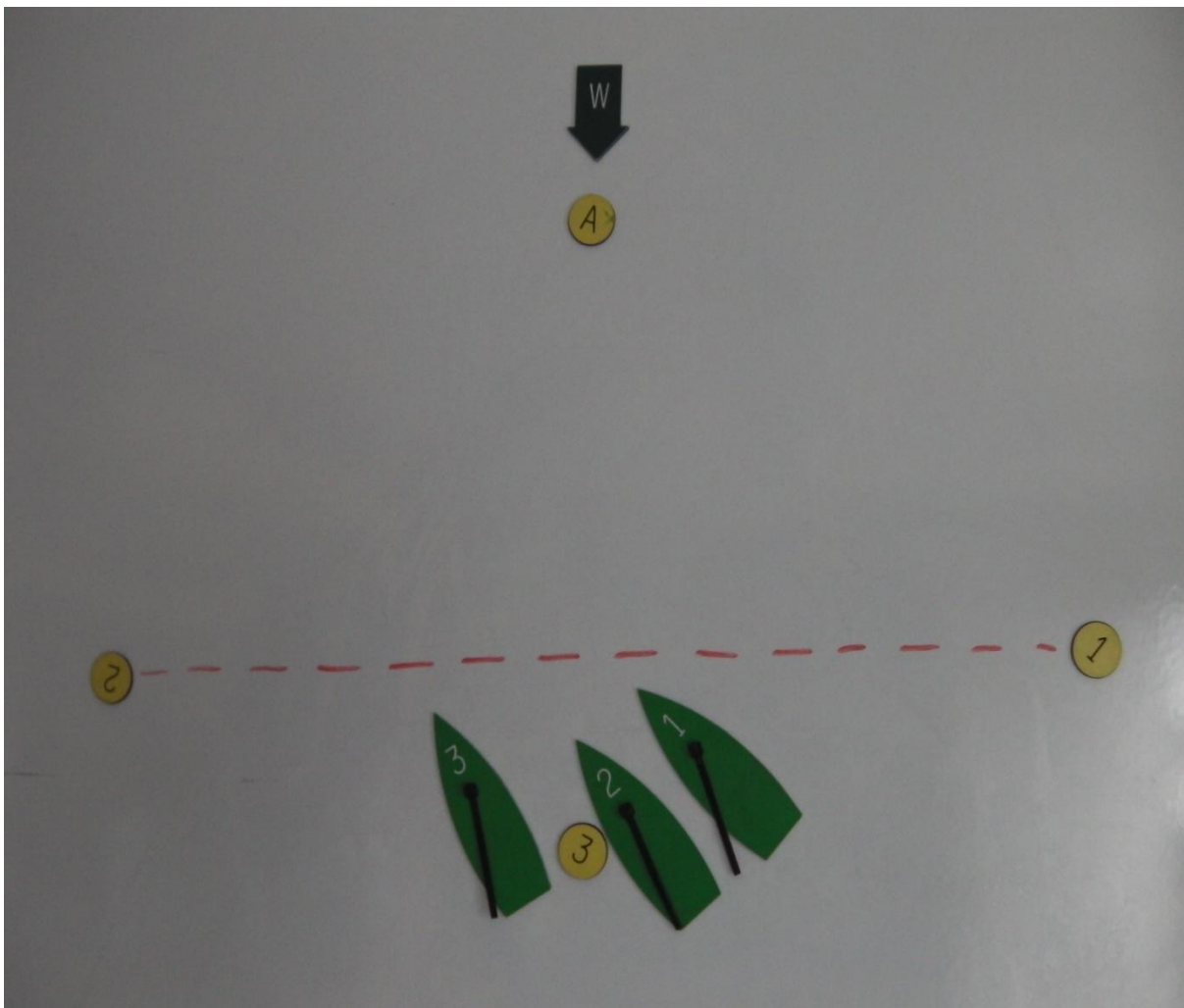




Starting in the centre of the line



This drill is designed to get sailors starting in the centre of the start line.

Set a start line and a mark in the middle of the line but down from the line. Sailors must start as close to the middle mark, but on the start line.

As a coach you can sit at either end and call out how close the boats started to the line at the gun.