



# INTEMEDIMATE RACING

## EXAMPLE PROGRAMMES

(All exercises used have been taken from the RYA Race Training Exercise Manual)

### Intermediate Racing Certificate

This is to certify that ..... has  
completed and passed the

#### *Intermediate Racing Syllabus*

Covering the following subjects:

- Mental Fitness
- Physical Fitness
- Teamwork
- Boat handling
- Boat tuning
- Racing rules
- Tactics
- Starting
- Strategy & met
- Boat prep

Club.....Date.....

RYA Racing Coach.....(signature)

Name.....

# The Key Principles for Each Section

## Starting

- Clear air
- Be on the line at the correct end for bias
- Accelerate fast
- Space to leeward
- Timing

## Boat handling

- Teamwork
- Communication
- Practice until it becomes natural (Feel of the boat)
- 5 Essentials

## Boat speed

- Correct rig settings
- 5 Essentials
- Focus and concentration

## Strategy

- Keep head out of boat
- Be aware of all geographical and tidal effects
- Good communication
- Be responsive

## Tactics

- Think ahead
- Good communication
- Teamwork
- Be aware of overall strategy
- Stay out of trouble

# The Example Programme: Intermediate Racing

<p><b>Day 1</b></p>	<ul style="list-style-type: none"> <li>• Meet with sailors</li> <li>• Introductions</li> <li>• Aims of the course</li> <li>• Safety and housekeeping</li> <li>• Rig boats – check boats over (basic tuning and safety check)</li> <li>• Afloat – short session, triangular course, assessing levels of competence re boat handling, rules knowledge, confidence, crew communication and general awareness.</li> </ul>	<p>Lunch</p>	<p><b>Coaching Principles: - Starting</b></p> <ul style="list-style-type: none"> <li>• Clear air</li> <li>• Be on the line at the correct end for bias</li> <li>• Accelerate fast</li> <li>• Space to leeward</li> <li>• Timing</li> <li>• Use transits</li> </ul> <p><i>Example exercises: (see the section on starts and dinghy park shuffle)-</i></p> <ol style="list-style-type: none"> <li>1. Holding station and Drive through</li> <li>2. Trigger pulls</li> <li>3. Square line start</li> <li>4. Biased Line start</li> <li>5. Variable Start Time start (+/- 5 secs)</li> </ol> <p><b>Coaching tips-</b></p> <ul style="list-style-type: none"> <li>• Demonstrate starts with a shore based exercise prior to going on the water e.g. how work out a transit, being on the line, line bias.(Dinghy Park Shuffle)</li> <li>• Use boat handling exercises initially without a countdown, e.g.             <ol style="list-style-type: none"> <li>1. moving forward slowly to the line then accelerating;</li> <li>2. get them to judge when they are on the</li> </ol> </li> <li>• Move on to using the above exercises with a countdown</li> <li>• Vary the length of the line</li> <li>• Vary the bias on the line</li> </ul> <p><b>Rules relating to Starting</b></p> <ul style="list-style-type: none"> <li>• Luffing rights</li> <li>• Barging at windward end</li> </ul>
<p><b>Day</b></p>	<p>Recap Day 1 activities</p>	<p>Lunch</p>	<p>Boat Handling Session 2</p>

2	<p><b>Coaching Principles: -</b>  <b>Boat handling</b></p> <ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Communication</li> <li>• Practice until it becomes natural (Feel of the boat )</li> <li>• 5 Essentials</li> </ul> <p>Boat Handling Session 1</p> <ul style="list-style-type: none"> <li>• Tacking</li> <li>• Gybing</li> <li>• (Use of good demonstrations and shore drills before exercises)</li> </ul> <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> <li>1. <i>Tacking on the whistle</i></li> <li>2. <i>Gybing on the whistle</i></li> <li>3. <i>The Channel (upwind and downwind)</i></li> <li>4. <i>Gut buster</i></li> </ol> <p>Rules relating to tacking and gybing</p> <ul style="list-style-type: none"> <li>• Keeping clear</li> </ul>		<ul style="list-style-type: none"> <li>• Hovering</li> <li>• Tethered rudder</li> <li>• Mark rounding</li> <li>• Sailing backwards</li> <li>• 2 Turn penalties</li> </ul> <p><b>Example exercises: (also look at ‘Boredom beaters’)</b></p> <ol style="list-style-type: none"> <li>1. <i>Follow my Leader</i></li> <li>2. <i>Trigger Pulls</i></li> <li>3. <i>Tethered Rudder</i></li> <li>4. <i>Magic Roundabout with the rib</i></li> <li>5. <i>Gut-buster or Diamond Winger</i></li> </ol> <p>Short race series (2 or 3) windward leeward races focusing on starting, the beat and rounding the windward mark</p> <p><b>Coaching Tips:-</b></p> <ul style="list-style-type: none"> <li>• Start with basic boat handling exercises e.g. stopping and accelerating</li> <li>• Give good demonstrations of tacking and gybing</li> <li>• Work through the exercises in order of difficulty (1 – 5)</li> <li>• Games for kids are great fun and teach good boat handling skills.</li> </ul>
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Distant learning	<p>Physical prep – warm up exercises, stretching and keeping fit</p> <p>Recommended reading: -  “Mental and Physical Fitness for Sailing” - Fernhurst  Complete Guide to Sport Nutrition - Anita Bean</p>
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<p><b>Day 3</b></p>	<p>Recap of Days 1 and 2</p> <p><b>Coaching Principles:-</b></p> <p><b>Boat speed</b></p> <ul style="list-style-type: none"> <li>• Correct rig settings</li> <li>• 5 Essentials</li> <li>• Focus and concentration</li> </ul> <p>Boat speed Session 1</p> <ul style="list-style-type: none"> <li>• Rig tuning – demonstration of controls (ashore)</li> <li>• Upwind – setting the boat up for the relevant conditions</li> <li>• Adjusting controls whilst sailing</li> </ul> <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> <li>1. <i>2 Boat Tuning</i></li> <li>2. <i>Tethered rudder (balancing the sails)</i></li> </ol> <ul style="list-style-type: none"> <li>• Rules - boats meeting, Rules 10,11,12,14</li> </ul>	<p>Lunch</p>	<p>Boat speed Session 2</p> <ul style="list-style-type: none"> <li>• Downwind</li> <li>• Use of spinnakers (if applicable) inc land drill</li> <li>• How to initiate planning</li> </ul> <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> <li>1. <i>2 Boat Tuning</i></li> <li>2. <i>Eyes shut sailing</i></li> <li>3. <i>Roll U'R buddy</i></li> </ol> <p><b>Coaching Tips:-</b></p> <ul style="list-style-type: none"> <li>• Do not get too involved with definitive rig settings</li> <li>• Look at general sail control settings – sheets, kicker, halyard tension, downhaul and outhaul</li> <li>• Concentrate on the 5 essentials and how they make the boat sail fast.</li> <li>• Try to set up the boats as similar as possible.</li> </ul> <p>Evening</p> <ul style="list-style-type: none"> <li>• Team work</li> <li>• Communication</li> <li>• Division of roles</li> </ul>
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<p><b>Day 4</b></p>	<p>Recap of day 3</p> <p><b>Coaching Principles: - Strategy</b></p> <ul style="list-style-type: none"> <li>• Keep head out of boat</li> <li>• Be aware of all geographical and tidal effects</li> <li>• Good communication</li> <li>• Be responsive</li> </ul> <p>Strategy session 1</p> <ul style="list-style-type: none"> <li>• Geographical effects</li> <li>• Tide if applicable</li> <li>• Favoured side of course</li> <li>• Gusts and lulls</li> <li>• Clear air</li> </ul> <p>*Shore based exercise initially listing all aspects of strategy and how to use them to best advantage in the local environment.</p> <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> <li>1. <i>Windward/Leeward Course</i></li> <li>2. <i>Cross the layline</i></li> <li>3. <i>Layline crossover</i></li> </ol>	<p>Lunch</p>	<p>Strategy Session 2</p> <ul style="list-style-type: none"> <li>• Laylines</li> <li>• Assessing favoured end of finish line</li> <li>• Wind bends</li> <li>• Wind shifts</li> </ul> <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> <li>1. <i>Layline Ducker</i></li> <li>2. <i>Layline crossover</i></li> <li>3. <i>Shift Simulator</i></li> <li>4. <i>Match racing with one boat tacking on headers and the other tacking on lifts</i></li> <li>5. <i>The Channel with a finish line</i></li> </ol> <p>Short race series – longer legs so that the focus can be on boat speed and strategy as well as starting and mark rounding</p> <p><b>Coaching Tips:-</b></p> <ul style="list-style-type: none"> <li>• Shore based discussion session is very important to establish all aspects of Strategy that are relevant in the local environment</li> <li>• Try and focus on what the sailors should do in certain situations</li> <li>• Sail upwind/downwind in pairs, one boat attempting to do everything right, the second boat deliberately doing everything wrong, e.g. tacking on lifts</li> </ul>
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<p>Distant Learning</p>	<p>Mental Preparation – Goal setting</p> <p>Recommended reading: “Mental and Physical Fitness for Sailing” - Fernhurst</p>
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<p><b>Day 5</b></p>	<p>Recap of Days 1 -4</p> <p><b>Coaching Principles: -</b></p> <p><b>Tactics</b></p> <ul style="list-style-type: none"> <li>• Think ahead</li> <li>• Good communication</li> <li>• Teamwork</li> <li>• Be aware of overall strategy</li> <li>• Stay out of trouble</li> </ul> <p>Tactics Session</p> <ul style="list-style-type: none"> <li>• Boat on boat</li> <li>• Boat on group</li> <li>• Lee bow</li> <li>• Covering and breaking cover</li> </ul> <p><i>Example exercises:-</i></p> <ol style="list-style-type: none"> <li>1. <i>Piggy in the Middle (2 boats)</i></li> <li>2. <i>Piggy in the middle</i></li> <li>3. <i>Channel with pairs of boats ( Lee Bow exercise)</i></li> <li>4. <i>2 Boat Team Racing</i></li> </ol> <p><b>Coaching Tips:-</b></p> <ul style="list-style-type: none"> <li>• Initially break group down into pairs and do a covering session</li> <li>• Work through exercises in order making the task more difficult</li> <li>• Don't forget downwind tactics</li> <li>• Use shore based discussion with model boats to clarify situations</li> </ul>	<p>Lunch</p>	<p>Recap of some areas that sailors require or that seem weak</p> <ul style="list-style-type: none"> <li>• Boat tuning</li> <li>• Starting in more depth – box starts</li> <li>• Mark rounding</li> </ul> <p><i>Example Exercises: -</i></p> <ol style="list-style-type: none"> <li>1. <i>Box Starts</i></li> <li>2. <i>Varying Approach Starts</i></li> <li>3. <i>Rabbit starts</i></li> </ol>
<p><b>Day 6</b></p>	<p>Recap day 5</p> <p>Regatta or join in with club racing</p> <p>Video racing</p>	<p>Lunch</p>	<p>Regatta</p> <p>Video debrief</p>

# Notes for the Coach

This programme is aimed at providing an example of how to structure an intermediate racing course for adults or youth sailors. These are just guidelines and the coach will clearly need to adapt these ideas for their own venue and sailors, making them fun and challenging, yet safe. Good luck with running these courses and we hope the notes we have included help you inspire your sailors.

## The golden rules of coaching!

*Those that can, do!*

*Those that can do and inspire others to do, coach!*

- 1. Coach the sailor to become their own coach!**
- 2. KISS (Keep it short and simple/ keep it simple stupid).**
- 3. Prior preparation prevents poor performance and always have a backup plan (and a joke).**
- 4. If there is any ambiguity in the instructions you have given, the sailor will do the opposite of what you wanted.**
- 5. Keep information specific and to a minimum on the water.**
- 6. Avoid sarcasm, insults, humiliation and abuse.**
- 7. Be creative about how you present new skills and information. Excite their imagination and try to stay out of the classroom.**
- 8. Always encourage the sailors to participate in the decision making process when you can. Even their mistakes teach a lesson.**
- 9. Keep it fun for your sailors and for you.**
- 10. People will copy your behaviours, attitude and style more than you think. Always try to exemplify best practice even when you race.**
- 11. Focus on getting your sailors 'doing' rather than you talking about it (especially during the briefs).**
- 12. What you do, does make a difference!**

## The 5 essentials of sailing

- **Trim**
- **Sail Trim**
- **Centreboard**
- **Course Sailed**
- **Balance**

## The 5 essentials of coaching

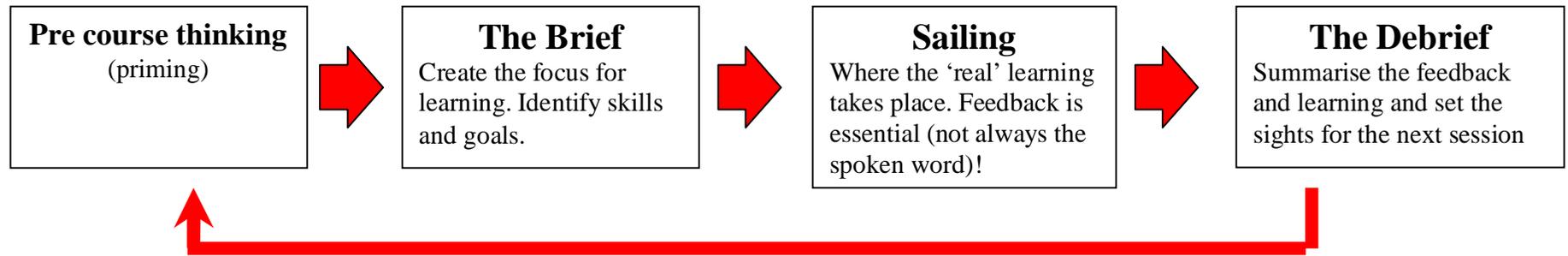
- **Bite sized chunks**
- **Preparation**
- **Motivation and fun**
- **Communication**
- **Knowledge of the sport**

## The key elements of racing

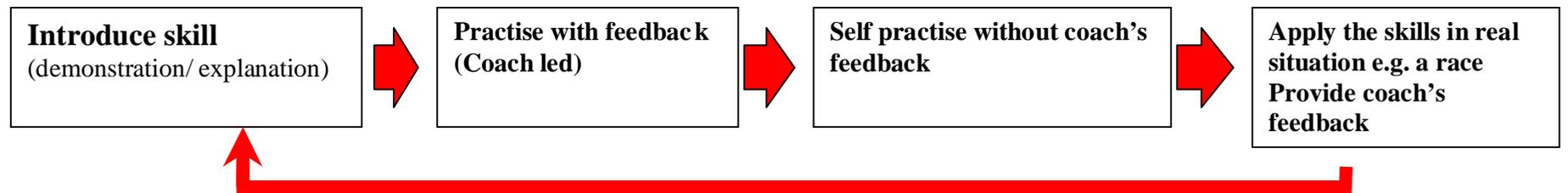
1. **Mental fitness**
2. **Physical fitness**
3. **Teamwork**
4. **Boat handling**
5. **Boat speed/boat tuning**
6. **Racing rules**
7. **Tactics**
8. **Starts**
9. **Strategy and Meteorology**
10. **Boat preparation**

# The RYA Coaching Models

## 1. Plan-do-review



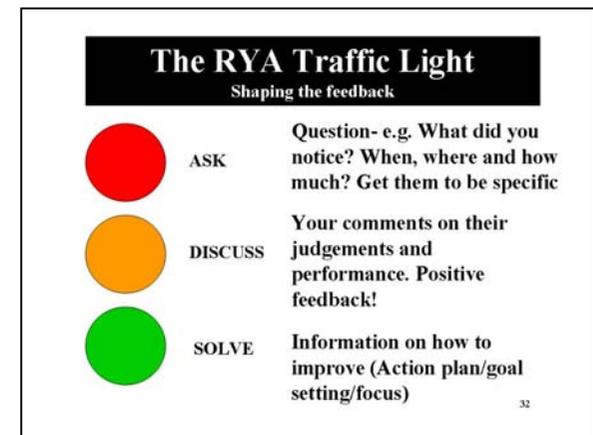
## 2. Developing skill



## 3. Feedback- Coaching the sailor to become their own coach

Feedback is simply information processed by the sailor. Ideally it needs to provide information about how the sailor is doing and can include the spoken word (coach), sailing faster than another sailor, feeling the boat or watching a video of their performance. Each style of feedback will help generate different types of skills and thinking processes. Effective coaching requires a variety of these styles of feedback.

However, the most important issue is that the sailor should develop their own opinion and ability to analyse their own sailing. Coaching the sailor to become their own coach. Always ask for their opinion first. It seems slower and the natural tendency is to tell, which is appropriate when learning initially, but questions will generate the thought processes that will make them accomplished racers.



# The Coaching Nut & Bolts

## 1. The Brief-

All sessions start with a **brief** which should include:-

- Outline the aims of the session and introduce the subject/skill/technique.
- Involve the sailors by using open questions to find out their knowledge (brain storming).
- Explain the exercises to be used on the water (use a board if possible).
- Give a demonstration if relevant.
- Covers any safety points including signals.
- Use questions to the sailors to check they have understood the brief.
- Insure that each sailor has a specific aim or goal for the session.

## 2. Running The Exercises

All exercises used within this programme are found in the RYA Race Training Exercise Manual. Insure that the exercise or the coach provides feedback for learning.

### Pre-Warm up and Post-stretching (creating good habits)

It is recommended that before starting any exercise that all sailors complete a warm up either ashore or if possible on the water. This can be as simple as 5 tacks, 5 gybes, hoist/drop, or a small figure 8 course. Slowly increase the energy output until the sailor is gently sweating. This practise is used by all top level sailors and is an excellent habit to prevent injuries. On completion of any exercise the coach should also run a sort stretching exercise focusing on the key muscles and ligaments. Full details are on the Coach Resource pack or 'Fitness to sail'.

## 3. The Debrief

All sessions will end with a **debrief** which:-

- Revisit the aims of the session and give a summary of the "on the water" feedback.
- Encourage the sailors to describe the "feel" of the boat during the exercise and assess their own performance.
- Give individual and specific feedback on the sailors performance.
- Outline the way forward and discuss areas for improvement.
- Insure that the sailors take notes of lesson learnt.

**Note** :- If possible all sailors should be coached and debriefed whilst still on the water.

### Use of Video

It is suggested that video coaching and debriefing **is not** used at this level. It not only takes up time in the classroom when they should be on the water but their level of skills may not provide the footage to help improve the technique. Focus on time on the water at this stage.