



Online Video Coaching Paddle Technique Clips

Start with your Side Profile clips

Step one: Set up the shot

- Fix the camera on the horizon where you can paddle within 10 meters distance from it

Step two: Trial the shot

- Make sure you can get 4 or 5 clean strokes in the frame as you paddle across (max of 10 strokes)

Step three: Get the shots

- We need three clips of you paddling across the camera
 - One from the left with the paddle on your right-hand side
 - One from the right with the paddle on your left-hand side
- And one from either side with a change over stroke in front of the camera

Then move on to your Paddling Head-on clips

Step four: Set up the shot

- Change the camera position if you need to from your side profile clips

Step five: Trial the shot

- Make sure you get 4 or 5 clean strokes in heading directly at the camera (max of 10 strokes)

Step six: Get the shot

- We need two clips of you paddling on either side
 - One paddling on your left-hand side
 - One paddling on your right-hand side

Step seven: Send them to us

- When your ready, book your slot and send us your clips to info@haywoodsports.com with your name / Online Video Coaching in the subject header, we will do the rest

#Nextstopresults