



## Work a Side



This drill is designed to reduce the sailor's options and focus their attention on a narrow part of the course.

Set 3 start lines and 3 top marks.

The group is then split into equal size fleets for the 3 start lines.

The start line determines which mark you must sail to.

Between start marks 1 and 2, sail to top mark F. So the sailors must stick to the left hand side of the course and not cross over into the other channels.

Between start marks 2 and 3, sail to top mark A. So the sailors must stick to the middle of the course and not cross over into the other channels.

Between start marks 3 and 4, sail to top mark G. So the sailors must stick to the right hand side of the course and not cross over into the other channels.

The idea is that the sailors just try and beat the other sailors in their channel race and not worry about the other fleets.

Use a 3 minute countdown and finish straight downwind through the same start line which the sailors started at.