

COACH FOUNDATIONS

Every great coach starts
by learning to see differently.

MORE THAN LEARNING TRICKS.

UNDERSTAND HOW FREESTYLE WORKS.

Freestyle coaching can easily become a collection of tricks, techniques and instructions passed from one paddler to another.

Coach Foundations starts somewhere deeper — with an understanding of how the boat moves, how the paddler influences it and how the paddle connects us to the water.

Because before we can help someone else change a movement, we need to understand what we're looking at.

THE DIFFERENCE

UNDERSTAND FIRST. THEN LEARN TO HELP.

Coach Foundations isn't designed to teach you everything about coaching.

It gives you a foundation for understanding freestyle — a shared language for describing movement, seeing what's really happening and beginning to make better decisions when helping somebody else.

UNDERSTAND



SEE



HELP



UNDERSTAND MORE.

NOTICE MORE.

COACH BETTER.

UNDERSTAND WHAT CREATES THE MOVEMENT.

Before we can understand freestyle skills, we need to understand the relationships that create them.

Start with the boat. Then look at how the paddler connects to and influences it. Then explore how the paddle connects us to the water and directs force.

01 BOAT UNDERSTAND HOW THE KAYAK MOVES.



Start with the kayak itself. Learn to recognise pitch, yaw and roll, and how freestyle movements combine through these three axes.

Then use the three axes, position line and timeline to accurately describe exactly what the kayak is doing and how that movement develops.

DESCRIBE WHAT THE KAYAK DOES BEFORE EXPLAINING HOW IT HAPPENS.

02 BODY UNDERSTAND HOW THE PADDLER INFLUENCES THE BOAT.



Next, look at the body. Understand how posture, trim, rotation, frame and dynamic connectivity influence the movement of the kayak.

Then explore how these energies can be used effectively to create the movements required to make freestyle tricks happen.

USE THE BODY TO INFLUENCE AND CREATE MOVEMENT.

03 PADDLE UNDERSTAND HOW WE CONNECT TO THE WATER.



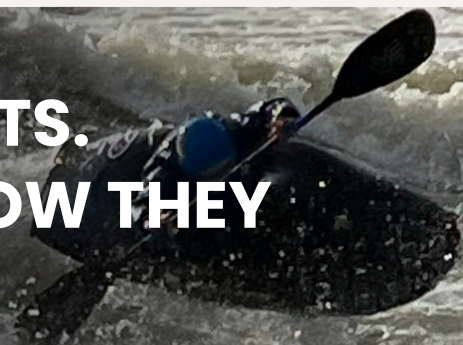
Finally, look at the paddle. Understand how the blade creates a connection point with the water and allows force to be applied to the kayak.

Then explore how placement, angle, direction and timing can be used to create and manage momentum.

CONNECT TO THE WATER. DIRECT THE FORCE. CREATE MOMENTUM.

UNDERSTAND THE PARTS. THEN UNDERSTAND HOW THEY WORK TOGETHER.

Freestyle happens when boat, body and paddle combine to create movement.



BRING THE PARTS TOGETHER.

Understanding boat, body and paddle separately gives us the building blocks. Freestyle happens when they work together.

The next step is understanding how movements are created — what starts them, what drives them and what allows them to finish.

01

INITIATION

HOW DOES THE MOVEMENT BEGIN?

Explore what needs to happen to start a movement — how the boat, body and paddle combine to create the initial direction and energy.

02

ACTUATION

WHAT MAKES THE MOVEMENT HAPPEN?

Look at how the paddler continues to influence the kayak through the movement — applying and directing the forces needed to make it happen.

03

COMPLETION

HOW DOES THE MOVEMENT FINISH?

Understand what allows the movement to continue through to completion — and how timing and sequencing influence how it finishes.

04

WHOLE MOVEMENT

HOW DOES IT ALL WORK TOGETHER?

Bring initiation, actuation and completion together — exploring how energy is loaded, released and transferred through the movement, and how the Five Energies combine rather than working in isolation.

WHAT STARTS TO EMERGE?

TIMING

When things happen.

SEQUENCING

The order they happen in.

RELATIONSHIPS

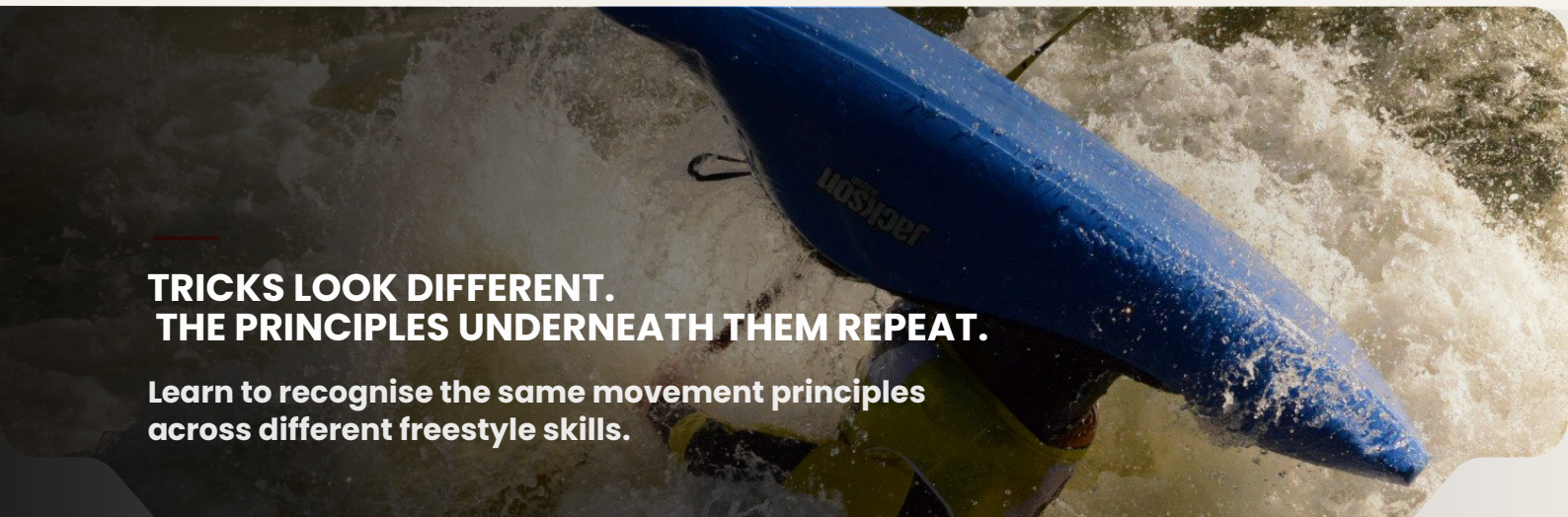
How boat, body and paddle work together.

PATTERNS

Principles that appear across different tricks.

**TRICKS LOOK DIFFERENT.
THE PRINCIPLES UNDERNEATH THEM REPEAT.**

**Learn to recognise the same movement principles
across different freestyle skills.**



SEE

LEARN TO SEE WHAT'S REALLY HAPPENING.

Rather than jumping immediately to what the paddler should change, learn to look at the whole movement, describe what is actually happening and then explore how the paddler is creating it.

SEE → DESCRIBE → EXPLAIN

01

HOLISTIC

SEE THE WHOLE MOVEMENT.



LOOK AT
THE BIGGER
PICTURE.



02

ANALYTIC

DESCRIBE WHAT ACTUALLY HAPPENED.



BE SPECIFIC
AND
OBJECTIVE.



03

DEDUCTIVE

EXPLORE HOW IT WAS CREATED.



CONNECT
CAUSE
AND EFFECT.



BETTER COACHING STARTS WITH BETTER OBSERVATION.

See clearly before deciding what might need to change.

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HELP

TURN UNDERSTANDING INTO HELPING SOMEONE ELSE.

Understanding freestyle and learning to see it more clearly gives us somewhere better to start as coaches.

The next step isn't to have all the answers. It's to use what we understand to decide what might help this paddler, with this movement, right now.

HELPING SOMEONE ELSE



UNDERSTAND

WHAT ARE THEY TRYING TO DO?

Start with the paddler and the movement they're trying to create. Understand their intention before deciding what needs to change.



OBSERVE

WHAT IS ACTUALLY HAPPENING?

Use what you've learned to see and describe the movement before jumping to a solution.



PRIORITISE

WHAT MIGHT MAKE THE BIGGEST DIFFERENCE?

There may be several things you could work on. Identify what matters most rather than trying to change everything at once.



CHOOSE

WHERE SHOULD WE WORK ON IT?

Consider where the skill is in its development and choose an appropriate place and way to explore the change.



HELP

MAKE THE INTERVENTION USEFUL.

Give the paddler enough information or direction to explore the change without overwhelming them.



RESPOND

WHAT CHANGED?

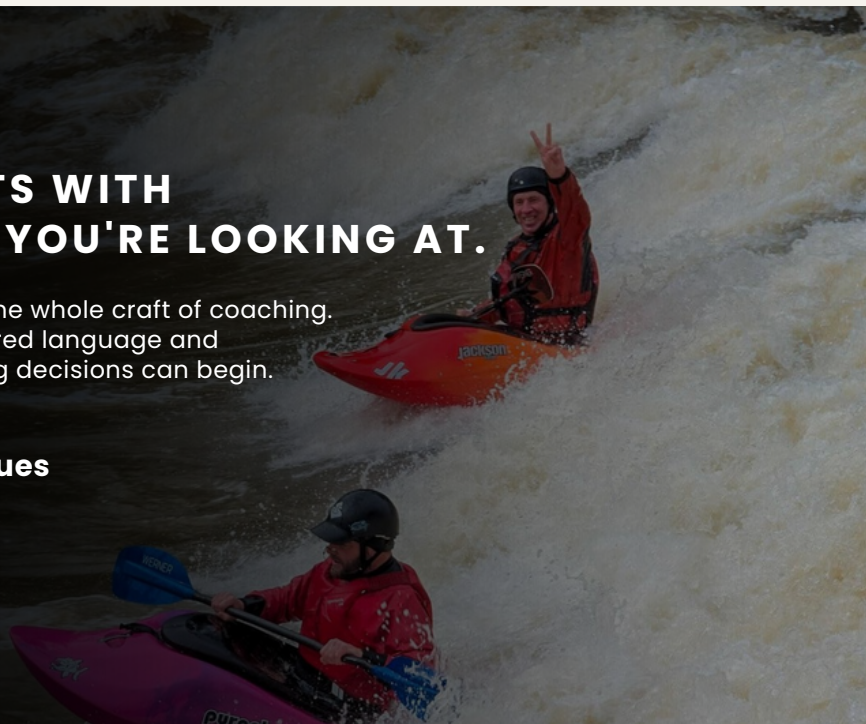
Observe what happens, learn from the response and use that information to decide what might happen next.

THE FOUNDATION

GOOD COACHING STARTS WITH UNDERSTANDING WHAT YOU'RE LOOKING AT.

Coach Foundations isn't designed to teach the whole craft of coaching. It gives you the freestyle understanding, shared language and observation skills from which better coaching decisions can begin.

The deeper craft of coaching continues through Coach Development Days.



THE PERSON

FOUR DECADES OF LEARNING HOW FREESTYLE WORKS.

Coach Foundations is led by Andrew 'Jacko' Jackson, drawing on more than four decades of coaching, competing and developing freestyle paddlers and coaches.



ANDREW 'JACKO' JACKSON COACH · DEVELOPER · FREESTYLE THINKER

I started coaching at 16 and have worked with paddlers at every stage — from people discovering freestyle for the first time through to World Champions.

Over that time, freestyle has changed enormously. Tricks have developed, boats have evolved and our understanding of performance has continued to grow.

But much of the knowledge that helps us understand why freestyle works is still passed from paddler to paddler through tricks, tips and individual experience.

WHY COACH FOUNDATIONS?

CREATE A SHARED LANGUAGE FOR UNDERSTANDING FREESTYLE.

Coach Foundations brings that understanding together — giving coaches a clearer way to understand how the kayak moves, how the body and paddle influence it, how movement is created and how to see what's actually happening.

It isn't the finished answer to coaching. It's a foundation from which coaches can keep exploring, questioning and developing their practice.

START WITH COACH FOUNDATIONS.

See What's On for upcoming dates, locations and booking information.



WHAT'S ON
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