

NAT. SQUAD TRAINING

DATE

VENUE

COACHES

PHASE

TOPIC / ACTIVITY	GOALS	Who Does What ?	Where?	Plan B
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SATURDAY

	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 LIST

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TOPIC / ACTIVITY **GOALS** **Who Does**
What ? **Where?** **Plan B**

	Pre-Training Focus					
9.15 - 1.15	Session 1					
1.15 - 5.15	Session 2					
7.00 - 8.00	Evening 1					1
8.00 - 9.00	Evening 2					
	Post -Training Focus					

NAT. SQUAD TRAINING

DATE Sat Nov 8

VENUE Weymouth

COACHES

Dave Cockerill, Mark Asquith, Helena Lucas, Jessica Marshall

PHASE Core Skills

TOPIC / ACTIVITY	GOALS	Who Does What ?	Where?	Plan B
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	Pre-Training Focus	1. Boat Prep - reliability above all else. 2. Personal fitness	1. 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 event	
9.15 - 1.15	Session 1	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 assesemnt 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. To provide a better understanding of their needs by sailor and coach	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	1. Fitness test inc warm-up 2. Profiling workshop	1. To obtain a benchmark and provide info to the sailors allowing them to move forward. Warm down and stretch 2. To set the goals for the individual and to inform planning	1. GB and DC and coaches 2. KG and C	1. ? 2. Room 7	
7.00 - 8.00	Evening 1	1. Sails	1. 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	1. Boat handling skills - tacking / gybing / mark rounding / starting	1. Develop the theory behind how they should handle their boats and to produce notes to revise the same	1. Small groups of sailors who present their thoughts.	1. Room 7	

NAT. SQUAD TRAINING

DATE Sun Nov 9

VENUE Weymouth

COACHES

Dave Cockerill, Mark Asquith, Helena Lucas, Jessica Marshall

PHASE Core Skills

TOPIC / ACTIVITY	GOALS	Who Does What ?	Where?	Plan B
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8.00 - 1.00	Session 1	<p>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.</p> <p>2. Starting in small groups and then whole squad - short and sharp with lots of variety.</p>	<p>1. Develop and assess boat handling. Understand the next step for the group and for individuals.</p> <p>2. Develop starting ability</p> <p>On both exercises to use video as a feedback tool.</p>	<p>1. In small groups led by coaches.</p> <p>2. Start in small group then join together</p>	Water based - inside harbour	Team Games - rope square, tower, tyre walk, joust.
1.00 - 4.30	Session 2	<p>1. Preparation for racing - tell your coach your strategic plan for the race.</p> <p>2. Short race to check strategy</p> <p>3. Longish 'counter race' to assess ability.</p> <p>Coaches to follow and advise individual sailor (s)</p> <p>Coaches to keep asking sailors to mark their processes.</p>	<p>1. Start to learn to work with coaches. Have a plan and be prepared to change it.</p> <p>2. Give the opportunity to assess plan and report back to coach on it.</p> <p>3. 35 min. race to put ideas into practice.</p>	<p>1. Coaches guiding own small group with squad together</p> <p>2. As above.</p> <p>3. Individual coaching</p>	Water based - inside harbour	Boat prep
	Post -Training Focus	<p>1. Sort folders out into headings - boat handling, tactics, strategy/met/tides, goal setting/planning, fitness, mental toughness, boat-speed/boat-prep, starting, rules, event prep</p> <p>2. Plan your year</p> <p>3. Complete the goal-setting sheet.</p>	<p>1,2 and 3 To see the longer view and start to take control of your future development</p>	Sailors	Home	

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