



## Essential Sail Training Videos

There are three excellent short training videos on YouTube featuring double Olympic Gold Medallist Shirley Robertson sailing her single-handed Pico sailing dinghy in Salcombe Harbour, Devon.

I strongly recommend that you watch each one several times, using freeze frame to break each skill down into its individual stages and consolidate in your mind.

The three videos are:

### Tacking

<https://www.youtube.com/watch?v=JZAPz9BCqJM>

### Gybing

<https://www.youtube.com/watch?v=dMb6UEZ0pvE>

### Five Essential Tips:

1. boat balance (sideways)
2. boat trim (fore and aft)
3. dagger/centre Board
4. sail setting
5. course made good

<https://www.youtube.com/watch?v=RPkH81M6-NE>

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