

## Drill: jibe jibe douse

Objective: simulate tactics, strategy, and boat handling of close gate roundings

Key Considerations:

- Positioning on other boats
- Mode (High, VMG, Low)
- Time and distance to lay line:  
What can you execute in the time you have?

First Boat (green):

- Use modes to keep control of the fleet and extend on your lead
- Watch closest boat, as well as breeze and the fleet behind you to defend

Second Boat (Pink):

- Choose mode to make Green's life miserable. Put yourself in a position to make them uncomfortable, force a mistake.
- Do you have opportunity to roll if they get too low?
- Or do you set up low and force them into the corner and get them on the jibe?
- Balance the boat behind you, stay in touch with the fleet

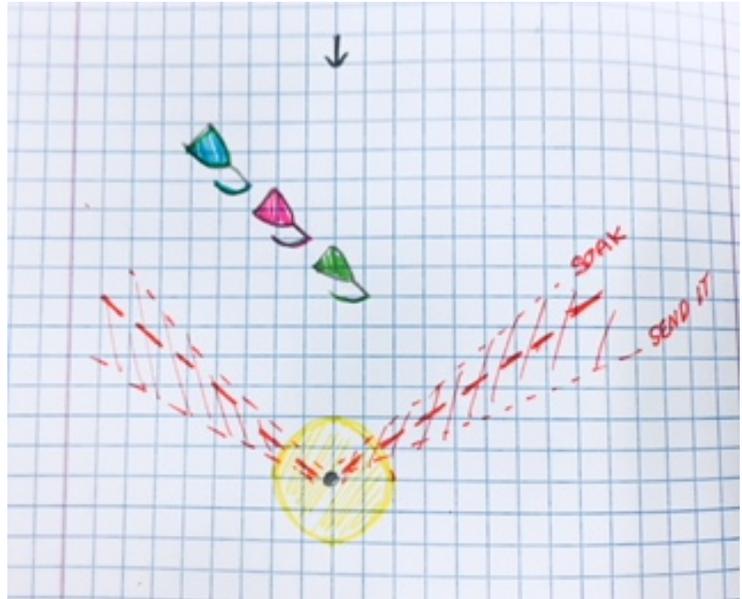
Third Boat (Blue):

- Think about pressure, and using puffs to best advantage to move around the rest of the fleet
- If Pink goes low, think about opportunity to roll.
- If Pink takes green high, think about opportunity to soak inside.
- If you setup close enough, you have an opportunity to pass both boats.

Kate's observations:

By the end of the drill, everyone was very close and duking it out for first on the lay line, which was fantastic to see. Everyone was starting to use modes to tactical advantage, and I encourage you to keep testing for yourselves.

Many expressed frustration that their boat handling was the limiting factor on their performance in the drill—I recommend experimenting with weight, both in / out and fore /aft for changing modes, as well as jibing technique, (turn speed, kite check, exit angle,) on your own to figure out what's possible & necessary in any given situation.

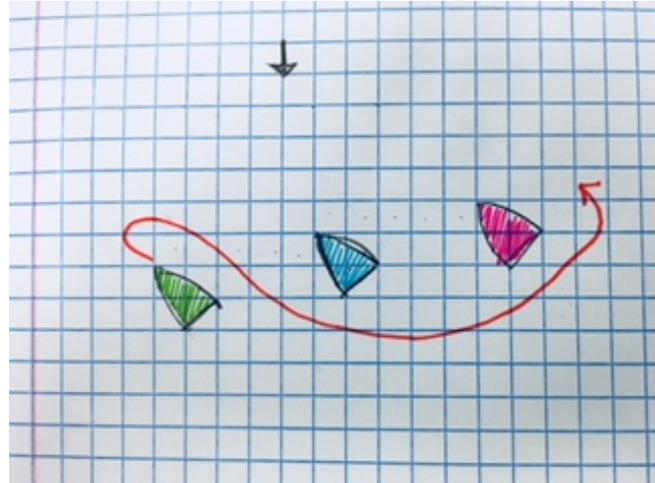


### Drill: Leeward boat tacks and ducks

Objective: Simulate how to escape being held out on a lay line, boat handling practice

Key Considerations:

- Staying close: this drill only works if you tack up on the last boats hip quickly and do not get spread apart
- Think about distance ahead and distance to leeward on the boats around you, and how to space yourself to keep up speed through the duck maneuver



Kate's observations:

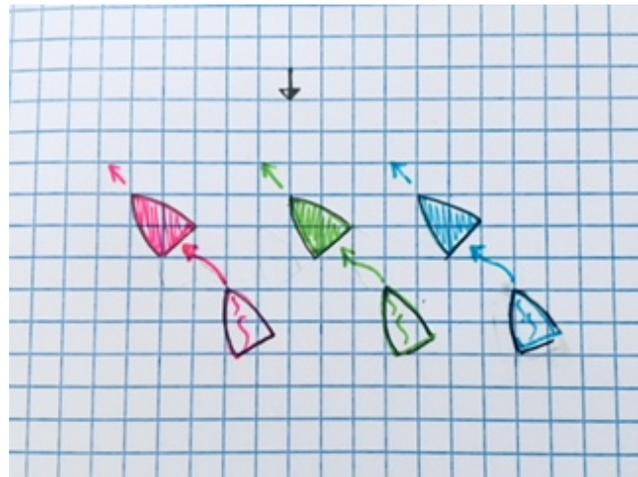
- Drill worked best when "Blue" tacked as "Green" was ducking pink, to keep things very close
- Towards the end of the drill people were creating the proper amount of space to windward to be able to tack and stay on a reach throughout the duck, instead of slowing dead downwind.
- Crew think about getting to the wire sooner and staying out as long as possible
- Skippers think about heel angles for the turn and maintaining speed

### Drill: 12 second acceleration

Objective: Simulate the last 12 seconds of a start and the first 30 seconds of a race.

Key considerations:

- This drill is not done on a line, you only have to think about gaining and keeping as much speed as possible from your final acceleration maneuver
- Boat heel: Heel to windward to bear away, heel to leeward to head up
- Sail trim: Jib on for bow down & to move forward, main on to head up
- Positioning: Are you bow forward or bow back on the fleet? Do you have enough space to leeward?
- Controls: How much vang and downhaul do you need pre-start?
- Timing: How much time do you need to get to full speed? How do we minimize this time?



- Flow: Talk about how much flow you have and how much you need, how the foils feel on good and bad accelerations

Kate's Observations:

- Loose controls made it easy to accelerate and punch out, but hard to keep height against the rest of the fleet
- Tight controls and high mode made for a slow start, but gave the ability to pinch off windward boats and get free lane
- Think about how to play modes and controls off the line to maximize what you get out of a particular spot on the line