

Racing drills (submitted by Ian Matthews)

- 1) Figure 8 reaching course helps get them racing without the upwind/downwind challenge
- 2) Upwind chase (one sailor or coach has a whistle tack on two minute or more intervals race with partner upwind) (cross each other see who is ahead and so on) works to make tacks faster and too make one more consciencous of their upwind sailing
- 3) same downwind
- 4) follow the leader (in a boat or on a board) helps with boat handling
- 5) sailing upwind eyes closed (sounds interesting but helps a lot with feel)
- 6) time on water with board (as simple as that)
- 7) very small course 10 laps (helps with quick tacks and gybes and mark roundings) helps boat handling and mark roundings (transitions which are important) maybe later higher level
- 8) A coach (needed for technique after a certain point)
- 9) With a coach gybe/tack on the whistle with many boards (lets people gauge speed against others and mimic others who are faster)
- 10) staggered sailing (hard to explain) ummm have one person furthest upwind then another slightly downwind but slightly ahead (for clean air), have them sail for a short period see who is faster discuss why, if they have adjustable systems adjust the sail to find fastest settings. (can be done with many people is very good)