

On-The-Water Practice Drills

Duck Call I (round the marks)

Set marks (2 for straight line, 3 for triangle, 4 for box). Boats leaving the dock get in line and go around marks, reversing direction on the whistle, until coach signals . . .

Duck Call II (follow the mother duck)

Boats line up behind the coach boat and follow wherever it leads. Use to bring boats out of Duck Call I to next drill.

Follow the Leader

Designate experienced skipper to lead, with coach boat nearby calling directions. Other boats try to follow the leader (tack, gybe, change course, slow down, round marks, etc).

Stop & Go

Boats line up even, then go on whistle, stop on next whistle, go on next whistle, and so on. Good for practicing acceleration from stop, general boat handling.

Tack/Gybe on the Whistle

Just what it sounds like. Use a short W/L course. Builds tacking and gybing skills.

2-Boat Speed Trial

Boats line up even (windward boat on leeward boat's hip but far enough away for clear air) and go until leeward boat can tack and cross or windward boat rolls leeward boat. Use to develop boat speed and judgment.

2-Boat Tack & Cover

Boats line up with weather boat covering leeward boat. Leeward boat tries to break cover by tacking; windward boat defends by tacking to cover. Good tacking practice.

Stack 'em Up

Boats luff up to starting line and try to hold position until whistle to start. Good starting practice (line judgment, stationary maneuvering, acceleration).

Le Mans Relay Race

Two teams per boat, dock start. On the whistle, team 1 gets in the boat, sails around course, back to dock and hands off to team 2. Can go as many rounds as desired. Fun!

Rock Around the Clock

For days with no wind. Set marks as for Duck Call I, then direct crews to rock and roll their boats around course. Good for general boat handling, learning dynamics of rocking.

On-Shore Activities

Rigging & Tuning

Set up a boat on the dock to demonstrate correct rig and trim tensions, how to use controls (downhaul, outhaul, vang), mast rake, sail shape.

Chalk Talk

Sailing fundamentals, goal setting, racing strategy and tactics, racing rules, clothing and gear, fitness, safety issues, team issues, regatta planning, Q&A.

Model Boats

Use for illustrating tactical and rules situations.

Video/Multi-Media

Sailing videos and multi-media presentations for instruction or fun.

Guest Experts

Invite rock stars over to talk about various aspects of sailing and racing.

Knots

Everyone should know how to tie bowline, square knot, clove hitch, cleat hitch, two half hitches, and figure eight.

Boat Maintenance

Inspect, clean, repair and replace broken parts.