

# NATIONAL COACHING SYMPOSIUM 2018



## Coaching Team Racing

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The most fun you can have while sailboat racing



**Play Execution**

TEAM BUILDING



**Team work**

TEAM RACING 102-103



**Moves**

**Adv. TR Concepts**

TEAM RACING 101



**Starts**

**TR Basics**

FOUNDATION



**Rules**

**Boat Speed**

**Boat Handling**



# PRE-START

- Must have SOLID sailing skills
- Digital N
- 360s instead of 720s
- RRS 16, 17
- WIND SHADOWS

# APPROACH

- Emphasis on working together; trust
- Knowing that failure is part of the process
- Communication
- Using the rules as a shield rather than a sword
- FUN!



# PROGRESSION

2

boat drills

- 1 v 1
- How to slow
- How to pass



3

boat drills

- PIG in the middle
- Pass backs
- Mark traps



4

boat drills

- 2 v 2
- Balancing
- Doubling up



6

boat drills

- Combos
  - Reps for days

# STARTS

- Roles: Boat, Middle, Pin
- Prestart preparation
- Leading/pushing
  - Engage the crews!
- General Rules of Thumb
  - i.e. Lefties=lead
- Cycle out
- Stern Plant

## DRILLS:

- Circles, see how long it takes to complete a 360 in different wind conditions
- 1 v 1
- Leading v Pushing – deep in the box, shallow in the box

# TR BASICS

**PASSBACKS:** Slowing an opponent so that a teammate moves ahead

- UW: Controlling Positioning, Slowing, Pinning, Speed PB
- DW: Fishing/Hooking
- Boat handling: boom to weather
- **DRILLS:** Pig in the Middle

**BALANCING:** Keeping both teammates ahead of both opponents

- If you don't have time to balance and pairs cross, the teammate ahead needs to pin
- **DRILLS:** even pairs, uneven pairs, last beat

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**MARK TRAPS:** PB at a mark

- M3 POWER Zone

- M1 essentials

# MOVES

- The “Patrick” Super Low
- Super Slow
- Bat Wing
- Beef cake sandwich
- “?” - as the 3, tack into a spot that will put 2 into an uncomfortable spot
- Slam Dunk/Slam Punk

# ADVANCED TR CONCEPTS

- 1<sup>ST</sup> Beat
  - First of the pairs
  - Zone of Coverage/Seams
- At Marks
  - Bump n run
  - Traffic Cop
  - M4 MT
- Reaching PBs
- DW
  - Hi-Lo
  - DW balancing
  - Throwing knives
- Last Beat
  - Umbrella of Terror
  - M4 Fast Escape v Weave set up
  - The Wall
  - Splitting the Banana



# PLAY EXECUTION

## Play 1

- Goal: 1, 2, X
- Bump'n'run, Keep 1, Front PB 1<sup>st</sup>

## Play 2

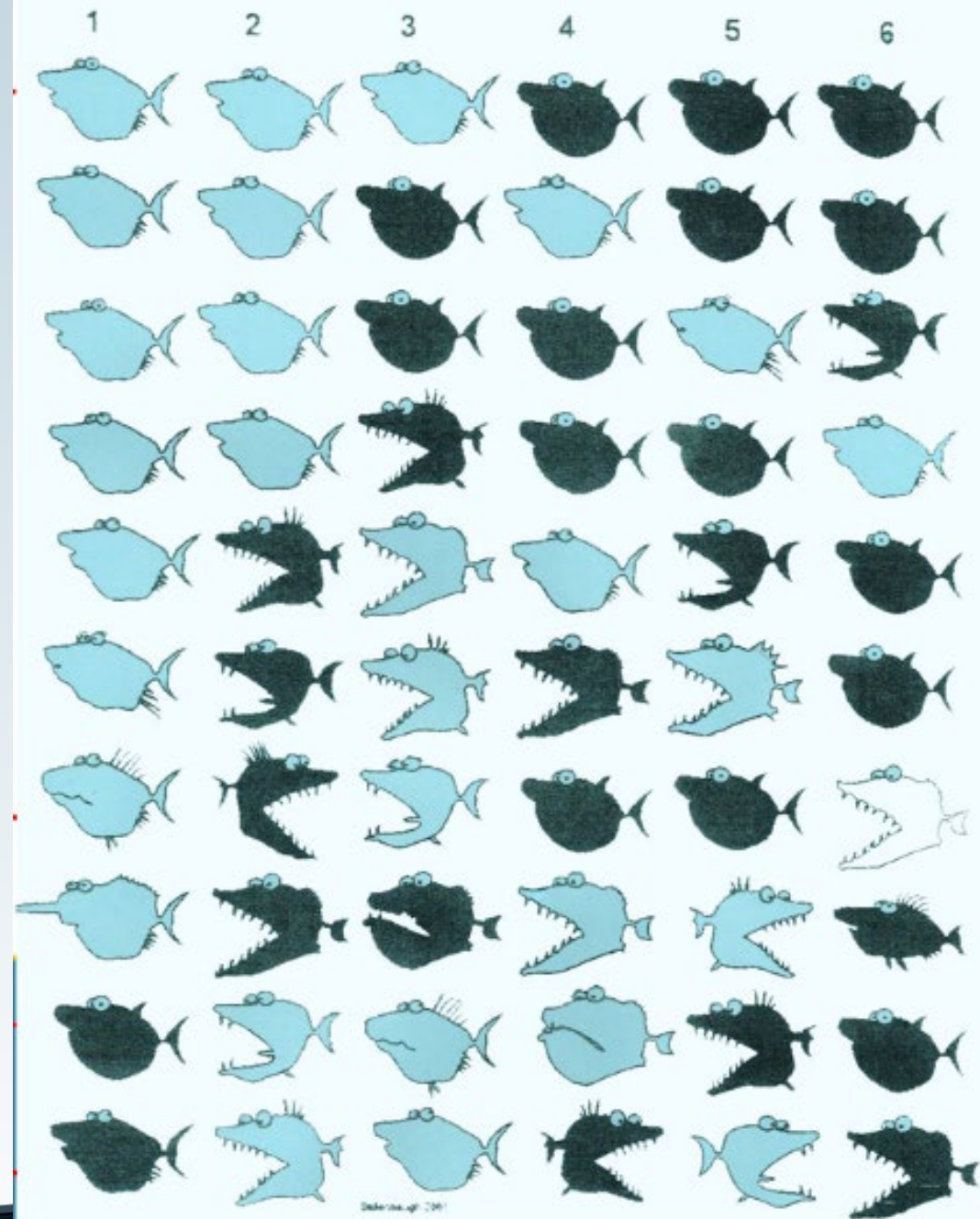
- Goal: 2,3,4
- Umbrella, Wall, Chase?

## Play 4

- Goal: 1,4,5
- Play 2?, Gap/No Gap

## Chasing

- Go fast, pass boats, how to attack last beat



# DRONING

- Use (dayglow) flags to show time to start
  - OR start video at exactly 1 minute
- Pinnies!!!
- Don't pair black and red sail colors
  - OR Eckerd colored sails (not a fan of odds/evens)
- DO pair double digits v. single digits
- Know where the sun is/know how to use the white balance
- **Video is only good if you actually use it.**

# BONUS: FORMS & STUFF

- Rules check list
- TR concepts check list
- Playbook
- Live Coach notes
- KPIs

*+4 Famous  Dance Moves*