skills development reaches its pre-pubescent peak. • Girls begin their growth spurt between 12.5-14yr • Boys between 12.5- 15yrs. • Girls achieve a maximum rate of growth at an average age of 11yrs, Boys at an average of 14 yrs. • Primary and secondary sex characteristics manifest themselves during this period. The normal range for the onset of menarche for girls is from 10-16 years. • During this stage the various parts of the body do not grow at the same rate. The growth rate of the legs and arms will reach a peak prior to that of the trunk. • A significant increase in red blood cells occurs during this stage, especially in boys due to testosterone. • The central nervous system is almost fully developed. | <ul style="list-style-type: none"> • During growth spurts adaptation is influenced by sudden changes of body proportions. • Early in this phase girls may be faster and stronger than boys but later boys begin to get the upper hand. • Speed, agility and coordination is still improving rapidly at this stage. • A change in the centre of gravity, length of limbs and core strength will determine the content of training. • The oxygen transport system is still developing and aerobic endurance continues to increase. • Agility, balance and coordination are fully trainable • Improvement of fine motor movement allows basic technical skills mastery later in this stage. • The difference between physical and mental development will vary. • Extraordinary window for skill training 9-12yrs |
| Mental / Cognitive Development | <ul style="list-style-type: none"> • Abstract thinking becomes more firmly established. • Young athletes develop a new form of egocentric thought. Much emphasis is placed on self-identity. • Young players are eager to perfect their Skills. | <ul style="list-style-type: none"> • Decision making through more complex technical training should be introduced. • Individualisation of training is required. A variety of methods to measure success are important to maintain motivation. |

| | | |
|---|--|--|
| <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Social / Emotional Development</p> | <ul style="list-style-type: none"> • There is a tremendous influence on behaviour from peer groups. • During this stage athletes are capable of cooperating and accepting some responsibility. • Tension generally exists between adolescents and adults. • Physical, mental and emotional maturity does not develop at the same rate. • There is a desire to have friends of the opposite sex. | <ul style="list-style-type: none"> • Values and attitudes are being created and reinforced by the group. • Egocentric view and group pressure may result in a stronger fear of failure. • Some players may be less responsible mainly due to a fear of failure. • Adolescent athletes may not recognise the need for help or seem grateful for that help. Communication channels must be kept open by the Adult. • Young athletes must be able to display tenderness, admiration and appreciation. Deprivation of these qualities often leads to exaggerated or excessive / unacceptable behaviour • Feelings of confusion or anxiety may exist as a result. • Social activities are important events for this age Group. • Vital ability to adapt |
|---|--|--|

Preparation Phase

10-14yrs

Coaching Aspects / Aims /Implications

- Develop endurance with continuous exercise Nb this relates to focussed periods of activity not loaded endurance early in this age phase
- Develop trunk muscles and core stability
- The increase in body mass requires more structured aerobic training. Only short duration of anaerobic activities is recommended.
- Use the warm-up to further develop CNS activities
- Introduction to Competitions with: physical, technical, tactical and ancillary capacities. relative to the skill level of the athlete
- Focus is to teach HOW to TRAIN
- Focus should Not be chasing the trophy – more on the “total” canoeist – not specialised.
- Team seat position specific skills are introduced without specialisation
- All basic technical skills should be mastered by the later phase of this stage
- Technique evaluation becomes appropriate later in this stage
- Coach must be able to accurately demonstrate specific skills.
- Video feedback will assist in the learning process.
- Monitor training carefully and individualise the content of training to ensure adaptation.
- Chronological age may not be the most appropriate way to group these young athletes. Develop a squad of suitably talented paddlers.
- The asynchronous rate of limb growth will affect technique. Some of the already learned skills and movements will have to be refined (re-learned) again .
- Coach must have an open communication with athletes. Positive reinforcement is imperative. The coach can find themselves in a strong and influential position compared with other adults – use it wisely.
- 2way communication should be encouraged so the athlete understands and plays a part in the decision-making process
- The coach must be able to recognise the early and late developer and deliver an accurate coaching style to both. Situations where fear, guilt or anxiety brought about by sexual development should be avoided.
- Those who mature early can become leaders and excel in physical performance. Coaches must not display any favouritism by giving special treatment to the early developer.
- Co-educational activities are recommended.
- Match skill and drill levels.
- Introduce simple coping strategies, concentration skills and mental imagery / visualisation skills.
- Develop good group bond and encourage social interaction.
- Develop Team Spirit.
- Develop strong water confidence and safety.
- Provide different and varied activities to maintain interest.
- Emphasis is on the fun for participants with varied activities to maintain interest especially for the younger age.

Training

2-3 sessions per week

Duration 45-60 mins

Yearly total sessions 60-120hrs

| Early Specialisation | | Age 14-6yrs |
|--|--|--|
| Developmental Considerations / Characteristics | | Capabilities and Limitations |
| Physical Development | <ul style="list-style-type: none"> Refined motor skills acquisition reaches it's peak Continue to develop strength , endurance, speed | <ul style="list-style-type: none"> Endurance training beneficial Strength training beneficial Main training direction More specialised development of motor abilities Adaptation to typical training workloads of canoeing commences. |
| Mental /Cognitive Development | <ul style="list-style-type: none"> Progressing self confidence and willpower | <ul style="list-style-type: none"> Progressive confidence and will power at training and competition |
| Social / Emotional Development | | |

Early Specialisation

Age 14-6yrs

Coaching Aspects / Aims /Implications

- Continue to develop good technique, strength endurance, speed of movement
- Learn technique for lifting weights by utilising power exercises
- Develop strength endurance
- Develop speed of movement
- Increase level of specific training on land and water
- Begin Psychological skills training
- Increased development of foundations / principles of the sport for later development of performance
- Develop competitive paddling techniques / tactics
- Later stage introduce appropriate talent for Competition at International Junior Level
- Introductory gain experience in all classes of boats in competition situations OC1 /V1; OC2/V3; OC6/ V12
- Earliest indication of squad talent

Training

3-5 sessions per week (1-2 light or individual craft)

Duration 60- 90mins

| Advanced Specialisation | | Age 17yrs + |
|--|--|--|
| Developmental Considerations / Characteristics | | Capabilities and Limitations |
| Physical Development | <ul style="list-style-type: none"> Bone growth in males till 22yrs physically athletes are peaking in our mid to late 20's | <ul style="list-style-type: none"> Further enhancement of sport specific motor abilities as endurance and strength Compromised immunology with overtraining risk Help with Behavioural strategies eg nutrition / Sleep / Personal hygiene Environmental conditions eg heat/humidity/ cold / pollution come into play Develop aerobic and strength endurance capacity Develop anaerobic power and capacity Increase aerobic power and capacity Sport Perfection :non-determined timeframe |
| Mental / Cognitive Development | <ul style="list-style-type: none"> Develop psychological maturity Behavioural and self management | <ul style="list-style-type: none"> Individual and group psychology may be beneficial Motivation, personality & Character Decision making through more complex technical training (Periodisation of the training programme; Specific interval training) should be encouraged. |
| Social / Emotional Development | <ul style="list-style-type: none"> Maintenance of high self confidence and willpower | <ul style="list-style-type: none"> High motivation to attain sport excellence Training Age a considerations for paddlers introduced to paddling later |

Advanced Specialisation

Age 17yrs +

Coaching Aspects / Aims /Implications

- Coaching is directed to ideal paddling technique .
- Develop and refine technical mastery
- Develop maximal and explosive strength introduced in 4-6 wk blocks
- Attaining efficient / effective technique
- Stabilisation of individual style to reach the highest speed with elimination of technical drawbacks.
- Volume of specific training increases
- Specialised weight training for strength increase
- Increase specific strength endurance most of the strength training in the early stage.
- Periodisation becomes important management key
- Develop experience in all classes of boats in competition situations OC1 /V1; OC2/V3; OC6/ V12
- Competition at International Junior Level
- Elite level training loads introduced
- Bring athlete from Junior International level to Senior International level
- Year round paddling and continuous general fitness training
- Double periodisation can be more effective for the very experienced athlete.
- Training Intervention Strategies (recovery; testing; daily monitoring) implemented.
- Individual boat skill focus personal development
- Extend all training avenues searching for new & correct stimuli
- Simulation of all competition conditions including competition specific training can slowly be introduced over several years.
- Tapering techniques are more sophisticated.
- Competition selection continues to be accurate and well balanced.
- Regular screening to continue, particularly at the end of each major training block.

Training

6-9 sessions per week

(1-2 heavy, 2-4 medium, 2-4 light)

Duration 60- 120mins

Sport Perfection : (Elite International Competition) non-determined timeframe

Training

10-20 sessions per week

Duration 60 - 150mins