

# Session Plan 1


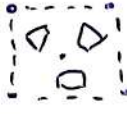
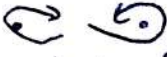

Date:

Name:

Level: 1

Focus of the day: steering

Drills/Games (at least 2)

<p>1. Tow line</p>  <ul style="list-style-type: none"> <li>- no mainsheet, just steer</li> <li>- guide through tacks &amp; gybes</li> </ul>	<p>4. Ball tag</p> 
<p>2. Reaching sausage / figure 8</p>  <ul style="list-style-type: none"> <li>- focus steering &amp; look</li> <li>- pull in sail to speed up</li> </ul>	<p>5. Contingency → rigging races, practice tacking on land, knots, capture the flag boat parts</p>
<p>3. Treasure hunt</p>  <ul style="list-style-type: none"> <li>- multicoloured plastic balls</li> <li>- pick up as many as you can</li> <li>- don't crash!</li> </ul>	<p>6.</p>

# Session Plan 2


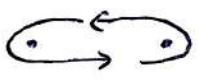

Date:

Name:

Level: 1

Focus of the day: steering & sheeting

Drills/Games (at least 2)

<p>1. Figure 8</p>  <ul style="list-style-type: none"> <li>- review tack on land</li> <li>- pull in sail to half</li> <li>- what's a gybe?</li> </ul>	<p>4. Balance challenge</p> <ul style="list-style-type: none"> <li>- get kids to stand up, and walk as far forward as they can</li> <li>- next level → walk/get around mast without falling in</li> </ul>
<p>2. Reaching sausage</p>  <ul style="list-style-type: none"> <li>- steer through gybe</li> </ul>	<p>5. Capsizing - safety first!</p> <ul style="list-style-type: none"> <li>- capsize one at a time</li> </ul>
<p>3. Triangle challenge</p>  <ul style="list-style-type: none"> <li>- close reach to get to top mark</li> </ul>	<p>6. Contingency - knots, points of sail, simon says (boat parts, tacking, gybing)</p>

# Session Plan 3



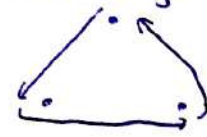

Date:

Name:

Level: 1

Focus of the day: sheeting & controlled gybes

Drills/Games (at least 2)

<p>1. Warm-up: Reaching sausage</p>  <ul style="list-style-type: none"> <li>- control gybes by pulling sail over</li> <li>- sail in halfway (beam reach)</li> </ul>	<p>4. Sail Ball</p>  <ul style="list-style-type: none"> <li>- 3 passes to score</li> <li>- 1 boatlength apart to pass</li> <li>- touch ball to buoy to score</li> <li>- 2 teams</li> </ul>
<p>2. Upwind triangle</p>  <ul style="list-style-type: none"> <li>- broad reach, close reach, beam reach</li> <li>- sail trim</li> </ul>	<p>5. Contingency - knot relay, sail around buoy off beach, group sail in quest, sailing jeopardy</p>
<p>3. Triangle Challenge</p>  <ul style="list-style-type: none"> <li>- intro to tacking upwind</li> <li>- only 5-10min</li> <li>- intro irons</li> </ul>	<p>6.</p>

# Session Plan 4






Date:

Name:

Level: 1

Focus of the day: upwind, stay out of irons

Drills/Games (at least 2)

<p>1. Warm-up: Upwind reaching sausage</p>  <ul style="list-style-type: none"> <li>- pull sail in, keep luff from flapping</li> </ul>	<p>4. Challenge: direct upwind</p>  <ul style="list-style-type: none"> <li>- look at sail</li> <li>- how to get out of irons quickly?</li> </ul>
<p>2. Moving sausage</p>  <ul style="list-style-type: none"> <li>- RIB is second buoy</li> <li>- sailors have to figure out what point of sail they are on</li> </ul>	<p>5. Reaching race</p>  <ul style="list-style-type: none"> <li>- fun, intro to starts</li> <li>- now let your sail flap!</li> </ul>
<p>3. Upwind triangle</p>  <ul style="list-style-type: none"> <li>- must find their own path</li> <li>- look at sail, what do you do when it flaps?</li> </ul>	<p>6. Contingency - bailing race, mario kart balloon battle, sculling races</p>

# Session Plan 5




Date:

Name:

Level: 1

Focus of the day: upwind/downwind

Drills/Games (at least 2)

<p>1. Upwind triangle</p>  <ul style="list-style-type: none"> <li>- sail trim</li> <li>- close haul</li> </ul>	<p>4. Game: Capture the Flag (on water)</p>  <ul style="list-style-type: none"> <li>- one watergun per team (360 &amp; drop flag)</li> </ul>
<p>2. WW/LW one tack challenge</p>  <ul style="list-style-type: none"> <li>- sail until you can tack &amp; make it around buoy</li> <li>- find close haul</li> </ul>	<p>5. Contingency: minute to win it, basic sailing rules, relay races on optis tied together in shallows</p>
<p>3. How many tacks can you do in a minute? Gybes?</p> <ul style="list-style-type: none"> <li>- repeat x3 each</li> <li>- get kids to try to beat their own score</li> </ul>	<p>6.</p>

# Session Plan 6

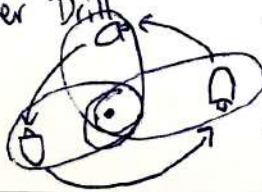

Date:

Name:

Level: 1

Focus of the day: upwind, points of sail

Drills/Games (at least 2)

<p>1. Warm-up: 5 x tacks, 5 x gybes, 1 x 360</p>	<p>4. Sailors' choice!</p>
<p>2. Flower Drill</p>  <ul style="list-style-type: none"> <li>- RIB is second buoy, sailors must determine point of sail every time</li> </ul>	<p>5. Contingency - what are sailing flags?, spell your name in flags, captain's coming</p>
<p>3. Fun Races</p>  <ul style="list-style-type: none"> <li>- 2min start</li> <li>- something different each time -&gt; stand up, dance moves at buoy, high fives, etc</li> </ul>	<p>6.</p>

# Session Plan 7

Date:

Level: 1

Drills/Games (at least 2)

Name:

Focus of the day: fun, tie it all together

1. Destination / Adventure sail!	4.
2. Contingency - games on water, hangman, pictionary, sailing charades, Opti rigging broken telephone	
3.	6.

# Session Plan 8


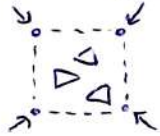
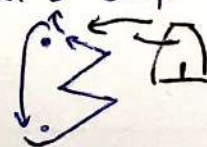


Date:

Level: 1

Drills/Games (at least 2)

Name:

Focus of the day: boat control

1. Warm up: circles of crazy sheeting 	4. Game: Temple Crush  - coach makes box smaller & smaller - last boat standing wins
2. Upwind & stop  - learn to backwind sail to stop - review get out of irons	5. Game: Chase the buoy 
3. Races 	6. Contingency - photo scavenger hunt, sardines, capsizes tag