

ISAF Level 3 Technical Course for Coaches

Aim:

“To teach the basic understanding of the skills involved in Race Coaching. The candidates will be competent racers who wish to pass on their skills and knowledge to up and coming racers. This course covers the skills required to run effective coaching sessions and includes the information required to turn racers into competent coaches.”

Suggested Course Contents:

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

- **Powerboat Handling**
 - Basic driving skills
 - Crew positions
 - Gear/throttle control
 - Awareness
 - Slow speed manoeuvring
 - Safety
 - Kill cord and its use
 - Coaching positioning
 - Coming alongside dinghies
 - Use of powerboat 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
 - Videoing

- **Learning Styles**
 - How do people learn
 - VARK
 - Identifying individual learning styles

- **Coaching Tactics and RRS**
 - How to coach tactics and rules
 - Relationship between the 2
 - Delivering the coaching
 - Theory
 - Practical ashore
 - Practical afloat
 - How to brief and debrief the session
 - Exercises to use ashore and afloat

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

- **Video Skills**
 - When and where?
 - Focus on the aims of the session
 - Sound on/off?
 - Positioning of rib
 - Who uses the camera?
 - Video or stills?

- **Psychology**
 - Mental toughness
 - Overcoming failure

- Focus and concentration
- Control the controllables
- SUMO and TCUP
- Pre race systems

- **Physiology**
 - Diet
 - Hydration
 - Stretches
 - On the water food and drink
 - General fitness

- **Managing a Team**
 - Regatta aims
 - S.I.s
 - Process goals
 - Managing individual sailors

Suggested 5 day Course Plan:-

<u>Day</u>	<u>Morning</u>	<u>Afternoon</u>
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. Course debriefs. Personal Action Plans.