



Body Weight & Sheet Sequences: Deliberate Practice

Drill: Body Weight & Sheet Sequences on Shore

Get in your boat with the rudder up and tiller attached on shore. Practice setting your body weight and sheet tension to max ease for an imaginary condition. Then imagine an increase in power. Follow the correct sequences described in the video to get the motions down. Ensure not to conflict actions - for example, it is common to sheet in while pulling the tiller up accidentally... or to be adding weight and pull the tiller up unintentionally. Sometimes this MAY be the correct action but the sailor must develop independence/control so they are consciously choosing.

Feedback: Coach or Checklist

Drill: Independent Sheet Movement: On Shore or On Water

Sheet in and out from 4" - B2B without changing body weight or tiller position at all.

Feedback: Visually check tiller position and body position to ensure they're not changing

Drill: Independent Body Movement: On Shore or On Water

Adjust body (in a gust/lull if on water) without adjusting tiller position or sheet tension at all

Feedback: Visually check tiller position and sheet tension at the blocks to ensure they're not changing



Body Weight & Sheet Sequences: Deliberate Practice

Drill: Independent Tiller Movement: On Shore or On Water

Adjust the tiller position without changing body weight or sheet

Feedback: Visually check hip angle and sheet tension at the blocks to ensure they're not changing

Drill: Tiller Centerline Drill

Time how long you can keep your tiller centerline while keeping your telltales looking perfect, try to beat that time. Adjust your weight and sheet in accordance with the cycles described in the video.

Feedback: Timer

Drill: Heeling

- Sail with 10 degrees of heel and keep straight with correct telltales
- Sail with -5 degrees of heel (windward heel) and keep straight with correct telltales

Feedback:

The boat may heel to windward and lose power - it may also slow down.

Reason: You are no longer on angle and your sail has lost power. It is stalled (sailing too low) or you're pinching (sailing too high)

Solution: Adjust your weight inboard if needed and adjust course back to the proper angle. You should feel the sail power up. The boat will start to move faster.