



Upwind Slalom



This Drill is designed to enforce lane holding upwind.

With an offset mark to the left then right upwind, it replicates 3 shifts on the upwind. A starboard lift of the start, then tack on the first knock. Carry the port lift to the starboard layline.

Sailors must hold their lane off the start line and not tack off or they will miss the first mark. Once clear of mark 1, they can tack and hold the port lane out to mark 2. Tacking soon after mark 2 will see the sailor on the starboard layline.

Adjusting the length of the course and angle of the offset marks will enforce lane holding and make sure the sailors get a good start.

Use a 3 minute start sequence.

This drill can work for just 2 boats or a fleet of 20.