



YACHTING NEW ZEALAND

COACHING TOOLS

Master Coach Modules

Master Coach (Activity 5; Applied Rules)

Produce a rules lecture for a cancelled sailing day about luffing rights

This is to be...

- A. Informative
- B. Interactive
- C. And fun

1. Research the topic “luffing rights” and talk to experts about this rule.
2. Think about; when you do and do not have rights to luff a boat. When can luffing rights be gained and lost. Luffing rights upwind and down wind. Luffing rights approaching the finish
3. Create a lecture that lasts for 2 blocks of 15 minutes (30 mins total) and 30 mins of doing an on the land activity related to luffing rights.

Remember this is to be...

Informative
Interactive
And FUN!

Example:

Talk for 15 mins/ Activity for 30 mins/ Talk for 15 mins/ 5 mins question time at the end.



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What to do when you're finished!

- At the conclusion email me a copy of your notes that you speak from.
- Also send me an overview or instructions you give your sailors for the activity.
- Finally write a self reflection about how you think your lecture went, Use the KISS self reflection model.
Keep doing
Improve
Stop doing
Start doing

Email or post your report and results to;

gareth@yachtingnz.org.nz

PO Box 33 1487, Takapuna, Auckland 0740

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.

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