



ISAF Training and Development

MNA Training Resources

Briefing:

Here is an example of some comments and questions from a basic briefing.

This is the brief just before the group go afloat; please assume that they have had a technical session on tacking (including a Land drill demonstration) and have also covered the basics of wind awareness. This brief is looking at the safety aspects and not directly the technical teaching elements.

'We will be sailing off the beach this morning, using the same area **as yesterday**. Can anybody **remember** what the boundaries were? Can you point them out on the sailing area chart?' (*Relevant to previous session, use of an visual aid*).

'Where is the **wind** coming from?' (*Involving the students – not just coach led*).

'How do you know that?' (*Testing the students understanding*).

'So if you **look out**, you can see 2 pink markers, they are across the wind, straight out from the beach. You will need to sail towards the buoy and tack around it or as close as you can to it'. (*This is the opportunity to recap*).

'What is the come to me signal? Please **acknowledge** my signal with a 'thumbs up' when you have understood / seen it.'

'What about sound signals?' (*This will work in conjunction with visual signals*).

'What about everybody come to me or **follow me**?' (*Allows a means of re grouping the fleet*).

'What about going home at the **end of the session**?'

'When someone **capsizes or there is an emergency** – don't panic, keep calm!'

'What about the **rest of the fleet**?' (*A holding activity, lead boat etc... Able to keep the group together while the situation is dealt with*).

'What else to day do we need to be **careful of** during today session?' (*This could be changing weather, other boats, tide, sun etc.*).

'**Hydration** is really important so please make take your water bottles with you. Either put them into the support boat or take them in your dinghy.' (*Hydration has significant effect on learning and performance as well as your general health. We want our students to be in the best possible shape to enable them to learn effectively*).

Questioning:

Here is an example of questioning used in a de-brief.... there is a combination of open and closed questions. *This questions that follow are those from a de-brief, from a session with the aim being tacking in a one man boat on your own. The activity was; sailing a reach to reach course and a follow- my- leader exercise.*

Did everybody **enjoy** that?

What in particular?

Why was that?

What was the aim of the session?

When do we swap hands?

Did anybody else **feel** this effect?

How do you know you were in control?

So, **what** are the key elements to tacking?

How do we sit in the boat; **where** do we position ourselves upwind/downwind?

What posture should we adopt? **How** does it feel?

Think about which foot you should lead with?

Why do you put your back foot across first?

What do you think...students name? (Individual involvement, tests understanding).

Debriefing: Open Questions are key to an effective debrief, by using open questions it allows the students the opportunity to think about and reflect on their own performance. The art of being a good coach is to be able to pose the right questions to gain the right answers! This also allows your students to take ownership of their development.

In some debriefs it might be important to highlight mistakes or issues within the group. The questioning examples above we should be able to use within a de-brief. What follow are a few more examples of questioning – focusing on constructive comments.

Did you all manage to manage to follow the leader? (*The students did not manage to!*)

Why not? **What** did you learn from the last session? So **why** didn't you demonstrate that today? **How** would you change it for next time?

Why did you not stick to the sailing area? **What** where your reasons for this?

In some cases it can be more effective to use closed questions or even tell students what the issues are. The reason for this if you pose an open question then you might get the wrong response – Q. **How** did you think that went? A. Really well! (Then you have to work hard to recover)!

*The key words for the questions have been highlighted. Open questions are **Green** and closed questions are in **Red**.*