



UKCC / BCU Level 2 training course

Session	Topic	Time
	Day 1 - Principles	
1	Introduction	1hr
2	Responsibility & risk management	1hr
3	Coaching basics revisited and boat comparisons	2hrs
4	Fundamentals session	2hrs
		Total 6 hrs
	Day 2 - coaching	
5	Forward paddle, TTPP, Obs & analysis self check	2.5hr
6	Teaching and learning styles	2.0hr
7	Steering & turning , x stream	1.5hr
		Total 6 hrs
	Day 3 - coaching	
8	Session management & working on grade 1	2hr
9	LTPD & Paddlepower	45mins
10	Equity & Equality	30min
11	Tandem & crew	1hr
12	Fun games and rescue assessment	1.5hrs
		Total 6hrs
	Day 4 – planning & delivery	
13	Session planning single session	1hr
14	Session delivery single session	1.5hrs
15	Planning progressive sessions	1hr
16	Delivery of progressive sessions	2.0hrs
17	Goal setting and action plans	1hr
		Total 6.5hrs