

Performance Coach (Developing Coaching Expertise)

Overview

The **Level 3 Technical Course** is designed to enhance coaches' ability to plan, structure, and support the skill development of sailors as they progress into high-performance athletes. This course focuses on creating a sailor-centred coaching environment, both in training and competition, by refining coaching methodologies and strategic decision-making.

Coaches will engage in discussions, practical exercises, and reflections that will help them refine their sailor development plans, implement periodisation strategies, and support the technical, physiological, and psychological growth of their athletes.



Participants

This course is suitable for coaches who:

- Want to develop expertise in performance coaching.
- Aim to structure and implement a development program tailored to sailors' age and competency levels.
- Seek to refine coaching skills that support a sailor-centred learning approach in training and event settings.
- Wish to enhance their ability to coach key racing competencies: starting, boat speed, and decision making.

Objectives

Upon completion of the **Level 3 Technical Course**, participating coaches will have an improved understanding of:

- How to plan and structure a development program based on sailors' age, experience, and goals.
- How to implement a periodization approach that evaluates and tracks sailor progression.
- The coaching principles required for a high-performance coaching environment.
- How to effectively support sailors through training and event coaching.
- Key aspects of strategy, tactics, and boat speed development.

Structure

The Level 3 Course is a **5-day course** that includes:

- Practical on-water training activities.
- Shore-based activities and discussions.
- Coach-led sessions and regatta.
- Reflection and review sessions.

Course Priming Tasks

To prepare for the course, participating coaches will be required to complete the following tasks:

- 1. Practical Coaching Task:** Prepare and deliver an on-water training activity focusing on sailors' starting competency. The session should have clear objectives, an effective debriefing process, and safety management.
- 2. Sailor Development Program Task:** Bring an example of a current sailor development or training program, including a method for tracking and evaluating progress.

Topics covered

	TOPIC	DESCRIPTION
THEORY SESSIONS	Coaching Principles	Reviews key coaching ideas from Level 2 and builds on them with more advanced techniques.
	Communication	Looks at how both spoken and body language affect athletes, and how to match communication styles with how sailors learn best.
	Mental vs Physical Development	Highlights the importance of mindset, motivation, and mental strength in competitive sailing.
	Goal Setting	Teaches how to set clear goals and understand the knowledge, skills, and understanding sailors need to succeed.
	Sailor training programme design	Introduces planning over time (periodisation), keeping track of progress, and reviewing performance.
	Generating Feedback	Focuses on creating engaging learning activities, using effective coaching behaviours, and keeping sailors involved.
	Decision Making	Breaks down how sailors make decisions, how to coach decision-making in training, and how to review it with sailors, plus ways to measure success.
	International Event Support	Covers key race documents like the Notice of Race (NOR) and Sailing Instructions (SIs), how to manage races, and how protest procedures work - especially at international events.
	Athlete Welfare	Covers safeguarding, sustainability, and following anti-doping rules (in accordance to World Anti-Doping Agency - WADA guidelines).
PRACTICAL SESSIONS	Delivery of pre-planned session	Coaches lead their own planned coaching sessions, watch others coach, and give and receive peer feedback.
	Sailor Centred Coaching in Performance Environment	Coaches plan and run practical sessions based on real-life situations, keeping the sailor at the centre, and reflect on how to improve.
	Decision Making Sessions	Encourages coaches to design activities that help sailors make smart plans and decisions when racing against others.
	Advanced boat speed coaching	Looks at how to support sailors and their ability to sail boats faster and how coaches can support learning across all areas.
	Coached Regatta	Brings together everything from the course in a final coached regatta—reflecting on what has changed and what they will apply in their future coaching.

