This course is aimed at BCU coaches that wish to develop their knowledge in coaching introductory SUP techniques.

The course introduces and explains the basic techniques and strategies for coaching on SUPs. The course is a mix of theory and practical activity to ensure everyone has sufficient time to try things out. The course also seeks to support the continuing process of good coaching practice on the water focusing mainly on coaches who will be supporting beginners.

By the end of this course participants will be able to:

- Introduce the different types of equipment including issues of equipment design, size and modification to suit individual requirements.
- Provide a background to various disciplines within SUP paddling and the specific techniques that apply to each.
- Provide a fun and informative way of using practical based coaching techniques to improve students SUP skills and understanding on sheltered water.
- Reinforce the transferability of technique and skills between paddle-sports.