

MOOLOALBA YOUTH SAILING PROGRAM 2017

Week 10

Debrief notes

Topic: - Upwind plays

Understanding the strategies to gain an advantage on the beat

Program:

Lee Bows, Slam Dunks, Tack & Pin, living to windward

Practicing executing the strategies and objectives.

Feedback on drills:

Again a lack of understanding on the drills was exhibited. Please read the drills before turning up.

Notes:

When we did get some action based around the drills we did well. All of you found it hard to live on another boats hip. You have to develop this skill.

There were a couple of times teams planned 2 or 3 moves ahead which was fantastic, mostly though our responses were reactionary.

Critical to keep speed. Critical to make early decisions about what your next move will be. Critical to not overturn a keel boat through a tack.