

MOOLOALBA YOUTH SAILING PROGRAM 2017

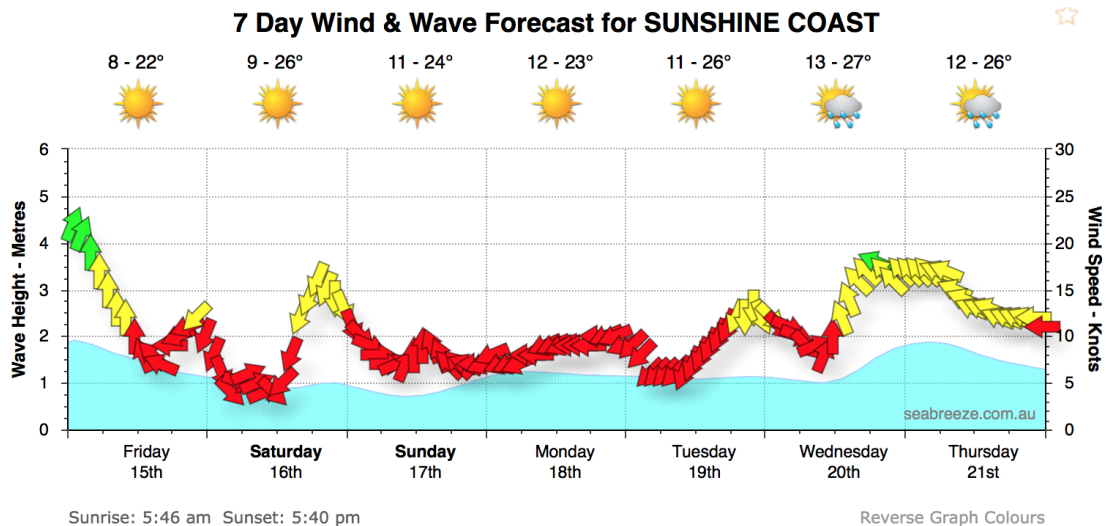
Week 11

Briefing notes

Topic: - Downwind plays

Basic strategies and tactics for gaining an advantage downwind.

Forecast:



Program:

Briefing about downwind strategy

Sailing practice, working with other boats to practice drills.

Drills:

MYC play book 2 – solo work drill 8 penalty turns
- pairs work upwind & Downwind. Drills 1 downwind – race down wind. Crossing, covering, simo.

Read the drills and know what I want you to do when you are out on the water.