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NAT. SQUAD TRAINING

DATE

VENUE

TOTAL OCCUPA	COACHES	DA		PHASE		
		TOPIC / ACTIVITY	GOALS	Who Does What ?	Where?	Plan B
	SATURDAY	TOTIOTACTIVIT	GOALO	what :	Wilcie:	T Idil D
	Pre-Training Focus					
9.15 - 1.15	Session 1					
1.15 - 5.15	Session 2					
7.00 - 8.00	Evening 1					
8.00 - 9.00	Evening 2					
	SUNDAY					
8.00 - 1.00	Session 1					
1.00 - 4.30	Session 2					
	Post-Training Focus					
CHECK LIS	т					

CLASS: TOPPER		GOAL F	OR THE	WEEK:	Develop	individu	als as the	eir needs	become	clear						
	Pre- work				TUESD			WEDNE			THURS	DAY		FRIDAY	•	Post -camp
Session		1	2	3	1	2	: 3	1	2	3	1	2	2 3	1	2	
Coaches		Dave Co	ockerill		Dave Co	ockerill		Dave Co	ockerill		Dave Co	ockerill		Dave C	ockerill	
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SAFETY																
TIDES																
WAVES																
EVENT PREARATION																
ON SHORE IN CASE!																
GOAL SETTING																

NAT. SQUAD TRAINING

DATE

VENUE PHASE

COACHES

				Who Does		
		TOPIC / ACTIVITY	GOALS	What ?	Where?	Plan B
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	Pre-Training Focus					
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9.15 - 1.15	Session 1					
1.15 - 5.15	Session 2					
7.00 - 8.00	Evening 1					1
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8.00 - 9.00	Evening 2					
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	Deat To 1 1					
	Post -Training					
	Focus					

NAT. SQUAD TRAINING

DATE Sat Nov 8

Dave Cockerill, Mark Asquith, Helena Lucas, Jessica Marshall

VENUE Weymouth PHASE Core Skills

Who Does

COACHES

		TOPIC / ACTIVITY	GOALS	What ?	Where?	Plan B
	Pre-Training Focus	Boat Prep - reliability above all else. Personal fitness	A reliable boat, well set up with all the tweeks . 2. Be able to sustain long training sessions and as prep for fitness test.	Sailors	at home prior to	
9.15 - 1.15	Session 1	Briefing to set tone for the squad - what is expected of them and what they can expect from us. Profiling mentioned. 2. Warm up 3. Parents meeting with DC and Duncan 4. On water for assessemnt purposes - by sailors and coaches. SAFETY	1. Busy weekend but right attitude crucial to future development 2. To show the importance of warming up. 3. To get parents on board. 4.	1. DC 2. DC and coaches 3. DT and DC 4. MA, HL & JM	1. Room 7 2. Outside 3. Room 7 4. Room 8, Boardroom and water.	Team Games - rope square, tower, tyre walk, joust.
1.15 - 5.15	Session 2	Fitness test inc warm-up Profiling workshop		1. GB and DC and coaches 2. KG and C	1. ? 2. Room 7	
7.00 - 8.00	Evening 1	1. Sails	To develop a greater understanding about sails - the Topper has a simple sail plan. Their next boats will all be more complex	1. Adam Bowers	1. Room 7	1
8.00 - 9.00	Evening 2	Boat handling skills - tacking / gybing / mark rounding / starting	Develop the theory behind how they should handle their boats and to produce notes to revise the same	Small groups of sailors who present their thoughts.	1. Room 7	

NAT. SQUA	D TRAINING COACHES	DATE Dave Cockerill, Mark Asquith, Helena Lu TOPIC / ACTIVITY	Sun Nov 9 ucas, Jessica Marshall GOALS		Weymouth Core Skills Where?	Plan B
8.00 - 1.00	Session 1	1. Boat handling exercises in small groups follow my leader, tacking / gybing on whistle, mark rounding, duel, sweatbox (riverbank) etc - variety and intensity but with time to stop and evaluate. 2. Starting in small groups and then whole squad - short and sharp with lots of variety.	Develop and assess boat handling. Understand the next step for the group and for individuals.	· ,	Water based - inside harbour	Team Games - rope square, tower, tyre walk, joust.
		Preparation for racing - tell your coach your strategic plan for the race. Short race to check strategy 3. Longish 'counter race' to assess ability. Coaches to follow and advise individual sailor (s)) Coaches to keeping asking sailors to mark their	Start to learn to work with coaches. Have a plan and be prepared to change it. Give the opportunity to assess plan and report back to coach on it. 3. 35	1. Coaches guiding own small group with squad together 2. As above. 3. Individual	Water based -	

min. race to put ideas into practice.

1,2 and 3 To see the longer view and

start to take control of your future

development

Session 2

Post -Training

Focus

processes.

rules, event prep

your year

1. Sort folders out into headings - boat handling, tactics, stratergy/met/tides, goal

toughness, boat-speed/boat-prep, starting,

2. Plan

setting/planning, fitness, mental

Complete the goal-setting sheet.

1.00 - 4.30

Boat prep

inside harbour

Home

coaching

Sailors