



Body & Tiller Position: Deliberate Practice

Deliberate Practice: Body & Tiller Positions

1. Draw targets on your boat for feet and or butt maximum aft points
2. Compare a photo of yourself sailing to the ones in the video
3. Practice body position on shore with a friend giving feedback or even on your couch/chair at home. Co-workers love this.
4. Practice starting accelerations on land and finish in perfect body position - 10x warmup drill
5. With rudder installed but up and ensuring to stay forward in the boat to preventing tipping backwards, practice tacking on land with a friend moving the boom, and finish in perfect body position 10x warmup.