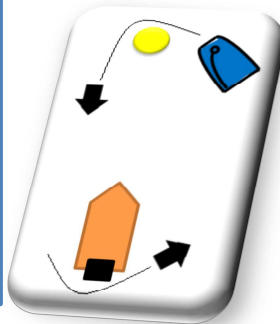


Power Hour – Boat handling

Warm up – 10 mins

Chase the rib – pick any buoy to round to port and then round the support rib to port. The rib will continually change position so keep your eyes out of the boat and trim your sails accordingly.



Good exit to a hop tack in light winds.

- Look at the body position

Tacking and Gybing Exercises – 25 mins

30 tacks/10 gybes, 20/10, 10/10.

- Do not stop sailing until the exercise is over
- The aim is to be the furthest boat upwind when you have to bear away and the furthest boat downwind when you have to head up.

Gybing on the Whistle

Try to pull the sail across using as little rudder as possible. Like in the photos



Elephant ears!

Tack next to and anchored rib. And try and look like the picture above on the exit of the tack.

If someone in the rib can film you for you to analyse off the water even better!!

Two boat tacking duel

To practice tacks under pressure One boat covers and the other boat tries to overtake.

Mark Rounding Exercise's – 25 mins.

LW mark practice

Line up on a reach directly upwind of a mark, bear away together and practice good rounding's with the boat on the outside giving room and aiming to follow behind the other boats rudder and not being forced out wide.

Four marks in a row

- Set up four marks in a line each one directly downwind of the next.
- You need to do a 360 turn round the first mark before heading down to the next mark then repeat. If you hit a mark remember to do your one turn penalty.
- You can do this exercise going downwind and going upwind!

