



ADVANCED RACING

EXAMPLE PROGRAMMES

(All exercises used have been taken from the RYA Race Training Exercise Manual)

Advanced Racing Certificate

This is to certify that has completed and passed the

Advanced Racing Syllabus

Covering the following subjects:

- Mental Fitness
- Physical Fitness
- Teamwork
- Boat handling
- Boat tuning
- Racing rules
- Tactics
- Starting
- Strategy & met
- Boat prep

Club.....Date.....

RYA Racing Coach..... (signature)

Name.....

The Key Principles for Each Section

Starting

- Clear air
- Be on the line at the correct end for bias
- Accelerate fast
- Have space to leeward
- Timing

Boat handling

- Teamwork
- Communication
- Practice until it becomes natural (Feel of the boat)
- 5 Essentials

Boat speed

- Correct rig settings
- 5 Essentials
- Focus and concentration

Strategy

- Keep head out of boat
- Be aware of all geographical and tidal effects
- Good communication
- Be responsive

Tactics

- Think ahead
- Good communication
- Teamwork
- Be aware of overall strategy

The Example Programme: Advanced Racing

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| <p>Day 1</p> | <ul style="list-style-type: none"> • Meet with sailors • Introductions • Aims of the course • Safety and housekeeping • Rig boats – check boats over (safety check, basic tuning and class specific tuning) • Afloat – short session, triangular course, assessing levels of competence re boat handling, rules knowledge, confidence, crew communication and general awareness. <p>Coaching Principles: - Starting</p> <ul style="list-style-type: none"> • Clear air • Be on the line at the correct end for bias • Accelerate fast • Space to leeward • Timing • Use transits | <p>Lunch</p> | <p>Starting Session focusing on</p> <ul style="list-style-type: none"> • Slow speed boat handling • Being on the line • Line bias • Positioning on the line • Accelerating off the line • Transits • Protecting space to leeward <p><i>Example exercises (see the section on start exercises) :-</i></p> <ol style="list-style-type: none"> 1. <i>Holding Station</i> 2. <i>Trigger pulls</i> 3. <i>Drive Through</i> 4. <i>Go guns</i> 5. <i>Port tack player/Hovers and Hunters</i> 6. <i>Variable Start Time start (+/- 10 secs)</i> <p>Coaching tips-</p> <ul style="list-style-type: none"> • Use boat control exercises initially without a countdown, i.e. <ol style="list-style-type: none"> 1. moving forward slowly to the line then accelerating; 2. moving forward slowly, stopping and reversing 3. hovering close to a fixed buoy • Move on to using the above with a countdown • Vary the length of the line • Vary the bias on the line • Vary the approach to the line <p>Rules relating to Starting</p> <ul style="list-style-type: none"> • Luffing rights • Barging at windward end |
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| <p>Day 2</p> | <p>Recap Day 1 activities</p> <p>Coaching Principles: -</p> <p>Boat handling</p> <ul style="list-style-type: none"> • Teamwork • Communication • Practice until it becomes natural (Feel of the boat) • 5 Essentials <p>Boat Handling Session</p> <ul style="list-style-type: none"> • Improving Tacking • Improving Gybing • (Use of good demonstrations and shore drills before exercises) <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> 1. <i>Tacking on the whistle</i> 2. <i>Gybing on the whistle</i> 3. <i>The Channel</i> <p>Rules relating to tacking and gybing</p> <ul style="list-style-type: none"> • Keeping clear, Rule 13 | <p>Lunch</p> | <p>Boat Handling Session</p> <ul style="list-style-type: none"> • Hovering and drive through • Tethered rudder • Mark rounding • Sailing backwards • 2 Turn penalties <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> 1. <i>Tethered Rudder</i> 2. <i>Follow my Leader</i> 3. <i>Trigger Pulls</i> 4. <i>Magic roundabout</i> 5. <i>Gut-buster</i> <p>Short race series (2 or 3) windward leeward races focusing on starting, the beat and rounding the windward mark</p> <p>Coaching Tips:-</p> <ul style="list-style-type: none"> • Start with basic boat handling exercises e.g. stopping and accelerating (upwind and downwind) • Give good demonstrations of tacking and gybing • Work through the exercises in order of difficulty (1 – 5) • Focus on 5 Essentials |
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| <p>Distant learning</p> | <p>Mental Preparation – visualization, controlling stress, goal setting</p> <p>Recommended reading:- “Mental and Physical Fitness for Sailing’ - Fernhurst</p> |
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| <p>Day 3</p> | <p>Recap of Days 1 and 2</p> <p>Coaching Principles: -</p> <p>Boat speed</p> <ul style="list-style-type: none"> • Correct rig settings • 5 Essentials • Focus and concentration <p>Boat speed</p> <ul style="list-style-type: none"> • Rig tuning – demonstration of controls (ashore) • Class specific modifications • Upwind – setting the boat up for the relevant conditions, • Class specific tuning <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> 1. <i>2 Boat Tuning</i> 2. <i>Rabbit starts (holding lane)</i> 3. <i>Eyes shut sailing</i> <ul style="list-style-type: none"> • Rules – Acquiring right of way, Rule 15, Changing Course, Rule 16 <p>Coaching Tips:</p> <ul style="list-style-type: none"> • Focus on one control at a time • Insure that both boats are in clear air but not too far away to be in different wind. • 1 boat remains unchanged throughout. • Always finish with a session focusing on the feel of the boat. | <p>Lunch</p> | <p>Boat speed</p> <ul style="list-style-type: none"> • Downwind • Use of spinnakers (if applicable) inc land drill • How to initiate planing • Class specific techniques • Rule 18, controlling speed into marks <p><i>Example exercises: (see the section on Down wind exercises)</i></p> <ol style="list-style-type: none"> 1. <i>2 Boat Tuning</i> 2. <i>Gybing on the whistle</i> 3. <i>Down wind starts and leeward mark roundings</i> 4. <i>Downwind Flyer</i> 5. <i>Eyes shut sailing</i> <p>Evening</p> <ul style="list-style-type: none"> • Team work • Communication • Division of roles <p>Coaching Tips:-</p> <ul style="list-style-type: none"> • Concentrate on class specific rig settings • Look at general sail control settings – sheets, kicker, halyard tension, downhaul and outhaul • Concentrate on the 5 essentials and how they make the boat sail fast. • Use of video and still photos is very useful to examine the differences. • Measure and calibrate as much as possible |
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| <p>Day 4</p> | <p>Recap of day 3</p> <p>Coaching Principles: - Strategy</p> <ul style="list-style-type: none"> • Keep head out of boat • Be aware of all geographical and tidal effects • Good communication • Be responsive <p>Strategy session, inc</p> <ul style="list-style-type: none"> • Geographical effects • Tide if applicable • Favored side of course • Gusts and lulls (upwind and downwind) • Clear air <p>*Shore based exercise initially listing all aspects of strategy and how to use them to best advantage in the local environment.</p> <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> 1. <i>Box Course</i> 2. <i>Windward/Leeward Course</i> 3. <i>Layline Crossover</i> 4. <i>Shift simulator</i> | <p>Lunch</p> | <p>Continue Strategy Session</p> <ul style="list-style-type: none"> • Laylines • Assessing favored end of finish line • Wind bends • Wind shifts • Gybe or bear away spinnaker set <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> 1. <i>Layline Crossover</i> 2. <i>Layline Ducker</i> 3. <i>Downwind Channel (asymmetrics)</i> <p>Short race series – longer legs so that the focus can be on boat speed and strategy as well as starting and mark rounding</p> <p>Coaching Tips:-</p> <ul style="list-style-type: none"> • Shore based discussion session is very important to establish all aspects of Strategy that are relevant in the local environment • Try and focus on what the sailors should do in certain situations • Sail upwind/downwind in pairs, one boat attempting to do everything right, the second boat deliberately doing everything wrong, e.g. tacking on lifts • Run a number of races and discuss each boats strategy after finishing |
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| <p>Distant Learning</p> | <p>Start Sequences – Different preparatory flags and their meanings; P, I, Z, Black</p> <p>Recommended reading – Racing Rules of Sailing, Part 3 – Conduct of a Race</p> |
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| <p>Day 5</p> | <p>Recap of Days 1 -4</p> <p>Coaching Principles: -</p> <p>Tactics</p> <ul style="list-style-type: none"> • Think ahead • Good communication • Teamwork • Be aware of overall strategy • Stay out of trouble <p>Tactics Session</p> <ul style="list-style-type: none"> • Boat on boat • Boat on group • Lee bow • Covering and breaking cover • Tactical considerations on where to tack/gybe <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> 1. <i>Piggy in the Middle</i> 2. <i>Lee Bow exercise</i> 3. <i>2 Boat Team Racing</i> <ul style="list-style-type: none"> • Rules – Obstructions, Rule 19 <p>Coaching Tips:-</p> <ul style="list-style-type: none"> • Initially break group down into pairs and do a covering session • Work through exercises in order making the task more difficult • Don't forget downwind tactics • Use shore based discussion with model boats to clarify situations | <p>Lunch</p> | <p>Recap of some areas that sailors require or that seem weak</p> <ul style="list-style-type: none"> • Boat tuning • Starting in more depth – box starts • Mark rounding • Tactics • Strategy |
| <p>Day 6</p> | <p>Recap day 5</p> <p>Regatta or join in with club racing</p> <p>Video racing</p> | <p>Lunch</p> | <p>Regatta</p> <p>Video debrief</p> |

Notes for the Coach

This programme is aimed at providing an example of how to structure an intermediate racing course for adults or youth sailors. These are just guidelines and the coach will clearly need to adapt these ideas for their own venue and sailors, making them fun and challenging, yet safe. Good luck with running these courses and we hope the notes we have included help you inspire your sailors.

The golden rules of coaching!

Those that can, do!

Those that can do and inspire others to do, coach!

- 1. Coach the sailor to become their own coach!**
- 2. KISS (Keep it short and simple/ keep it simple stupid).**
- 3. Prior preparation prevents poor performance and always have a backup plan (and a joke).**
- 4. If there is any ambiguity in the instructions you have given, the sailor will do the opposite of what you wanted.**
- 5. Keep information specific and to a minimum on the water.**
- 6. Avoid sarcasm, insults, humiliation and abuse.**
- 7. Be creative about how you present new skills and information. Excite their imagination and try to stay out of the classroom.**
- 8. Always encourage the sailors to participate in the decision making process when you can. Even their mistakes teach a lesson.**
- 9. Keep it fun for your sailors and for you.**
- 10. People will copy your behaviours, attitude and style more than you think. Always try to exemplify best practice even when you race.**
- 11. Focus on getting your sailors 'doing' rather than you talking about it (especially during the briefs).**
- 12. What you do, does make a difference!**

The 5 essentials of sailing

- **Trim**
- **Sail Trim**
- **Centre board**
- **Course Sailed**
- **Balance**

The 5 essentials of coaching

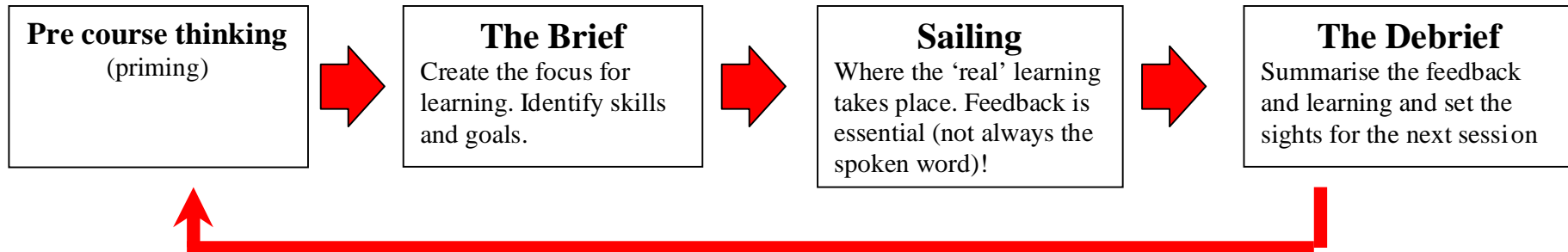
- **Bite sized chunks**
- **Preparation**
- **Motivation and fun**
- **Communication**
- **Knowledge of the sport**

The key elements of racing

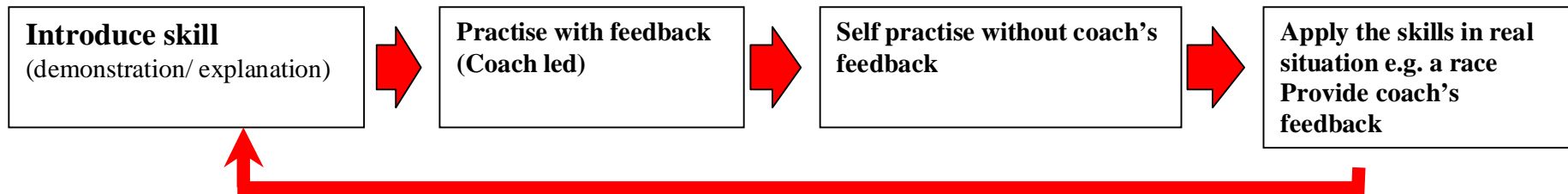
1. **Mental fitness**
2. **Physical fitness**
3. **Teamwork**
4. **Boat handling**
5. **Boat speed/boat tuning**
6. **Racing rules**
7. **Tactics**
8. **Starts**
9. **Strategy and Meteorology**
10. **Boat preparation**

The RYA Coaching Models

1. Plan-do-review



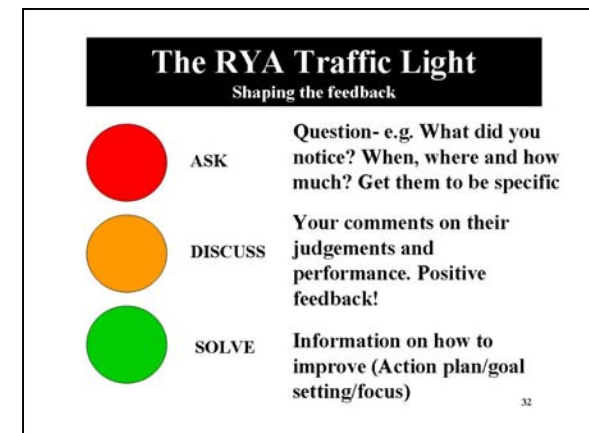
2. Developing skill



3. Feedback- Coaching the sailor to become their own coach

Feedback is simply information processed by the sailor. Ideally it needs to provide information about how the sailor is doing and can include the spoken word (coach), sailing faster than another sailor, feeling the boat or watching a video of their performance. Each style of feedback will help generate different types of skills and thinking processes. Effective coaching requires a variety of these styles of feedback.

However, the most important issue is that the sailor should develop their own opinion and ability to analyse their own sailing. Coaching the sailor to become their own coach. Always ask for their opinion first. It seems slower and the natural tendency is to tell, which is appropriate when learning initially, but questions will generate the thought processes that will make them accomplished racers.



The Nut & Bolts

1. The Brief

All sessions start with a **brief** which should include: -

- Outline the aims of the session and introduce the subject/skill/technique.
- Involve the sailors by using open questions to find out their knowledge (brain storming).
- Explain the exercises to be used on the water (use a board if possible).
- Give a demonstration if relevant.
- Covers any safety points including signals.
- Use questions to the sailors to check they have understood the brief.
- Insure that each sailor has a specific aim or goal for the session.

2. Running The Exercises

All exercise used within this programme are found in the RYA Race Training Exercise Manual. Insure that the exercise or the coach provides feedback for learning.

Pre-Warm up and Post-stretching (creating good habits)

It is recommended that before starting any exercise that all sailors complete a warm up either ashore or if possible on the water. This can be as simple as 5 tacks, 5 gybes, hoist/drop, or a small figure 8 course. Slowly increase the energy output until the sailor is gently sweating. This practice is used by all top level sailors and is an excellent habit to prevent injuries. On completion of any exercise the coach should also run a sort stretching exercise focusing on the key muscles and ligaments. Full details are on the Coach Resource pack or 'Fitness to sail'.

3. The Debrief

All sessions will end with a **debrief** which:-

- Revisit the aims of the session and give a summary of the "on the water" feedback.
- Encourage the sailors to describe the "feel" of the boat during the exercise and assess their own performance.
- Give individual and specific feedback on the sailors performance.
- Outline the way forward and discuss areas for improvement.
- Insure that the sailors take notes of lesson learnt.

Note :- If possible all sailors should be coached and debriefed whilst still on the water.

Use of Video

It is suggested that video coaching and debriefing **is extremely useful** at this level but don't use it to the exclusion of time on the water.