



Upwind Through the Gate



This drill is aimed at keeping boats in the middle of the course and causing situations when the boats meet half way. Set a start line and run the start as normal. Set a top mark, but half way upwind set a gate, small enough for only a few boats to fit through at the same time. Sailors must sail through the gate sailing both upwind and down. This keeps them in the middle of the track and stops them hitting the corners.