**Can Sail 3 Drills**

**Drill 1: Tacking at 1 minute intervals upwind**

Checklick skills:

* Tack on command at 1 minute intervals
* Roll for optimum speed during a tack

Steps:

* Set your watch to 1 minute intervals
* Start by just focusing on getting your tiller switch back — make sure you are sitting down and then switching your tiller over your shoulder. Once you feel confident in your tiller switch, concentrate on getting the roll.
  + Lean into your boat as you head up
  + Use small tiller movements
  + Roll with power — throw your shoulders out of the boat
  + Flatten together with your crew — make sure the crew has switched the jib before/as you flatten
  + Concentrate on fully flattening but not over flattening
* Check out this video for a good example of a roll tack in a 420. <https://www.youtube.com/watch?v=UAmQW6mahvs>
* Once you’ve got that, try to tack close hauled to close hauled. Check your ticklers before and after you tack and try to tack so that you don’t have to adjust to a close hauled course.

**Drill 2: Gybing at 1 minute intervals downwind**

Checklick skills:

* Gybe on command at 1 minute intervals
* Roll for optimum speed during a gybe

Steps:

* Set your watch to 1 minute intervals
* Start by focusing on pre-gybing the tiller extension, not gybing past a broad reach (grabbing the mainsheet as the top battens on the mainsail start to backwind and using it to gybe the boom) and focusing on your tiller switch
* Then add in the roll
  + Use your body weight to bear off
  + Use small tiller movements
  + Roll with power — throw your shoulders out of the boat
  + Flatten together with your crew
  + Concentrate on fully flattening but not over flattening
  + Check out this video for a good example of a roll gybe in a feva. <https://www.youtube.com/watch?v=dJL0Hvoi1NM>
* If you’re feeling comfortable with that -- add in the spinnaker

**Drill 3: Penalty turns**

Checklick skills:

* Heel to assist with steering and helm balance
* Combine balance, steering and sheeting for balance
* Sheeting to maximize speed and manage power in all directions
* Match sheeting to rate of turn
* Roll for optimal speed during a tack/gybe

Steps:

* Start by focusing on dropping the tiller and using just your body weight to steer the boat. Get used to the feel of the boat as it heads up, tacks and bears off and how your weight in the boat can control the movement of your boat.
* Then take the tiller back. Focus on using small tiller movements, heeling and sheeting to promote speed around the turn -- Check out this video as a good example of a quick, efficient penalty turn (<https://www.youtube.com/watch?v=wpQzTLEKynY>)

**Drill 4: Sailing blind**

Checklick skills:

* Identify potential hazards at a new sailing venue
* Identify lifts and headers and communicate shifts to partner

Steps:

* Skipper closes their eyes and has to rely on their crew for input — this will help the crew learn to communicate important information to the skipper and will help the skipper to avoid relying on their eyes and help learn to use other senses to develop automatic sailing reflexes.

**Drill 5: Holding your spot**

Checklick skills:

* Hold boat within 1 boat length of mark for 20 seconds

Steps:

* Stop your boat to leeward of the mark and set your watch for 20 seconds. Use your tiller, sails and body weight to keep your boat within one boat length of the mark without tacking.

**Drill 6: Tacking battles**

Checklick skills:

* Tack away when covered by another boat
* Tack onto a clean lane
* Roll for optimal speed during a tack

Steps:

* If there’s another boat on the water, you can practice together to train your abilities to cover/get away from another boat’s cover
* Start with the more experienced boat to leeward. Line up on Starboard tack and accelerate.
* The boat to leeward tries to escape their bad air by accelerating more quickly, having faster boat speed or more efficient tacks. The boat to the windward is trying to stay above the other boat and cover them.
* Reset the drill when the leeward boat breaks free of the cover

**Drill 7: Sailing backwards**

Checklick skills:

* Reach to a stop and sail backwards

Steps:

* Stop your boat by heading up into the wind and pushing out your boom and holding it as your boat stops and then starts to head backwards. Remember your steering will also be backwards!
* Try to sail backwards for as long as you can -- time yourself and see if you can beat that time! Or challenge your friends to see who can sail backwards the farthest.

**Drill 8: Sailing for speed**

Checklick skills:

* Adjust sail controls (vang, cunningham, outhaul, bridle) for desired sail shape
* Demonstrate ability to trim for leech shape
* Depower using sail controls

Steps:

* On an upwind, play with some of the sail controls on your boat (on a pico, you have the boomvang and outhaul; on a feva, you also have a cunningham; and on a 420, you also have a bridle)
* Notice how the shape of you sail changes as you change the sail controls and notice the speed of your boat as you adjust your sail controls
* See this basic list for a rough guideline of how your controls affect your sail but remember a lot of sail controls is up to you and/or your crew and how you feel they affect your boat speed. (<https://newportvessels.com/blog/sail-control-basics/>)

**Drill 9: Stopping and Starting**

Checklick skills:

* Adjust sheeting and balance to accelerate in different conditions
* Accelerate at the end of a 2 minute countdown

Steps:

* Set your watch for 2 minutes
* Alternate stopping and starting your boat on each 2 minute mark.
* Try to accelerate as fast as you can, standing up to sheet in quickly, heeling to leeward and then flattening (AFTER sails are pulled in)

**CANSail 4-6 Drills**

1. Tacking/Gybing on the Interval → bring out a watch and try tacking and gybing at every 30 seconds to start. See if you can begin to do a proper maneuver in less time!
   * Use bodyweight to initiate the maneuver
2. Sailing backwards
   * Point your bow into irons and try sailing backwards, your steering will be opposite. See how far you can go!!
3. Stop and go
   * Practice stopping and accelerating
   * Do not rush the acceleration break it down

1. Bear off 2. Leeward heel 3. Sheet in 4. Flatten

1. Heading up and bearing off
   * Pretending as if you are rounding marks as you change from upwind to downwind modes. Proper sheeting and body weight help make the transition smoother. Settle into the new mode of sailing quickly. Don’t forget your ticklers!!
2. Slowing down
   * Slowing down can be helpful on many racecourse scenarios, find different ways you can control your speed upwind and downwind. Using bodyweight, steering and sheeting.
3. Long adventure sails
   * Pick a point on the lake and go explore! Sailing doesn’t always need to be about going fast, take your time and enjoy!
   * This can let you focus on having proper heel and boat speed on long stretches.
4. Playing with controls
   * The control lines on our boats can help or hurt our speed. If you have a long day on the water try moving them around throughout to get a better feel for what they do. Remember in general: looser in the lighter wind!
5. Tacking on the shifts
   * As we know the wind direction on Sturgeon Lake changes pretty quickly, use this to your advantage. Getting the hang of tacking on the shifts can be beneficial in a race scenario. Upwind if you notice you have to bear off a lot tack, downwind gybe as you are forced to head up!
6. Double tacks/linework
   * The startline is one of the most important parts of the racecourse, just because you are alone does not mean that this can’t still be practiced. Go out on the water and try and stay as close to one spot as possible. Trying quick tacks back and forth, going backwards and anything else that will help you stay in one place.
7. Sailing with your eyes closed
   * Not forever, but try getting a hang of how the boat feels when you close your eyes. Can you start to anticipate where to steer?
8. Time on distance
   * Pick a spot on the land and try to see if you can accelerate by it in a certain amount of time, just like in a start sequence
9. 3x3
   * 1 minute of tacks followed by 1 minute of gybes followed by 1 minute of 360s repeated 3 times
   * Do as many as you can in the amount of time!
   * Great warm up and helps you get a sense of the wind conditions of the day
10. Tacking and gybing with little tiller movement
    * See if you can do it mostly with bodyweight