

Yachting New Zealand

The Wheel to Success

Coaching Notes

The Sailor

Until sailors know where their strengths and weaknesses lie, it is difficult for them to use their strengths and build on their weaknesses.

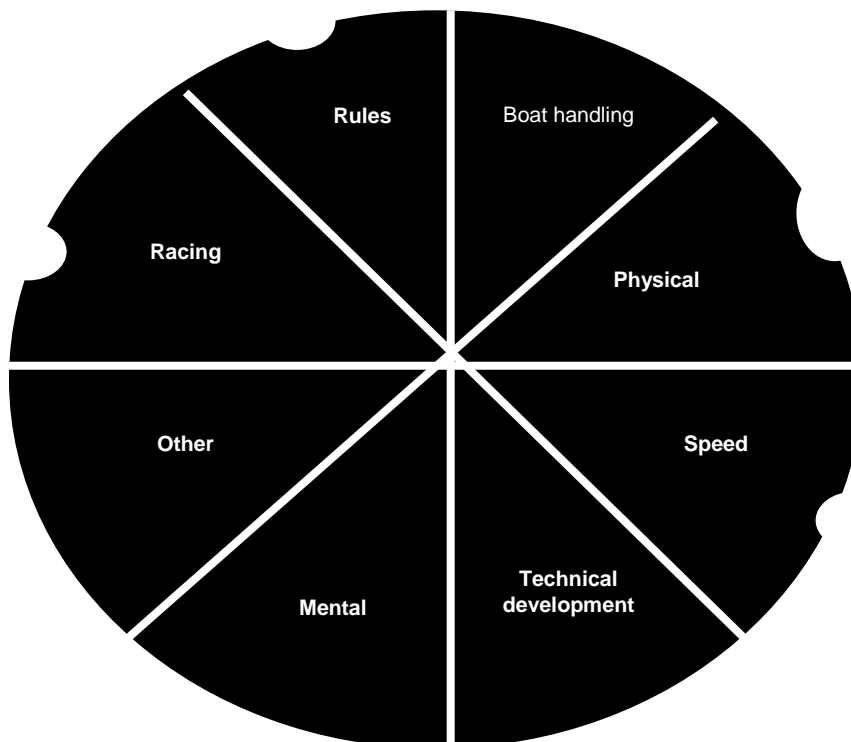
Below are the key different areas of yachting, broken down into bite sized sections. Sailors should look at their own performance with assistance and go through the strengths and weaknesses of their own campaign.

From this the coach/sailor can prepare a plan to manage these skills.

Below is a picture showing the “wheel to success”. The goal is for sailors to have a “wheel” that has no bumps or holes in it. In each area of their yachting, sailors may have strengths and weaknesses. Weaknesses in different areas create bumps/holes in the wheel, thus affecting their success.

In this example, this sailor has weakness areas in rules, racing, physical and speed areas. These weaknesses are going to directly affect the ability for this sailor to perform to their potential.

Examining each area of the sport for each individual sailor will assist the coach planning a programme to suit the individual sailor.



The Coach's Role

The perfect sailor has a wheel with no “kinks”. When a sailor has an area of weakness, it is like there is a kink in their wheel, which is going to slow them down or not assist them achieving their potential.

To find out a sailor's strengths and weaknesses, using this wheel as a starting point can assist.

Mental

- Communication
- Visualisation
- Motivation
- Decision making
- Learning Process

Physical

- Physiology
- Biomechanics
- Injuries
- Flexibility
- Training/Over training
- Fitness
- Nutrition
- Drugs
- Strength/Power

Tactical

- Tactics
- Weather
- Video
- Opposition
- Rules/Umpires

Technical

- Technology
- Gear
- Playing field

Management

- Planning
- Finance
- Marketing
- Selection
- Organisation
- Competition
- Travel/Accommodation
- Logistics

Other

- Ethics
- Vision
- Cultural issues
- Time Management

