

DC DRAGON BOAT CLUB TRAINING OUTLINES

Each team is allotted 3 training sessions, each session is 1 hour water time.
Detailed Lesson Plan Only for Coaches & Steerspersons Use.

	Session 1	Session 2	Session 3
Focus	Intro Safety Background & Culture. Basic Concepts & Techniques, Basic Drills.	Team work Timing Power & 500M course	Timing, Starts and Finishes 250M sprint 500M practice
Descriptions	<p>Introduction Coach introduction. Intro to the sport, history and culture. The DC Festival history.</p> <p>Safety What are the safe and unsafe practices Commands Life Vests Buddy System What to do or not do in case of emergency</p> <p>Techniques Basic technical concept of dragon boating. Stroke mechanics drills. Focus drills</p> <p>End of Session Recap Safety and Techniques. Fun game. Easy paddle through a 500m course. Intro to next lessons.</p>	<p>Review & Intro Recap previous session. Intro to timing techniques, power, and teamwork</p> <p>Drills Stroke & Techniques drills Timing Drills Power Drills</p> <p>Techniques Stroke mechanics as a team. Team timing focus. How to generate power effectively. Start sequences & 250M.</p> <p>End of Session Recap techniques & start. 500M mock race (if time permits). Fun game and intro to next lesson.</p>	<p>Review & Practice Recap Timing, Team Focus, Power & Starts</p> <p>Drills Starts + 10 stroke drills Timing Drills Leap Frog Race 250M team focus 250M mock race 500M Scrimmage</p> <p>Reviews & Send-Off Review the team performance and recommend land /additional focus for the team until race day.</p> <p>Fun game if time permits.</p> <p>Send off wish wishes and smiles from the Club.</p>

Date	Team Name	Coach
Time	Team Captain	Steerer
		Assistant Coach

-15	Coaches Steersperson introduction. Intro to the sport, history & culture. DC Festival history. Intro to Club & Area Learn about the crew Announce Objective of Session 1 SAFETY [steersperson] - Personal safety & Crew & Boat Safety - Commands Sit-Ready Paddles Up ATTENTION GO Hold Water Let it Run Draw or Pry L/R Paddles on Water Keep Paddling Life Vest (PFD) Fitting Buddy System To Do in Emergency Command Structure Injuries, bruises : ICE immediately	Seat Chart		Left – Right	
		1			
		2			
		3			
		4			
		5			
		6			
		7			
		8			
		9			
		10			
-10-5	Warm-up all three teams in circle	Coach Comments / Notes Section			
-5-0	Line up & Balance [steersperson] [coach write down names on seat chart] BASICS [coach] Size a Paddle Hold a Paddle How to Sit A Stroke: Set-up Catch Drive Exit Recover Relationship: Arms Body Eyes Breathing Relationship: Stroke Front, Engine Room, Back				
0-2	Load & Free paddling Explain Stroke + Visual + Breathing				
2-10	Demo stroke Explain eyes, body match Match drill with count = 5 strokes x 4				
10-15	Setup Drills x 5 Outer hand on gunwale & turn to look back for posture Setup + Catch x 5 [command = Setup + GO]				
15-25	Setup + Catch + Drive & Stop at Mid-Thigh Clean Exit Focus Drill x 5				
25-35	10 Full Strokes x 3 [coach observe & comment] 1 min Full Strokes - focus on timing [coach observe + correct] 2 min Full Strokes – focus on eyes-to-body coordination Explain % of power [70,80,90,100%] 2 min Full Strokes – Power Call Focus Explain and call: “Sit-Ready, Paddl’s Up, GO 70%in2-1 80%in2-1 90%in2-1” [40 sec@70% 40 sec@80% 30 sec@90% 10 sec@100 %]				
35-40	Rest – answer questions –social				
40-45	500m easy paddle [coach comment & correct]				
45-50	Game or Drills Men/Women Switch Tug-o-war The crazy stroke				
50-60	Recap Comments Thank the Crew Intro to Session 2				

Session 2 – Objectives: Timing, Power, and Teamwork | Start Sequence | 250 & 500 | Scrimmage

Date	Team Name	Coach
Time	Team Captain	Steerer
		Assistant Coach

-15-10	Coaches Steersperson introduction. Announce Objectives of Session 2	Seat Chart		Left – Right	
		1			
		2			
		3			
		4			
		5			
		6			
		7			
		8			
		9			
		10			
-10-5	Warm-up -- all teams in circle	Coach Comments / Notes Section			
-5-0	Line up & Balance [steersperson] [coach let team captain write down names on seat chart]				
0-5	Load & Free paddling – explain away timing & matching				
5-10	Setup + Catch + Drive (Stop at Mid-Thigh) = 10 strokes Clean Exit Focus Drill x 5				
10-15	Introduce Power Explain: Generate power from legs, core, engage the body Explain: Torque (1-5 start) & Glide Strokes (race stroke) Correct posture: Outer hand on gunwale & turn look back 5 off-the seat strokes x 3 [80-90-100%] "Sit-Ready, Paddl's Up, GO 70%in2-1 80%in2-1 90%in2-1" [40 sec@70% 30 sec@80% 30 sec@90% 20 sec@100 %]				
15-20	Introduce to Start Line & Race Commands First 2, First 3 Back 2, Back 3 Draw L/R All Draw L/R Bring it Up/Down 1-2 Strokes Back Paddle Hold Hard ARE YOU READY ATTENTION ATTENTION DRILL x 5 ATTENTION & GO + Start Sequence @ 80%				
25-30	Introduce the Start 1-2-3-4-5 UP [silence 1-10] UP [to 20] Reach 3-2-1 Reach 3 Starts +10 strokes [observe & comment]				
30-35	START DRILL @ 80% 90% 100 % (3 times, 1 for each %) 1 st 2 nd 3 rd Stroke 1-5 Strokes + Up + Full Start [Go-2-3...10UP,20UP,30REACH3-2-1REACH]				
35-40	5 FULL STARTS (steerer count) FULL START SEQUENCE @ 80% + 10 strokes -- Repeat 3x Focus on transition (comment after 1 st set)				
40-45	Intro to Bring-It-Home & Power 10 in 2-1 Calls 500m @80% Focus on Timing – Leap frog if possible [60/80%]				
45-50	Rest – Answer questions – Social				
50-55	250m full RACE – Rest – REPEAT 80% for timing & power				
55-60	Recap Comments Thank the Crew Intro to Session 3				

Session 3 – Objective: RACING! Timing, Starts and Finishes | 250M sprint | 500M Races

Date	Team Name	Coach
Time	Team Captain	Steerer
		Assistant Coach

-10-5	Coaches Steersperson introduction. Announce Objective of Session 3 Line up & Balance [steersperson] [coach write down names on chart]	Seat Chart Left – Right	
		1	
		2	
		3	
		4	
		5	
		6	
		7	
		8	
		9	
10			
-5-0	Warm-up -- all teams in circle	Coach Comments / Notes Section	
0-5	Load & Free paddling Observe + Correct		
5-10	START DRILL @ 80% 90% 100 % (3 times) 1 st 2 nd 3 rd Stroke 1-5 Strokes + Up + Full Start Sequence Focus on Transition + 10 strokes		
10-20	Refresh on Race Course Sequence [Boats Line-up, Attention—Go – Power10 –Bring it Home] 250m Scrimmage [observe on what/who can improve]		
20-25	Rest		
25-30	2 min Focus on Timing / Body Flex [coach observe] [20 sec@70% 40 sec@80% 30 sec@90% 30 sec@100 %] Full Start Sequence Focus on Transition + 10 strokes	Call is “Sit-ready, focus ATTENTION-GO” for 10 strokes and: “70%in2-1...” so on	
30-40	2 min Easy Paddle Focus on Relaxing & Reaching Relaxed 60/90% Leap Frog or 3 pieces of 80-100% power (30-30-30sec)		
40-45	Rest		
45-50	Timing Drills 1min w/ Count 2min Row Matching 2min Shifting In/Out		
45-55	Full Start Sequence Focus on Transition + 10 strokes @ 80% 500M Scrimmage		
55-60	Recap Comments Thank the Crew Send Off Note		