



## Optimise your race training My Aims!

- All from a sailors perspective
- What to optimise?
  - Priorities
  - Specific needs
- Rules of development
- Example exercises
- When to optimise

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## Prioritising

- What are the most important parts of the race track?
  - Where are the gains?
  - What are the gains? Positions or distance?
  - Where do you normally make your losses?
- Can you rank these???

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## Prioritising (2)

- Class differences
- What are you trying to achieve
- Your level of sailing
- Do we have generic race training needs?

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## Identifying specific needs

- Performance profiling
  - Junior
  - Youth
  - Olympic
- We always work on weaknesses
  - Make sure we develop strengths

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## Rules of development

- Skills vs. technique?
  - What is the difference
  - Increasing pressure
- Last thing in first thing out!
- Try something but it will take time - be patient.
- Practice good habits - cricket analogy

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## TIME

- How much to you have!
- Who is it with
  - Group training
  - Self training

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## Time - group training

- Are you all going the same way?
- Do you want different things!?
- Have you got the right mixture

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## Time - Self training

- Standard hour
  - Techniques
  - No pressure!? - can we create!

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## Training Exercises

- Identify two exercises that are:
  - Good for technique development
  - Good for skill development
- Within the priority areas that we have identified

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## Reviewing

- Why
- How
- When - C.Woodward's thoughts
- What are the other systems in place
  - Youth and upwards

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## Review what we have talked about!

- Prioritising
- Needs
- Development rules
- Time
- Training Exs
- How to review

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