



YACHTING NEW ZEALAND

# COACHING TOOLS

## Master Coach Modules

### Master Coach (Activity 1; running drills)

Run 3 drills in a training session that relate to the development level of your sailors. Each drill needs to have 2 progressions to it. I.e. starts easy and add/change elements about the drill to make it more challenging. You must take short video clips to show your sailors doing the activity and progressing their learning. Each clip should be between 20 seconds and 1 minute long.

**Remember to brief your sailors well and explain how you are going to communicate the start of each drill and progression i.e. Hand signals, whistles, flags. Whatever you think is best)**

#### Drill 1

Progression 1

Progression 2

#### Drill 2

Progression 1

Progression 2

#### Drill 3

Progression 1

Progression 2



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## Master Coach Modules (Activity 1)

*Remember: Drills should start simple and have 2 ways to progress them. Make it fun or more challenging.*

### Example

Drill 1 = circles around chase boat (Video basic drill)

Progression 1 = Circle chase boat standing up. (Video progression)

Progression 2 = Circle round chase boat standing up and when whistle goes change direction. (Video progression)

You should end up with 9 short video clips.

Show the videos to your athletes and debrief them.

Write a report about the effectiveness of video analysis. Bear in mind these 3 points.

- What were the 3 Key findings from the sailors debrief?
- What you are going to do in the future to improve these techniques?
- What could you do to improve the time management of these drills?

This exercise is not to see how well you can write a report. We want to see you reflect on the process and get you using video effectively.

When you finish this task copy your video to either [www.youtube.com](http://www.youtube.com) or [www.isportz.co.nz](http://www.isportz.co.nz) and email the report and link to [peters@yachtingnz.org.nz](mailto:peters@yachtingnz.org.nz). Or copy it to a CD/memory stick along with your report and post it to me at Yachting NZ, PO Box 33 1487, Takapuna, Auckland 0740, or share a cloud based link of the video to my email personally (Dropbox, Google Drive, and OneDrive all have free account options)



Once this is completed I will check your work and give you 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