



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.

*Keep doing
Improve
Start doing
Stop doing*



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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 memory stick and post them to me, or share the videos using a cloud-based server (Google Drive, Dropbox, and OneDrive all have free versions).

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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