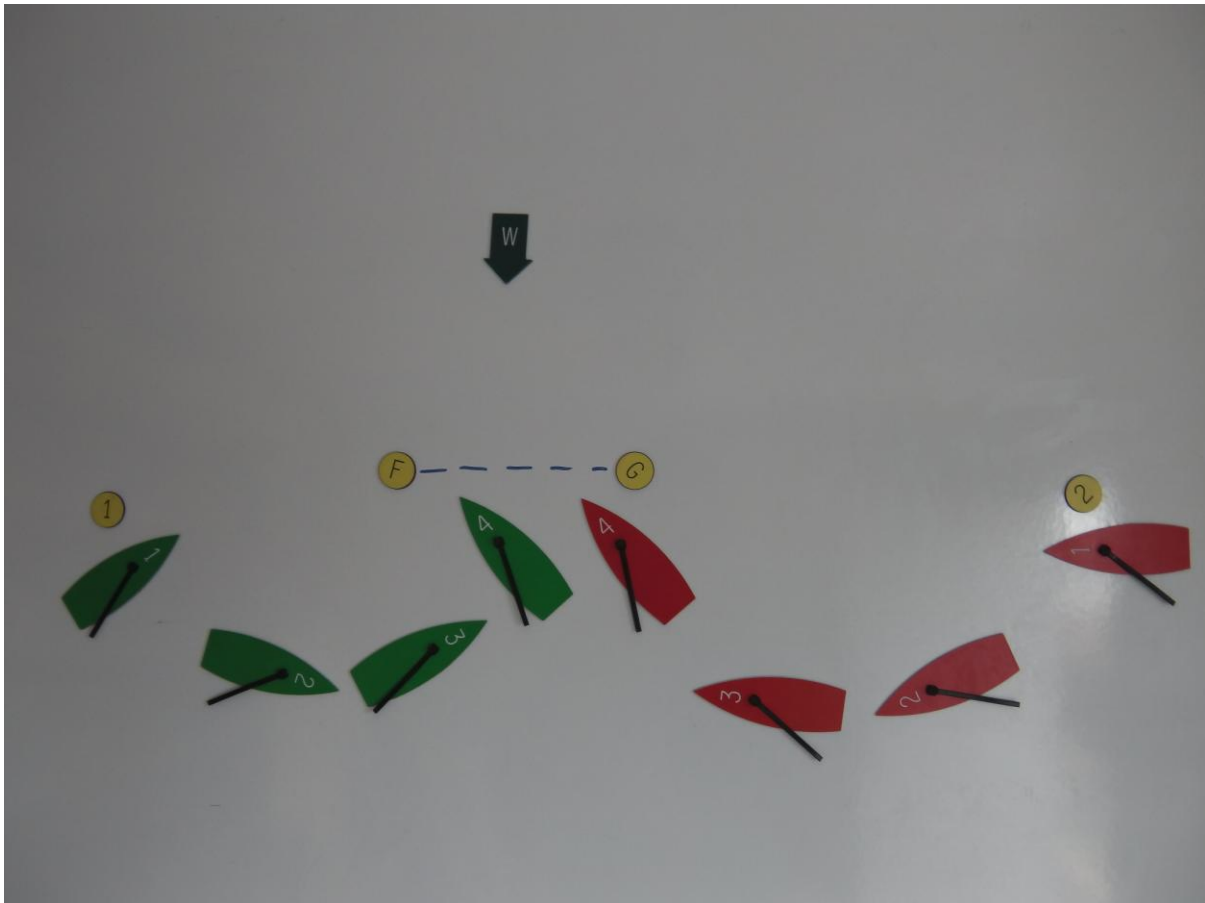




## Attack the Start from Either End



This is a great drill to practice starting.

The idea is that 2 or more boats approach the start line, then fight late for best position on the start line.

Set a start line (F and G), with another 2 marks (1 and 2) on either side of the start.

Give a 2 minute countdown.

Boats must stay around their respective mark (1 or 2).

On the 1 minute, they can enter the start area.

On the GO they must try and start as though it is a race.

Change the distance of the marks to the start, make it hard for the pin end to arrive with time.