

Canoe Sprint Racing – Focus Plan

SAMPLE FOCUS PLAN:

The following sample focus plan for canoe/kayak sport developed by **Zak Mahmoudi** to be used for novice athlete, to ensure they remain focused and on task. Note that it outlines the typical aspects of a race and that shorter events may not require as many points or phases.

<i>Thinking about...</i>	<i>Feeling...</i>
At the start: <ul style="list-style-type: none"> • Sit up • Wait for the signal “Ready, Set, Go...” • Start with left side stroke • First 4 strokes deep and powerful • Strong core and legs • Stay in your Lane 	<ul style="list-style-type: none"> • Calm and relaxed
Stroke transition: <ul style="list-style-type: none"> • Reach and power • Stroke up front • Controlled breathing • Look in front of you • Stay connected to your boat by pressing on footboard 	<ul style="list-style-type: none"> • Relaxed in the shoulders • Stretched out
Throughout the race: <ul style="list-style-type: none"> • Strong core and legs • Controlled breathing • Stay in your Lane • Remain focus on your technique • Do not look to other competitors • Your finish line is your target 	<ul style="list-style-type: none"> • Efficient • In control
Stroke pick-ups: <ul style="list-style-type: none"> • Powerful pushes on footboard • Legs down • Finish each stroke 	<ul style="list-style-type: none"> • Powerful
At the finish line: <ul style="list-style-type: none"> • Lock the legs • Work it all 	<ul style="list-style-type: none"> • It’s hard but it’s good!!!

BY ZAK MAHMOUDI – HEAD COACH