



THE RESOURCE SERIES

Sailing Drills Made Easy



A complete guide to running effective drills



The National Standard for Quality Sailing Instruction

Sailing Drills

United States Sailing Association

A red circular graphic with a gradient, appearing as a stylized sun or a lens flare, positioned to the right of the United States Sailing Association text.

Sailing Drills:

Sailing Drills Made Easy United States Sailing Association,2000-01-01 **The New Book of Sail Trim** Ken Textor,1995
Editor Ken Textor is a writer and sailing enthusiast **Training to Win** Jon Emmett,2019-03-05 Gold medal winning coach
Jon Emmett works with sailors and coaches around the world and is frequently asked things like What is a good exercise to
improve this Why do we do this exercise How do we make the exercise more less difficult This book is the answer to those
frequently asked questions It contains training exercises for each element of a sailing race As well as describing and
illustrating the exercise it tells you what skills you are trying to improve why and how to make the exercise harder or easier
The book will enable coaches to deliver better more focussed training sessions but it will also help sailors who don t have the
benefit of a coach to practise and improve their sailing skills The exercises are marked as to whether they are suitable for
solo boats groups of boats or those with a coach boat As Aristotle said We are what we repeatedly do Excellence then is not
an act but a habit Armed with this book get out do some training and improve your sailing skills **Sailing Drills Made
Easy** United States Sailing Association,2019-08 This book is designed to help coaches run safe efficient drills As a coach you
are first and foremost on the water to be a safety boat This will override any and all situations regardless of the activity
running a race watching a race running drills or sailing in and out of the harbor via a yacht club sailing center or beach
 Sailing Drills Rick White,Mary Wells,1995 Catalog of Course of Instruction at the United States Naval Academy
United States Naval Academy,1953 United States Naval Institute Proceedings United States Naval Institute,1901
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