YACHTING NEW ZEALAND

# COACHING TOOLS

## Master Coach Modules

### Master Coach (Activity 4: Correcting sailing technique)

1. Identify a wrong technique in 1 or more of your sailors.
2. Video the technique in practice.
3. Find a video of the correct technique.
4. Devise a way to analyse the technique using both videos with the sailor.
5. Create 3 drills and 1 game that will help them to correct this technique. (create a lesson plan)
6. Write a report outlining the process you went through. Include a self reflection of your ability to correct it with the 3 drills and 1 game and how well you think you perfected your sailor's technique. Use the KISS self reflection method.
7. Take a final video of them doing the last technique.

*Remember: Use the KISS self reflection model.*

***K**eep doing*
***I**mprove*
***S**tart doing*
***S**top doing*

## What to do when you're finished!

At the end upload the 3 videos to www.youtube.com or www.isportz.com and email me;

A. The link
B. Your lesson plan
C. The report

Or save 3 videos, your lesson plan and report to a CD or memory stick and post them to me.

gareth@yachtingnz.org.nz
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Once this is completed I will check your work and provide you with some feedback. You will be accredited as a coach for another 4 years at the same level but with the title of Master Coach I.e.

Master Race Coach
Master Regatta Coach
Master Performance Coach
Master Olympic Coach