

## Good principals for all types of roll.

The boat is rolled first and the head comes up last.

The paddle is moved by the body and not just the arms.

The paddler finishes in a good position to keep paddling.

The paddler finishes in a safe balanced position.

Arm movements should always be kept in the kayakers box.

## Teaching Rolling notes

1. Hip/boat rotation warm up/ exercise using hand rail of pool.
  - a. Using both hands
  - b. Not letting go of poolside with either hand even when upright (i.e. simulating paddle shaft)
  - c. Look down to bottom of pool throughout.
  - d. Look under arm, (encourages correct body position later)
  - e. Blow bubbles when righting boat (encourages head coming up last)
  
2. Hip/boat rotation from helpers hands
  - a. Same as 1 a to e but using helpers hands to rotate boat with. (enables helper to feel the amount of pressure on hands, should be little or no pressure)
  - b. Repeat until dizzy/learnt/helper feels its time to move on
  
3. Paddler goes over side furthest from helper, then finds helpers hands and rotates up
  - a. both hands need to be used
  - b. Hands should lead boat going over.
  - c. Body/arms/hands need to rotate under water so that the palms are downwards on helpers hands
  - d. Hands should be together all through exercise.
  - e. Hands need to be positioned as per set up with a paddle but together.
  - f. Holding a float may help keep hands together
  - g. Paddler needs to curl up to the surface when upside down.
  - h. Then same as 1 a to e
  - i. Repeat until dizzy/learnt/helper feels its time to move on

4. Paddler goes over side furthest from helper, then finds paddle shaft and rolls up.
  - a. Same exercise as 3 above, but substitute paddle shaft for hands.
  - b. Try and put paddle shaft in out from boat rather than along side.
  - c. Hands should be kept together throughout
  - d. A normal paddling grip should be used on the paddle shaft.
  - e. Then same as 1 a to e
  - f. When successful above helper holds paddle shaft as if paddling when presenting it, encouraging paddler to move hands apart once on shaft.
  - g. Eventually getting paddler to move hands out to touch helpers before rolling up.
  
5. Set Up
  - a. show set up
  - b. importance of wrist rotation
  - c. keeping paddle close to boat when going over
  - d. rotation of body over side, rather than reaching forward
  - e. pat water with front blade
  - f. pull them up
  
6. Complete roll but guiding paddle
  - a. Encourage paddler to do 1 a to e when they feel they should
  - b. Do 5 again then after set up whilst the paddler is patting the water, grab paddle shaft with both hands
  - c. guide shaft out from boat
  - d. Make sure rear blade goes over top of upturned boat.
  - e. Stop moving paddle out from boat when it is across upturned cockpit
  - f. Paddler should have rolled up by now
  - g. Repeat until dizzy/learnt/helper feels its time to move on
  
7. The roll
  - a. Unaided try
  - b. Not enough movement of paddle away from boat then. Stand at front of boat and push front blade away from boat.
  - c. Head brought up first, **Don't be negative and tell them not to**, give them something else to think about, ie look at paddle through out the roll, or look at the pool bottom.  
Then if still doing it, go through 1 a to e with them whilst rolling unaided.
  - d. Go back over any of the previous when needed.
  - e. One or two unaided rolls in a session, give up now and do something else, you have succeeded. Remind the Paddler that they need to come back to another session and repeat successes working on tidying up their roll.
  - f. Do not encourage them to sit forward or lay back, if coached as above the paddler will decide on what they feel happiest with, based on the above or the type of roll they may have learnt previously. These notes are designed for a neutral/ sat normal rolling position