

ISAF Level 3 Technical Course for Coaches

Aim:

“To teach the basic understanding of the skills involved in Performance Coaching. The Level 3 course candidates will be competent sailors with experience of National / Regional competition, who wish to pass on their skills, knowledge and passion for sailing to emerging talented sailors in their nation. This course covers the skills required to deliver effective coaching sessions both ashore and afloat and includes the information required to turn existing racers into competent Performance Coaches.”

THIS COURSE WILL NOT RESULT IN THE COACH CANDIDATES RECEIVING AN ISAF QUALIFICATION

Suggested Course Contents:

- **Basic Coaching**
 - Basic session structure
 - Breaking down the skills
 - Deciding on goals/aims
 - How to deliver information effectively
 - Briefing
 - Length
 - Content
 - Delivery style
 - Use of questioning
 - On the water
 - Sailing area
 - Safety and signals
 - Exercises (length of session)
 - Observation & Coaching afloat
 - Coach / Power boat handling skills
 - Debrief
 - Where & when?
 - What to cover
 - Re-visit aims / objectives
 - Use of questions
 - Summary

- **Coach / Power boat Handling**
 - Basic skills / manoeuvres
 - Crew positions
 - Gear/throttle control
 - Awareness
 - Slow speed manoeuvring
 - Safety
 - Kill cord and its use (mandatory)
 - Coaching positioning
 - Coming alongside boats
 - Use of Coach / Power boat as a coaching tool

- **Coaching Boat Speed and Boat Handling**
 - On the water exercises
 - How to select the correct exercise
 - Basic Skills Model
 - Preparation, Knowledge & Technique, Decision Making
 - Equipment required
 - KISS
 - Positioning of powerboat
 - Video coaching techniques

- **Learning Styles**
 - How people learn (Visual, Hearing, Reading, Practical)
 - Identifying individuals learning styles

- **Coaching Tactics and Rules (RRS)**
 - How to coach tactics and rules
 - Relationship between tactics / rules
 - Delivering the 'coaching'
 - Theory
 - Practical ashore
 - Practical afloat
 - How to brief and de-brief the session
 - Coaching Exercises to use ashore and afloat

- **Land Drills (simulators)**
 - When to use them
 - Making them effective
 - What they can be used for
 - Dinghy park demonstrations – rules/tactics
 - Muscle memory/improving skills
 - Games with learning outcomes

- **Video Skills**
 - When and where?
 - Focus (aims of the session)
 - Sound on/off
 - Positioning of Coach / Power boat
 - Who uses the camera?
 - Video or pictures?

- **Psychology**
 - Mental toughness
 - Overcoming failure
 - Focus and concentration

- Controlling the controllable
- Pre-race systems
- **Physiology**
 - Diet
 - Hydration
 - Stretches
 - On the water food and drink
 - General fitness
- **Managing a Team**
 - Regatta aims
 - Sailing Instructions (SIs)
 - Process goals
 - Managing individual sailors

Suggested 5 day Course Plan:-

Day	Morning	Afternoon
1	Introduction to course Basic Coaching Skills Powerboat driving	Session demonstration by Trainer Practice delivering sessions and safe powerboat driving. Daily debrief
2	Learning styles Land drills	Run sessions in groups using land drills. Daily debrief
3	Choosing the correct “on the water” exercises. Skills Model	Run sessions in groups. Daily debrief
4	Coaching the rules and tactics.	Run sessions in groups. Daily debrief.
5	Psychology Physiology	Mini regatta in teams; briefed and debriefed by coaches.
6	Additional topics	Additional topics
7	Additional topics	Course debriefs. Personal Action Plans.