



## **Training Sheet 1**

### **TACKING DRILL (CENTRE MAINSHEET)**

- Sailing position – dagger grip, looking forward
- Look around including under boom – check that all is clear
- ‘Ready About’
- Move back
- Back foot across
- ‘Lee ho’ Push tiller away – pause
- Push extension away from you around the front of the tiller
- Follow the extension across the boat
- Stand up and duck under boom as it comes across. Superman!
- Steer behind you
- Step forward and sit down
- Centre tiller, straighten course
- Balance the boat
- New back hand to tiller
- Take mainsheet with front hand
- Lean forward tiller under armpit
- New sailing position – dagger grip, looking forward.