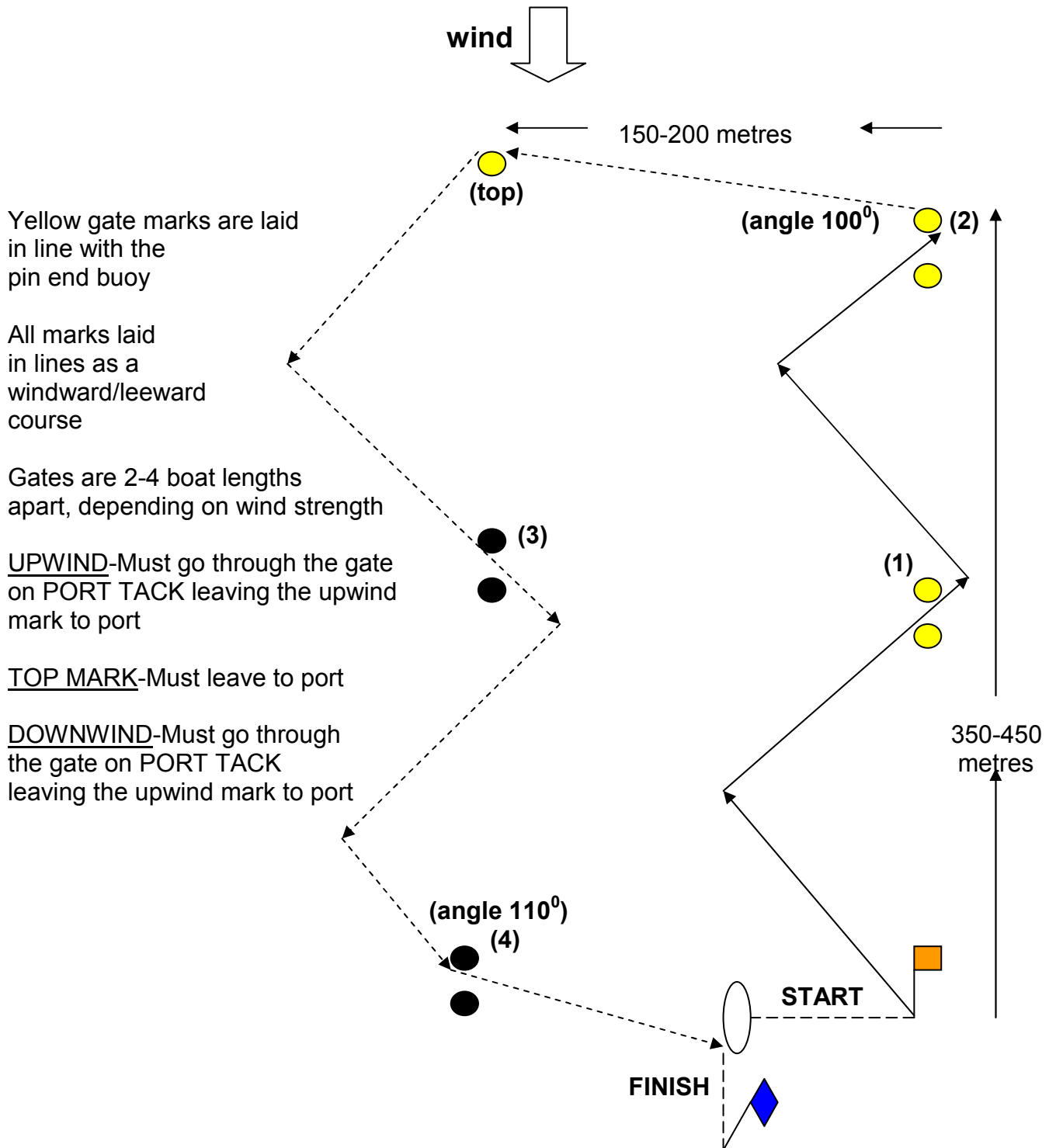


SKIFF TRAINING EXERCISES

1

Warming Up / Slalom

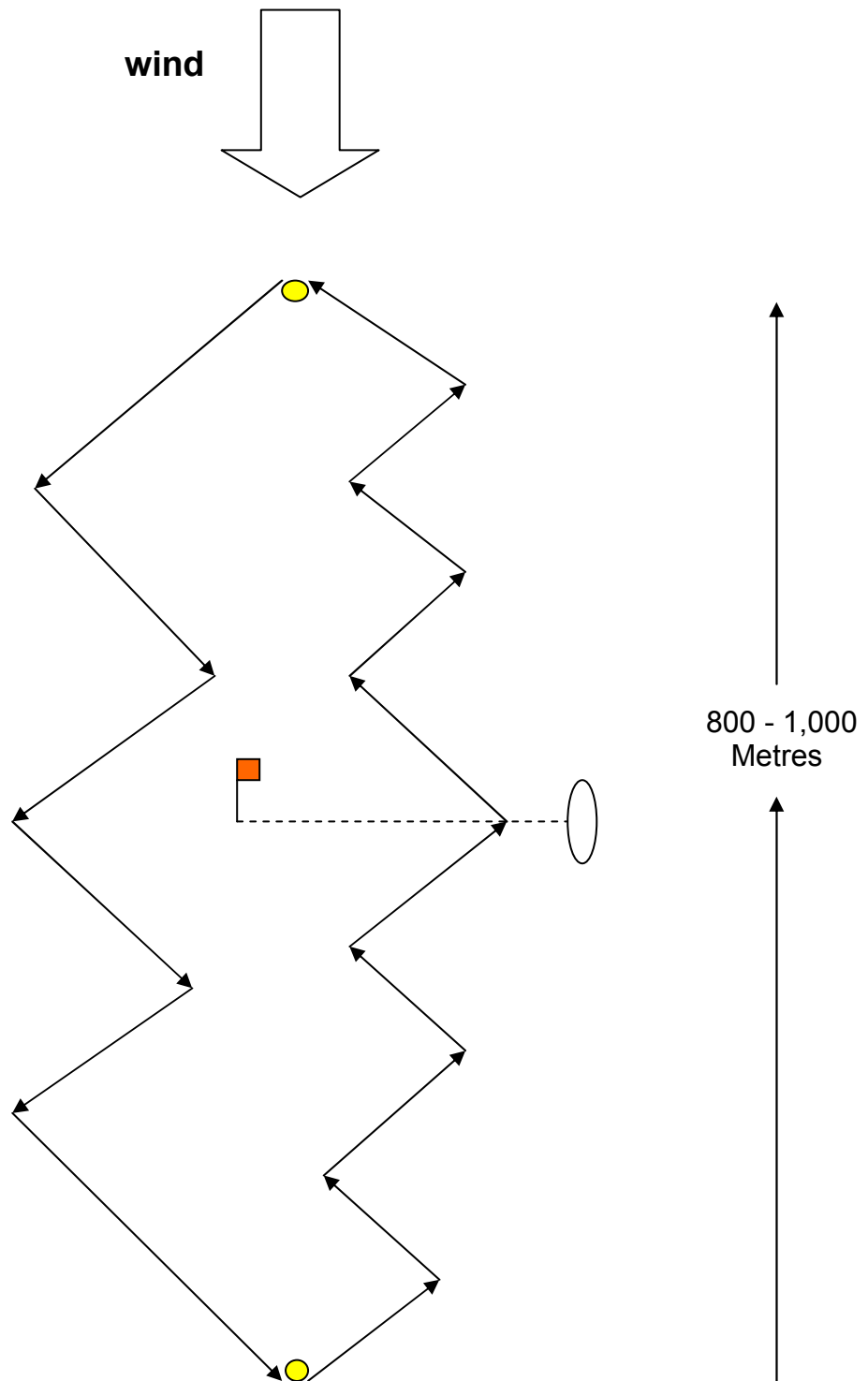


- Boats sail the course individually. Start sequence for first boat is 3-2-1-GO, then all subsequent boats start at **30-second intervals**
- Lowest sail number in fleet starts first, then next lowest etc.
- 1-lap races
- At the start, sail numbers are recorded in the sequence they start (See Slalom Score Sheet)
- Times are recorded at the finish and the fastest elapsed time is the winner

SKIFF TRAINING EXERCISES

2

Fast Tacking & One-Sail Gybing

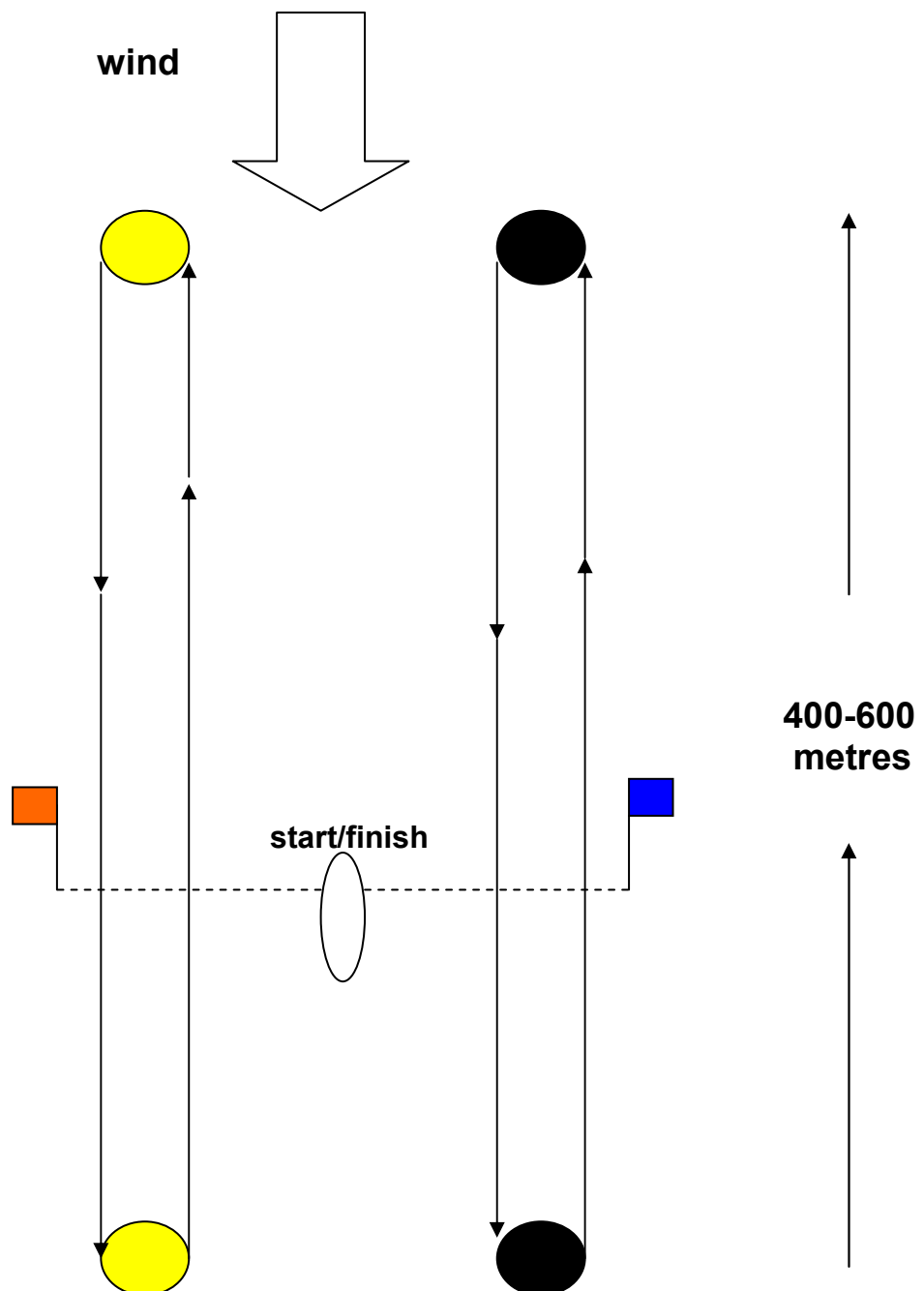


- The fleet starts and each boat must make at least 10 tacks - one every 30 seconds - between leeward and windward marks
- From windward to leeward marks, each boat must make at least 5 gybes but using only upwind sails, to concentrate on correct footwork, movement and co-ordination

SKIFF TRAINING EXERCISES

3

Solo Catch-Up Course

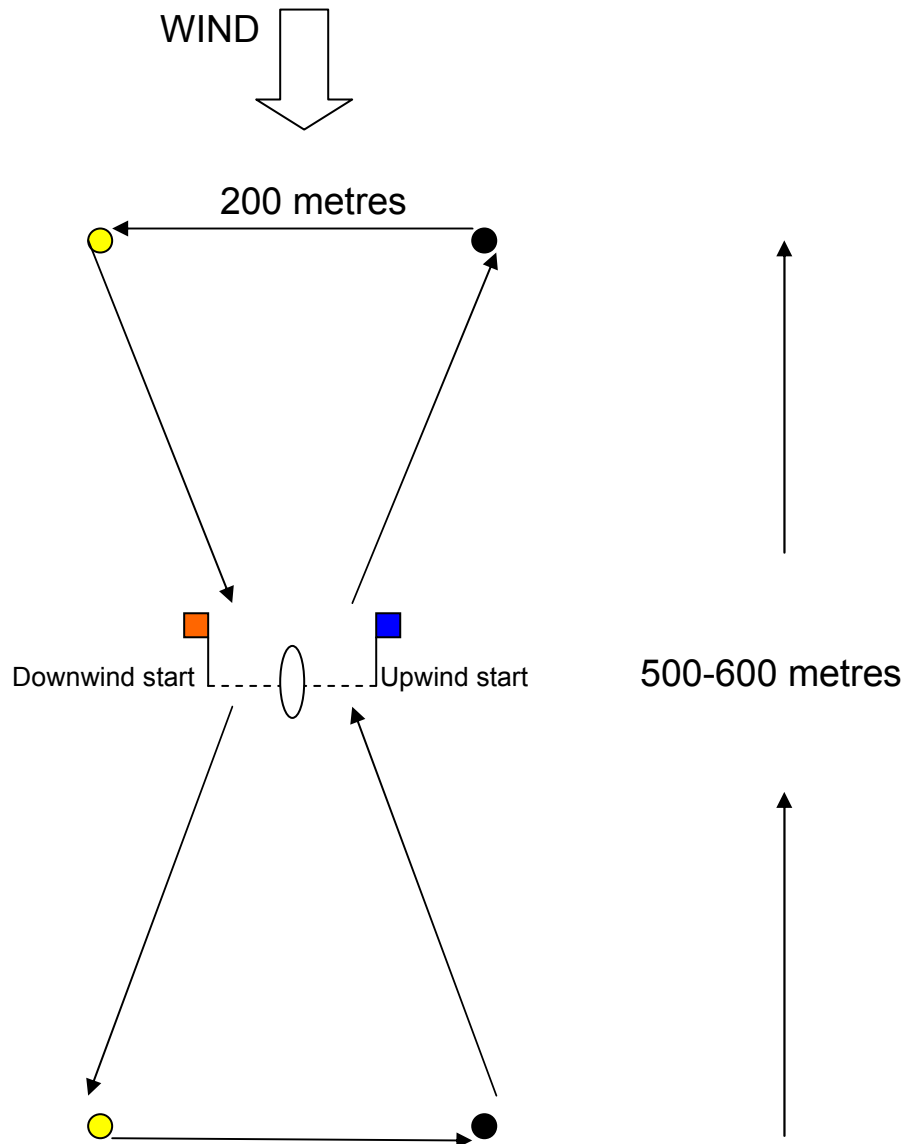


- Two courses are laid, one to port & one to starboard of the committee boat
- 2 Pairs (4 boats) race on each flight. Odd pairs (i.e. pair 1 then 3) on the port course, even pairs (i.e. pair 2 then 4) on the starboard course
- In each pair, boat 1 starts upwind, boat 2 starts downwind.
- 1-lap races, 3-2-1-GO start sequence. “2” of first flight is “3” of next flight
- Downwind boats: Spinnakers must not be hoisted before the start gun.
- Must go through the start/finish line on each upwind & downwind leg.
- 1 lap = round both marks & cross the line (i.e. start, then: 1-start-2-start)
- First past the post in each pair wins.

SKIFF TRAINING EXERCISES

4

Team Catch Up-Course



8 boats in two teams race each other, starting at 1-minute intervals

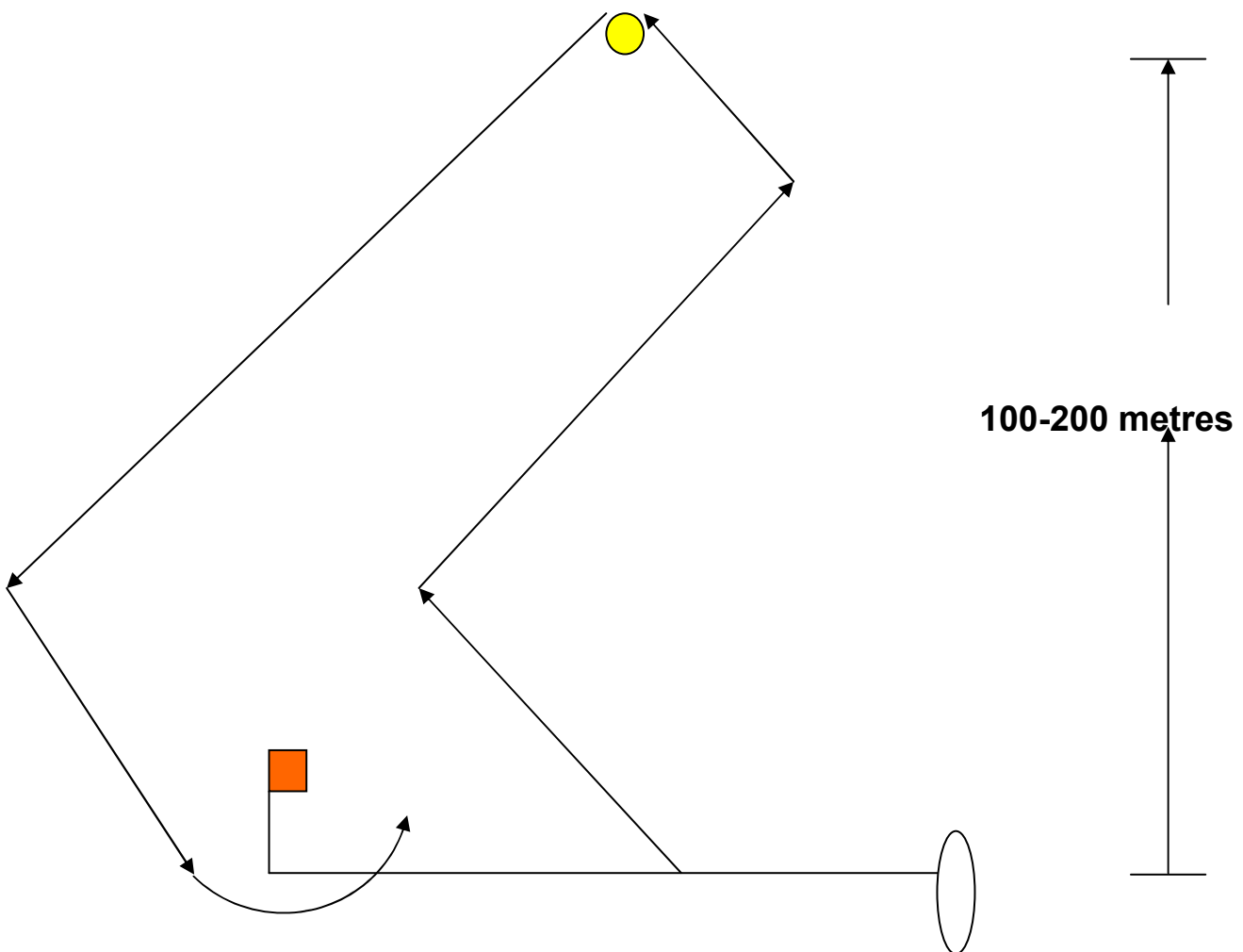
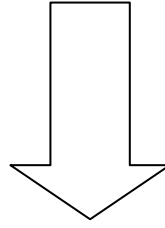
- 4 start on the **upwind** start line (2 from each team)
- 4 start on the **downwind** start line (2 from each team)
- 1-lap races, start sequence 3-2-1-GO. The 2 of flight 1 is the 3 of flight 2 etc.
- Downwind boats: Spinnakers must not be hoisted before the start gun.
- All must go through the start/finish lines both upwind and downwind, leaving the committee boat to PORT
- 1 lap = round all 4 marks & cross the line each boat **started** from.
- First past the post wins.
- Tie breaks decided by "Lowest position loses" (i.e. 2+3+6+7 beats 1+4+5+8)

SKIFF TRAINING EXERCISES

5

Starting, Mark Rounding

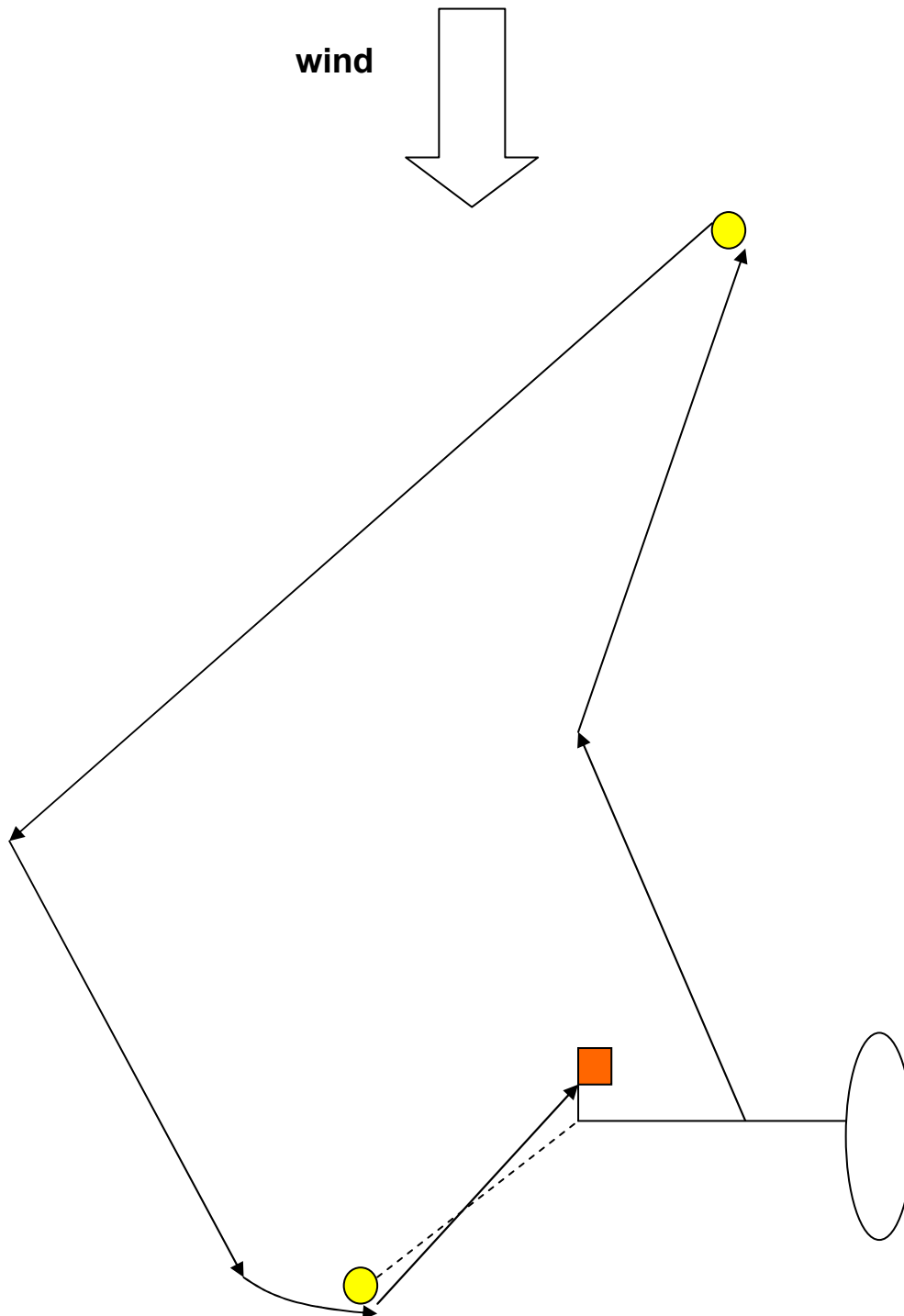
wind



- All boats start together on a 3-2-1-GO signal.
- Beat to the windward mark,
- Run back to the pin and round it to finish (n.b. the windward mark can be changed to a gate, or a spreader mark can be inserted).

SKIFF TRAINING EXERCISES

6 Leaving the Leeward Mark Fast & High

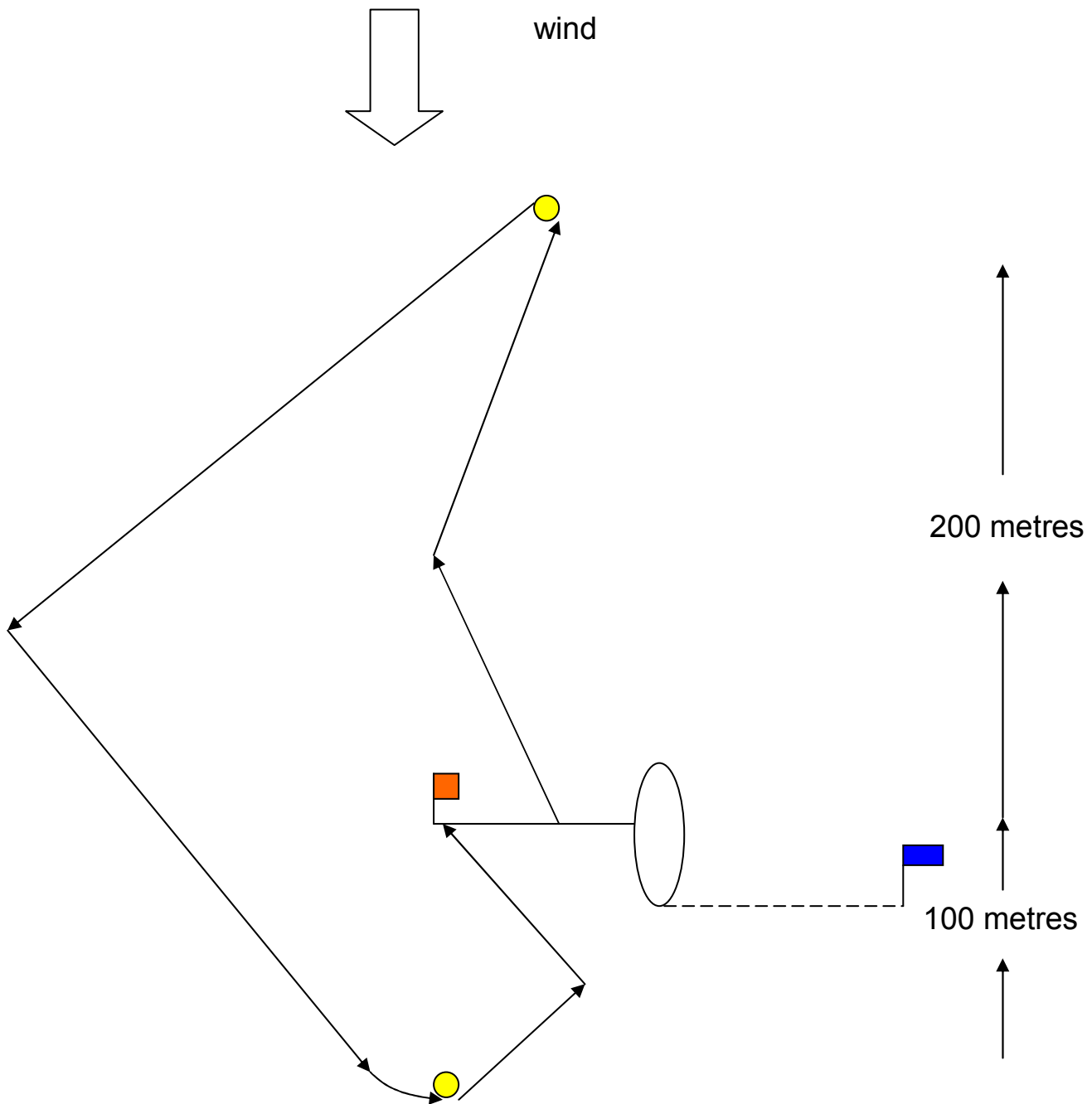


- The fleet starts on 3-2-1-GO,
- sails one-lap races
- Finish is around the leeward mark and across a line between the leeward mark and the pin WITHOUT TACKING
- Boats crossing on starboard tack will not be given a finish.
- (N.B. This exercise requires precise positioning of the leeward mark)

SKIFF TRAINING EXERCISES

7

Footing or Pinching to Win



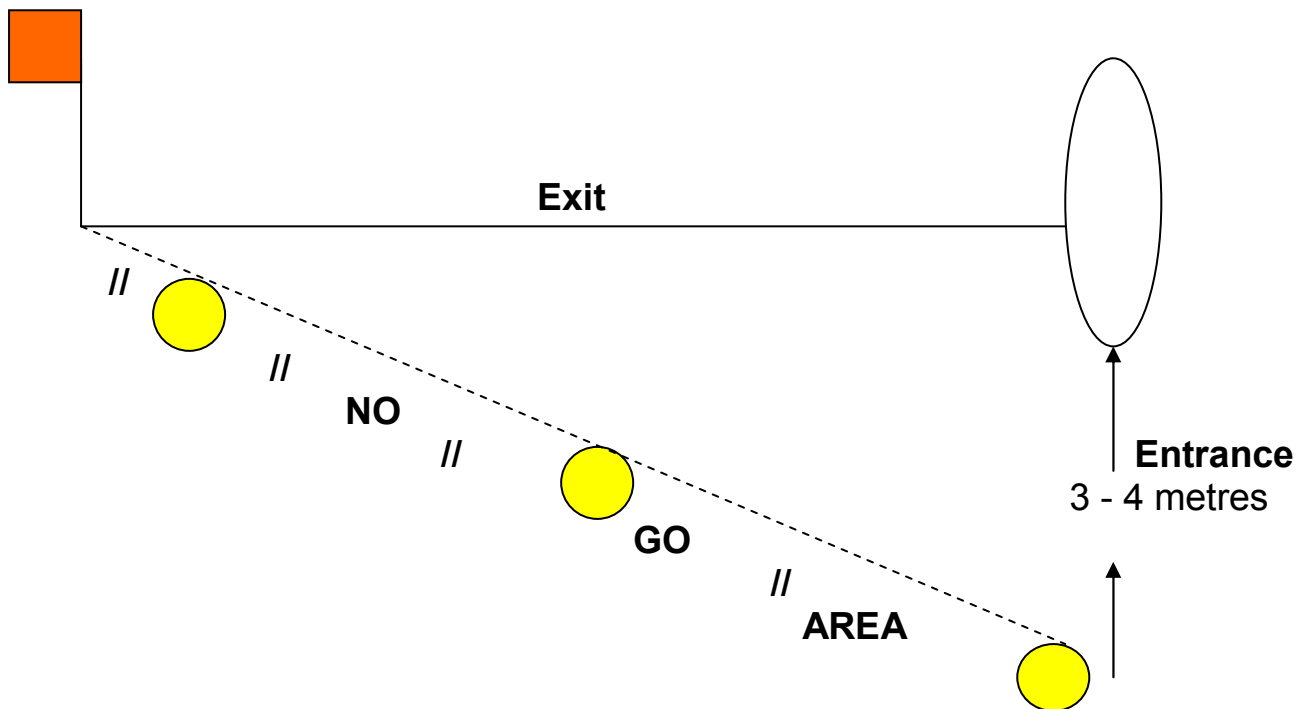
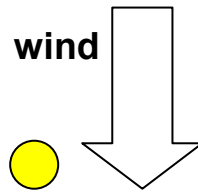
Boats race in pairs and experiment with different control settings

- The fleet lines up on a line from the committee boat stern to a dan buoy and must practise holding position
- First start sequence is 3-2-1-GO
- then boats start in **pairs** from the holding line, at 30 second intervals
- Sail a lap
- Rounding the leeward mark, the Lead boat of each pair must PINCH, Second boat must FOOT to reach the pin end lay line
- Boats must tack as soon as they reach the pin end lay line
- All boats must finish on starboard tack

SKIFF TRAINING EXERCISES

8

Control at the Start

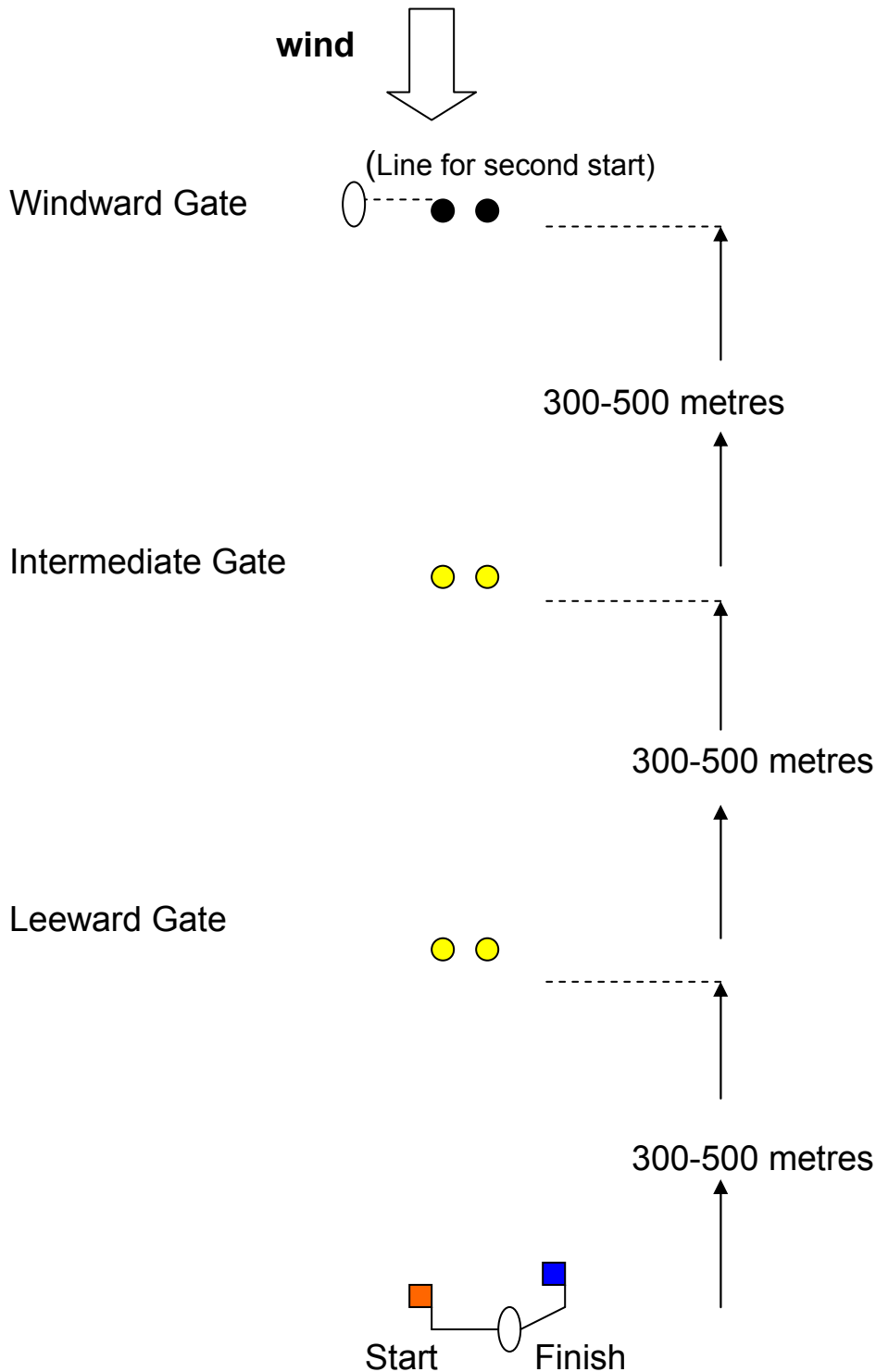


3-2-1-GO. All boats line up to starboard of the committee boat and time the run into the start so that they are in the optimum position at the start signal, using speed and positioning to control the fleet. They can only enter the area through the gate (3-4 metres wide) between committee boat and yellow buoy, they must not cross the lay line between the buoy and the pin end mark and they can only exit across the start line (i.e. if they are early they have to go round the ends and back through the gate to restart). This exercise can be used in conjunction with exercises 3 or 4

SKIFF TRAINING EXERCISES

10

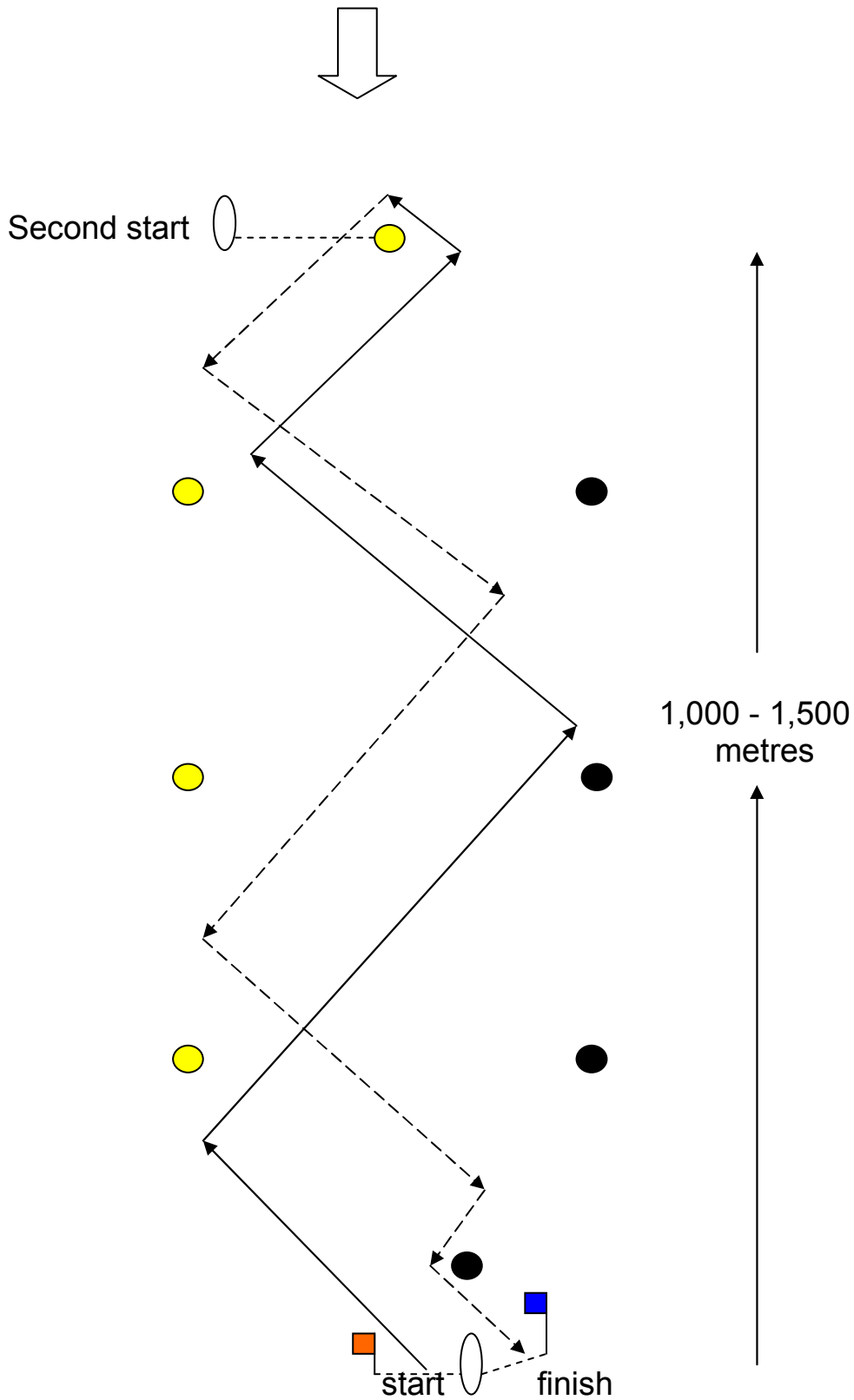
Long Distance Beating – Running



- 1,000-1,500 metre course.
- Intermediate gates 4 boat lengths wide to be sailed through upwind & downwind. Brings the fleet together to ensure close competition.
- Alternative - race to the windward gate & regroup for a second start downwind, finishing through the leeward gate.

SKIFF TRAINING EXERCISES

11 Long Distance – The River, Judging Lay Lines



- 1-lap races. Boats must not go outside a line between the boundary buoys
- Alternative - race to the windward mark, regroup for a second start downwind

SKIFF TRAINING EXERCISES

12 Free Training - Minimum Equipment

Equipment

- 2 Coaches
- 2 RIBs with anchors & drivers
- 2 racing marks
- Sound signals & flags for starting

Starts

- Do Exercise 3 using a RIB as committee boat
- Committee boat RIB films starts & leeward mark rounding
- Other RIB follows the fleet filming & coaching
- Both RIBs can follow and coach the fleet if the course is made longer

Speed Training

- 1,000 metre windward leeward courses
- Starts from RIB + leeward mark
- RIB drivers start races & signal tacks etc. with whistles
- Each coach picks 4 boats to coach
- Coaches film each boat
- Upwind - coach spends 2 minutes with each boat, coaching sail set, trim & balance, tacking
- Every minute, on a whistle, the fleet must tack and the coach goes on to the next boat after the 2nd tack
- Downwind - same procedure with gybes each minute
- Coach can go aboard skiffs to coach or swap places with sailors so that they can see the settings they are using from the RIB

Splitting the fleet

- **Fast Boats** - 49er (747), RS800 (822), Laser 5000 (846), Int. 14 (850) RS700 (856), Musto Skiff (875), B14 (880)
- **Standard Boats** - Cherub (900?), Laser 4000 (908), RS600 (920), 29er (924), Fireball (982)