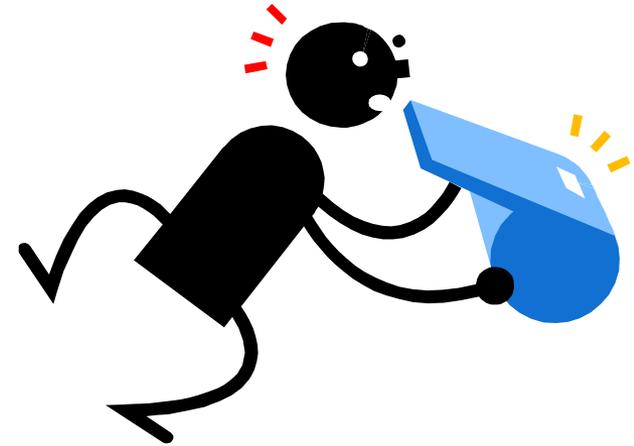


**Some days,
I whistle while I work.
Other days,
I work my whistle.**



Boathandling

rudderless, [Diamond](#), bounce off/tacking duel, down speed boathandling, cone, blender, any whistle command drills, sailing backwards, congested LM mark rounding

Boat Speed

[Rabbits](#), ordered downwind

Miscellaneous

crew races, follow the leader, circle drill, other containment drills

Starting

skewed starts (sometimes with a skewed beat), rolling starts, [Accelerations](#), port tack approach, starts with different line restrictions, on the line, holding your spot, starting prep: finding laylines, getting line transits, etc.

Tactics and Strategy

[Coach's Corridor \(t\)](#), hamster (s), rabbit triangle (t), cross the centerline (s)

Team Racing Drills

pig in the middle, 5-6, [Balancing](#), combinations, leading/pushing starting drill

On-the-water feedback is a critical part of coaching.



If you don't have a **megaphone**, you're wasting your time and your voice trying to communicate on the water.

Megaphone from Port Supply: \$62.71

Knowing that your sailors heard you: Priceless.

Boathandling: Diamond

Equipment: coach boat, whistle

Sailboats: 1-6

Description: This drill is best at the beginning of the season or anytime you need to shake the rust off, this works great for dinghies or smaller sized one-design boats. It might also be a good way to pull all of your spinnaker handling drills together. This is better than a plain W/L course because it forces a tack and gybe on each leg.

Objective: · Get the crew proficient at all the types of mark roundings: regular spinnaker sets, gybe sets, tack sets along with leeward take down, windward take down, and Mexican take downs. · Puts pressure on the crew to perform in tight situations.

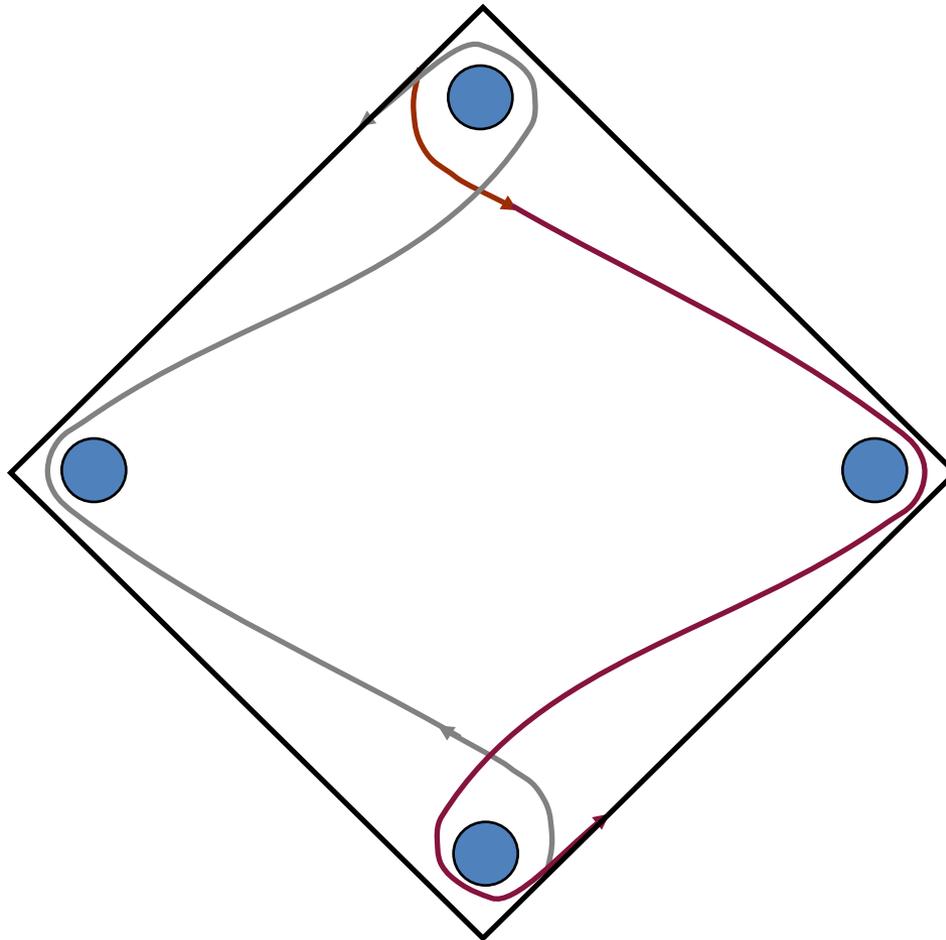
Set up: Prep) Set up the course. 1) Sailors should first sail counter-clockwise around the Diamond x# of times. 2) Next, they should sail around the left Boomerang x# of times. 3) Lastly, sail around Right boomerang. (The order doesn't really matter, just as long as every boat gets some repetitions at every type of set and douse.)

Tips: · The course should be small, 5 or 6 boat lengths from the leeward mark to either of the gybe marks. · If you have 2 coach boats, keep one at the leeward mark and one at the top mark in order to maximize feedback for the sets and douses. · For new crews also consider doing the first lap with the pole only.

Boathandling: Diamond

Equipment: coach boat, whistle

Sailboats: 1-6



Boat Speed: Rabbits

Equipment: coach boat

Sailboats: 1-6

Description: *This is the quintessential boat speed drill.* Sailors at every level rely on this for training, from Opti sailors to college racers to Olympians and beyond.

Objective: · Test boat speed relative to others. · Provide opportunity to see how different sail shape and rig set up affect boat speed. · Learn the muscle memory needed to have a consistent, close ducks.

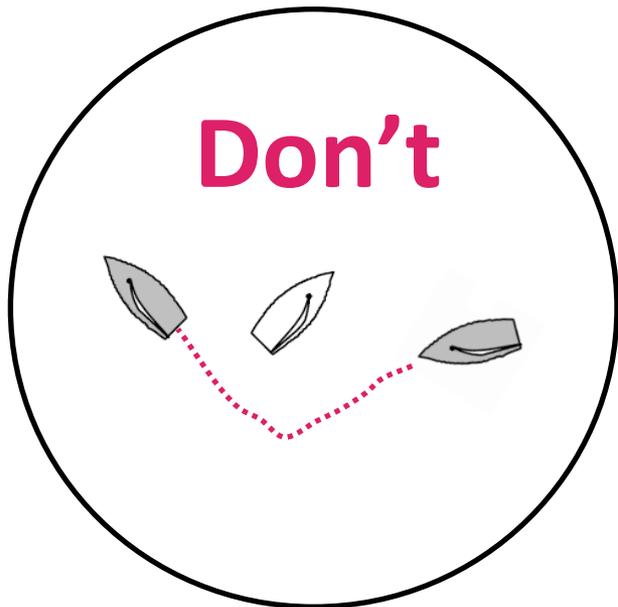
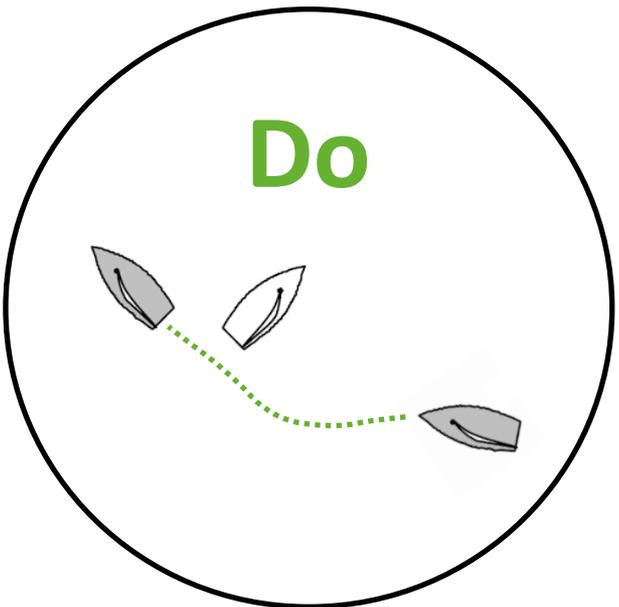
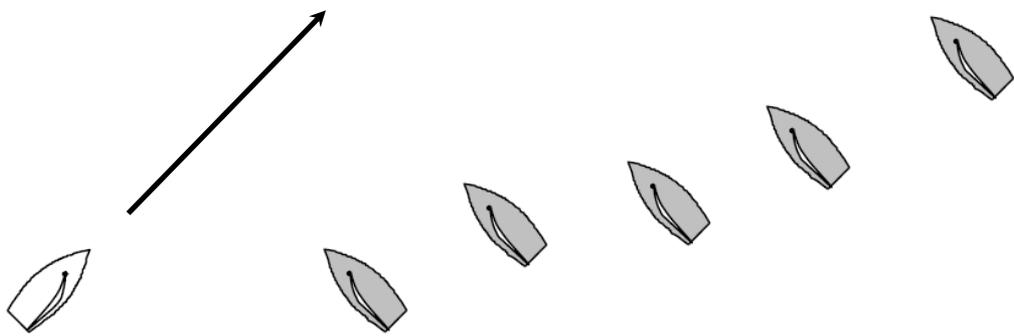
Set up: 1) Select a boat to be the Rabbit, they should set up on port. 2) Everyone else should set up starboard with about 1.5 boat lengths separation between each boat. 3) The Rabbit should sail on a close hauled course toward the rest. 4) Each boat should pass astern of the rabbit as close as possible and continue on close hauled. 5) Once the Rabbit passes the last boat, they should tack. 6) Once a boat falls behind, they should tack out and reset the drill.

Tips: · As a coach you need to talk about the act of ducking before getting on the water. · You'll need some patience for this one. · This does not work well in shifty venues. · The more skilled the sailors, the bigger the group you can have. · For newbies, it is easier if you set up this drill with a rounding mark.

Boat Speed: Rabbits

Equipment: coach boat

Sailboats: 1-6



Starting: Acceleration

Equipment: coach boat, whistle

Sailors: 1-20+

Description: There are a lot of things to consider at the start: getting lay lines, line sights and line transits, developing a starting plan, finding a “marshmallow”, the set up, time and distance to the line, etc. *This exercise is designed to isolate and focus on the final acceleration, arguably one of the most critical pieces of the start.*

Objective: • Break the final acceleration down into smaller parts: the turn down (if necessary), the turn up, the weight placement, the sail trim, and the timing. (This drill does not focus on distance to the line.) • Gain greater awareness of timing. • Learn the muscle memory needed to have a consistent final acceleration.

Set up: 1) Get everyone separated on starboard. 2) Coach blows a 10 second countdown. Sailors decide when to initiate the maneuver in order to be full speed at go. 3) Let the fleet sail for a few boat lengths then blow a few whistles indicating that they should come to a full stop. 4) Repeat from step 2.

Tips: FJs and 420s take about 4-6 seconds to get up to full speed (conditions depending). In the first go around, boats should set up just below 45° and work on just the turn up. To add a level of difficulty, and make this more realistic, boats should set up just below head to wind; skippers should imagine a crowded starting line.

Tactical: Coach's Corridor

Equipment: 2 coach boats

Sailboats: 4+



Description: Some venues force competitors to flock to one side of the course, to get out of current, for example. When this happens the fleet gets very congested. Congestion can also happen on the top third of the windward leg. Or just after the start. In congestion, looking ahead and evaluating your options can make or break the race. *This drill forces congested situations, giving sailors the opportunity to see tight situations repeatedly. The feedback is instantaneous based on performance relative to the other boats.*

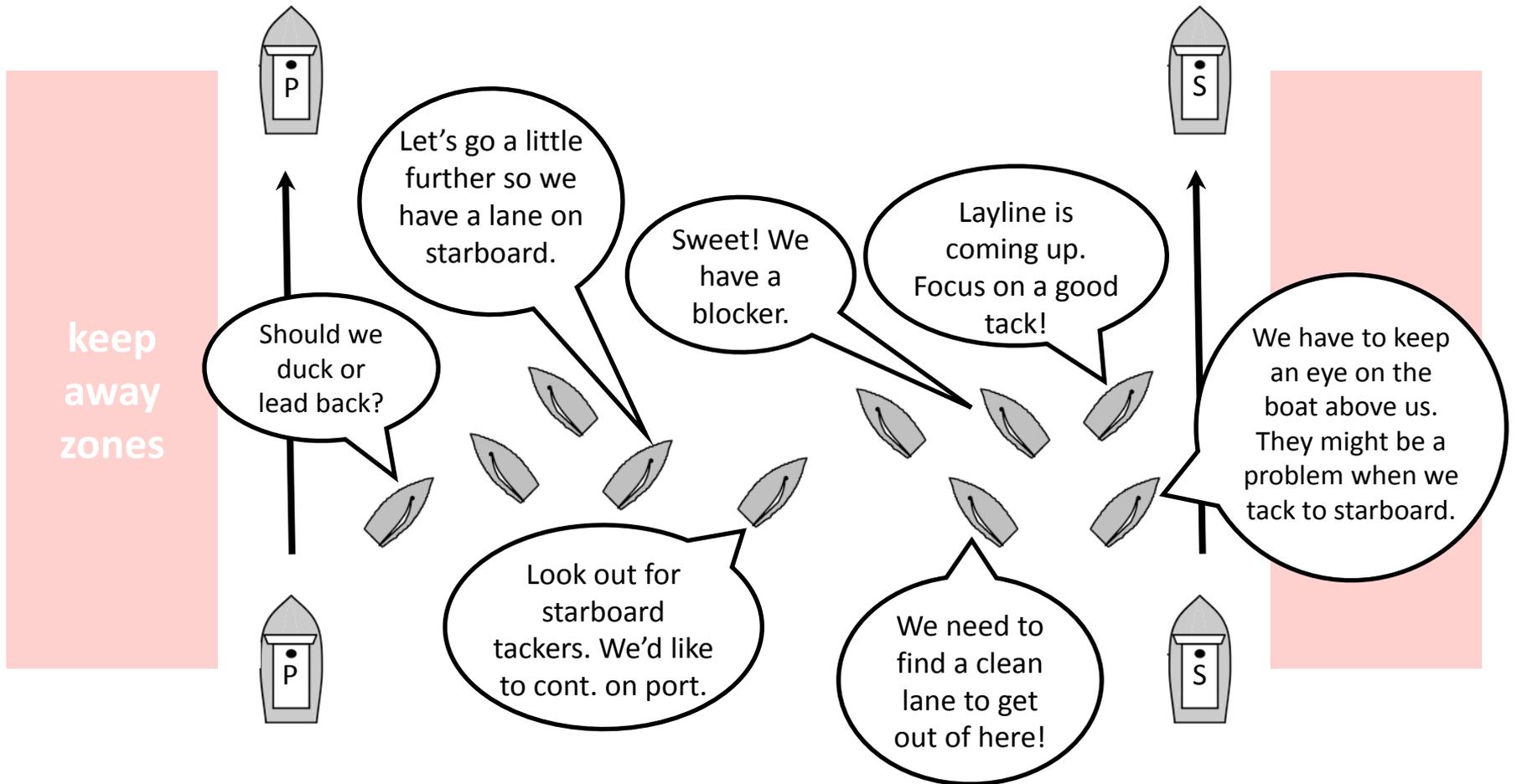
Objective: · Demonstrate the importance of good boathandling in tight situations. · Create a lot of crossing situations. · Compels skippers and crews to plan ahead and communicate effectively. · Urges local and global thinking about the course and fellow competitors.

Set up: This drill can be started after a rabbit or from the cone drill. 1) The coach boats should try to start on the same ladder rung and slowly motor directly upwind. 2) Ensure that the sailboats do not sail outside of the vertical plane of the coach boats. 3) Reset when boats get spread out.

Tactical: Coach's Corridor

Equipment: 2 coach boats

Sailboats: 4+



Team Racing: 5-6 Drill

Equipment: coach boat, whistle, 4 marks

Sailboats: even #s

Description: There are situations around the course when you simply need to control and slow an opponent in order for your teammate to move ahead. *This drill simulates isolated 1-on-1s.*

Objective: · Develop an understanding of boat-on-boat positioning and boathandling; finding the sweet spot where you are able to control and opponent without being passed or at risk of fouling. · Learn to slow an opponent as hard as possible. · Conversely, learning how to push an opponent around the course and possibly pass them is an equally important skill to develop.

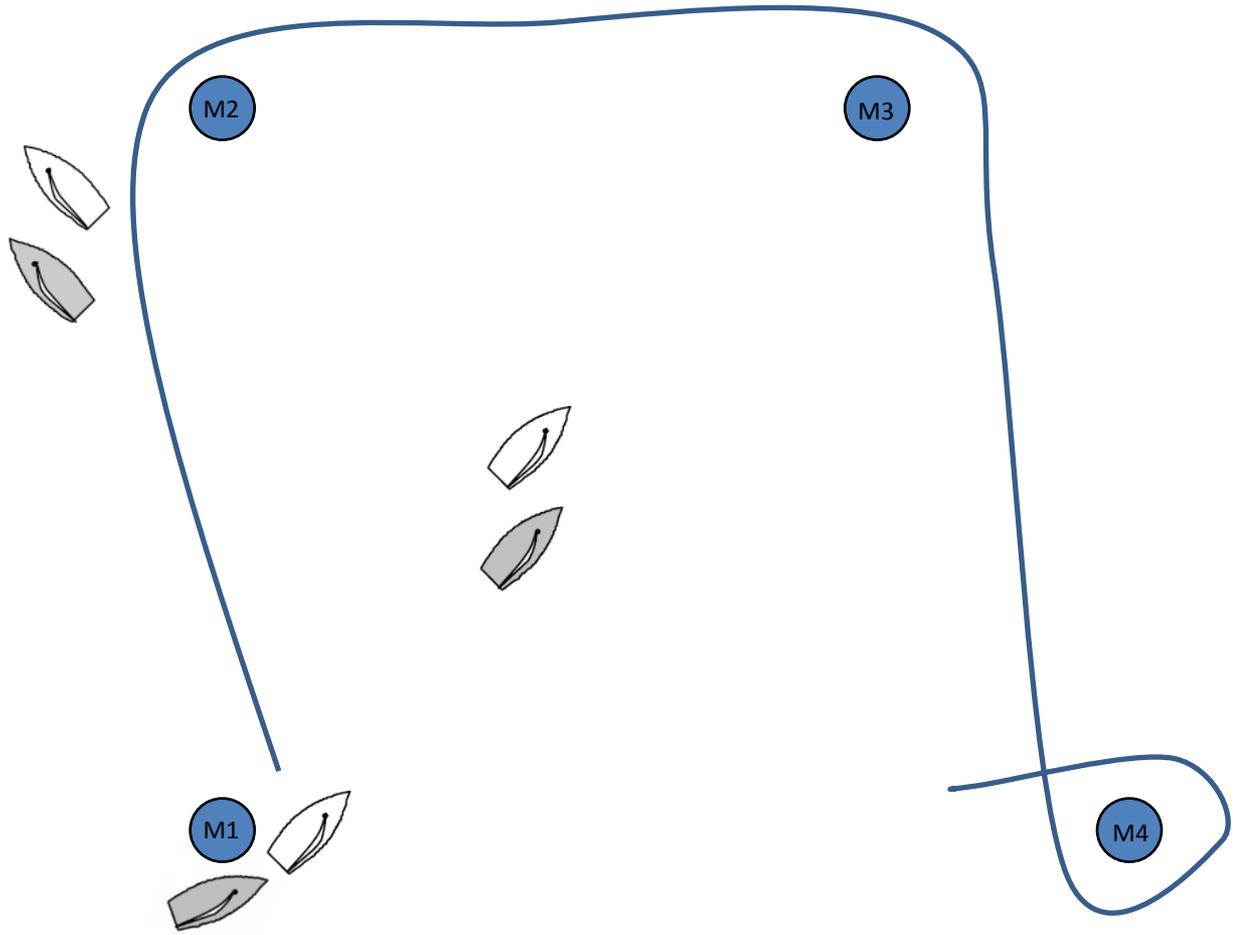
Set up: Prep) Evenly match up your boats - the most skilled boats should start first. Set up the course. 1) Blow a two minute start. At GO, the first pair rounds Mark 1 bow-to-stern. The next pair rounds 15 seconds after that, etc. 3) The lead boat is trying to slow the opponent such that the pair who started behind catches up. The boat who rounds second is looking to pass or push the race forward. (If a pass is made, the new leader becomes the slower.)

Variation: Incorporate a short match race start to start the drill.

Team Racing: 5-6 Drill

Equipment: coach boat, whistle, 4 marks

Sailboats: even #s



Team Racing: Balancing

Equipment: coach boat, whistle, 4 marks **Sailboats:** groups of 4

Description: In 2 on 2s, and often times 3 on 3s, races come down to the last beat. Even if your team rounds ahead, your opponents are going to do everything they can to try and get one of their teammates into the mix. Keeping your opponents behind you is the act of *Balancing*.

Objective: · Similar to 5-6 Drill plus... · Identify when you are on the same ladder rung as an opponent or teammate on the other side of the course. · Learn techniques to get opponents ahead unbalanced.

Set up: 1) Designate someone to do a countdown (or the coach can do a countdown). 2) Pairs should round the leeward marks at the same time bow to stern. 3) Race upwind to the finish line. 4) If the team who started ahead finishes 1,2, they win, if not, the other team wins.

Variation: · Instead of starting off balanced, start with skewed leeward marks so that one pair starts off ahead. · The boats can round from the outside in, for force a crossing situations early.

Team Racing: Balancing

Equipment: coach boat, whistle, 4 marks

Sailboats: groups of 4

