

I was having a chat to Andrew Wills before the Winter Champs, and asked him, what was important when you were coaching the worlds team. He responded with "Teamwork".

And on that, he gave me a super simple drill which can be used in many ways for different reasons.

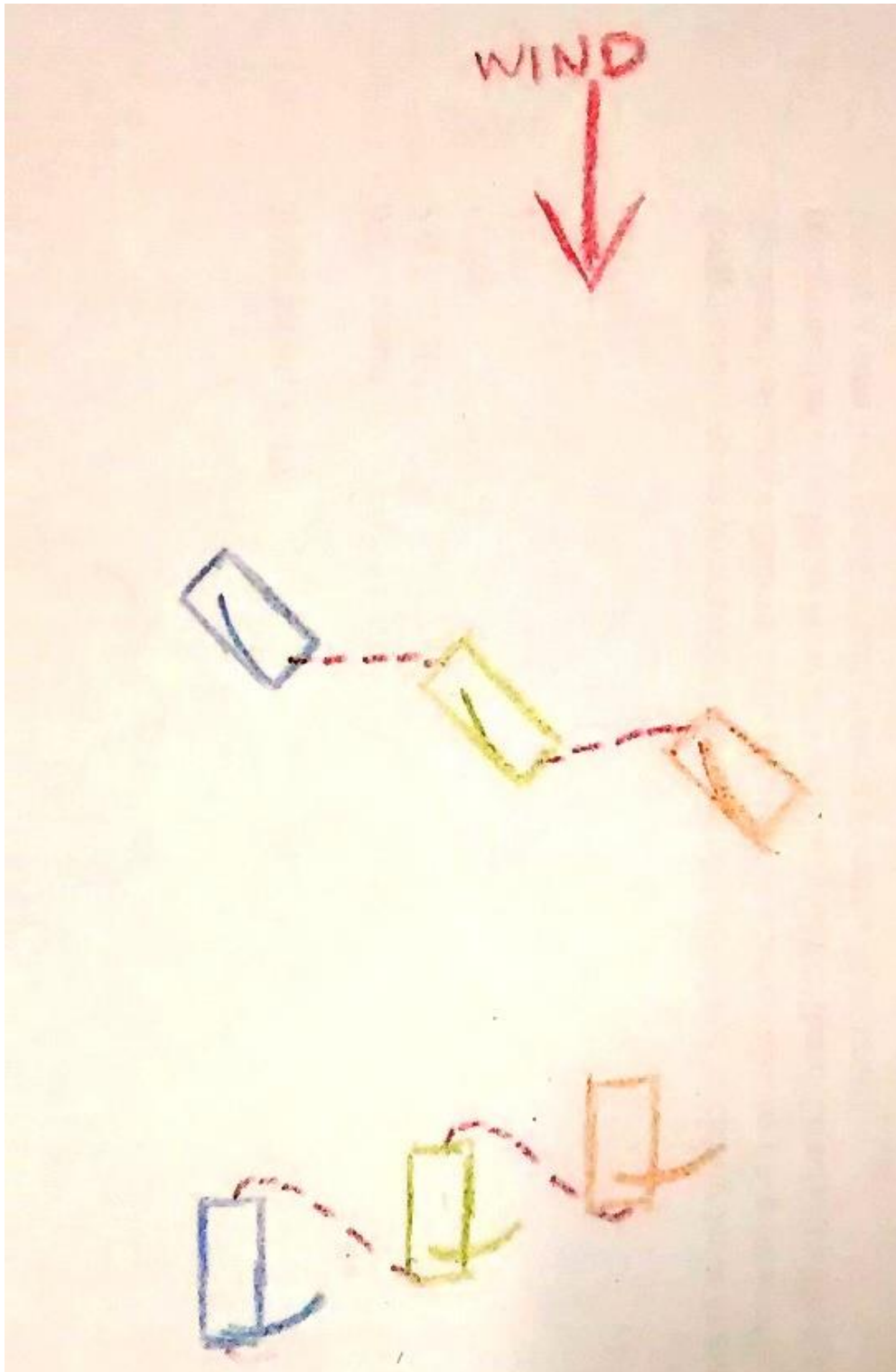
It consists of tying up 2 or more opti's in a row, with the painters tied to the boat in front via the back of the hiking straps.



Focuses could include:

- FUN
- Teamwork and communication
- Understanding clear air

Upwind they need to sail in clear air while still all attached. Downwind the same, have a look below (yes I got to do some colour drawing to show you!).



Progressions could include:

- Making sure the painters never go tight

- Blindfold one sailor? That could be hard.

- Have races between teams

NB: Probably best done in under 12-15 knots with competent sailors as to reduce risk of breaking hiking straps/mast steps when painters go tight.

If you have any comments, questions or suggestions please let me know ([gareth@yachtingnz.org.nz](mailto:gareth@yachtingnz.org.nz)).