




TEAM GBR WORLD CLASS SAILING
RYA

Training Skills
How To Get The Best From Yourself And Your Team
© Copyright RYA 2006

Beating The Pecking Order




(Retraining the flea)

Pecking Orders

- Always being beaten by the same person?
- Know where you'll finish before you start?
- Make the same mistakes every week?

If you have answered yes to any of the above, it's worth you staying!



(See you later Ben!)


The Flea Circus

Why do fleas never jump high enough to escape the circus?

And yet: a flea can jump up to 150 times its own height, and jump 30,000 times without a break.

Because that's how they're trained (remember Michael Bentine).

Don't be conditioned!
Aim higher to gain an advantage



Aiming Higher

- Most sports spend large amounts of time practising
- Average sailors mainly race




How Should you Practise?

- Plan your season and your training
- SWOT – Strengths, Weaknesses, Opportunities, Threats



Self Training ...

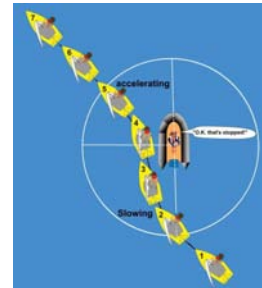
... Or sneaky practise all alone!

- Starting
- Boat speed
- Boat handling



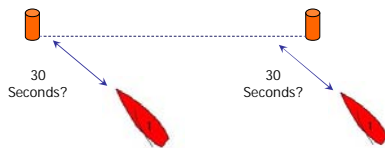
Starting Practise

- Hold station
- Stop, hold station, accelerate
- Double tack and hold



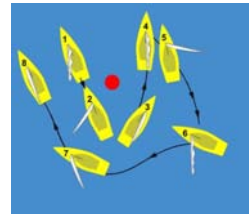
Starting Practise

- Time and distance



Starting Practise

Reverse or Double-U



Boat Speed ...

Can you improve it on your own?
Yes!

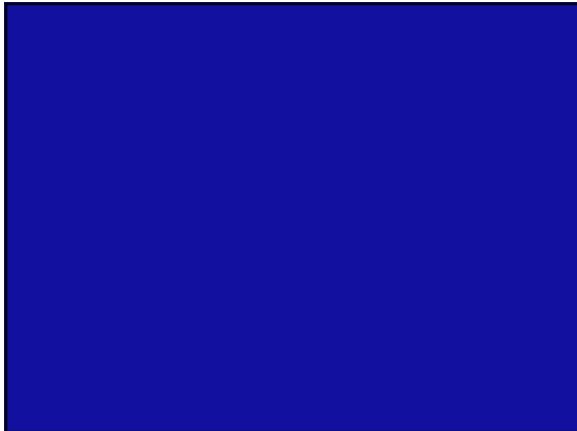
- Boat balance
- Sail trim
- Changing gears - pointing or footing
- Teamwork and communication



Boat Handling

Getting a good technique

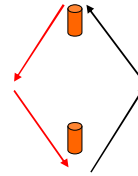
- Ask top sailors
- Watch top sailors
- Land drills
- Test on the water
- Video
- Discuss improvements



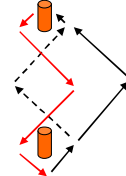
Boat Handling

Short courses with set moves (introducing pressure)

Straight set & drop



Gybe set & drop



“The standard hour” – or 10 minutes!

Example

- 20 tacks
- 10 gybes
- 5 minutes upwind on each tack with perfect trim
- 5 minutes downwind on each gybe with perfect trim
- 5 laps of short course straight sets and drops
- 5 laps of short course gybe sets and gybe drops
- 2 penalty turns
- 3 practise starts on starboard
- 1 port approach start
- Double-U and holding position.

The Result

Self training to make
sailing automatic
under pressure

=

Speed

Less mistakes

Tactical advantage



Taking The Lid Off The Jar

- The test = go and race
- Did you upset the pecking order?
- Did the Flea escape?

