

Technical Course for Coaches Level 3 – Upwind Tactics



TCC Level 3 - Upwind Tactics

Tactical priorities

Mark Rounding

Approaching the mark

Follow new strategy

Follow your strategy

Wind shift management

Clear Wind

Phase 6

Phase 5

Phase 4

Phase 3

Phase 2

Phase 1



START ● — ●

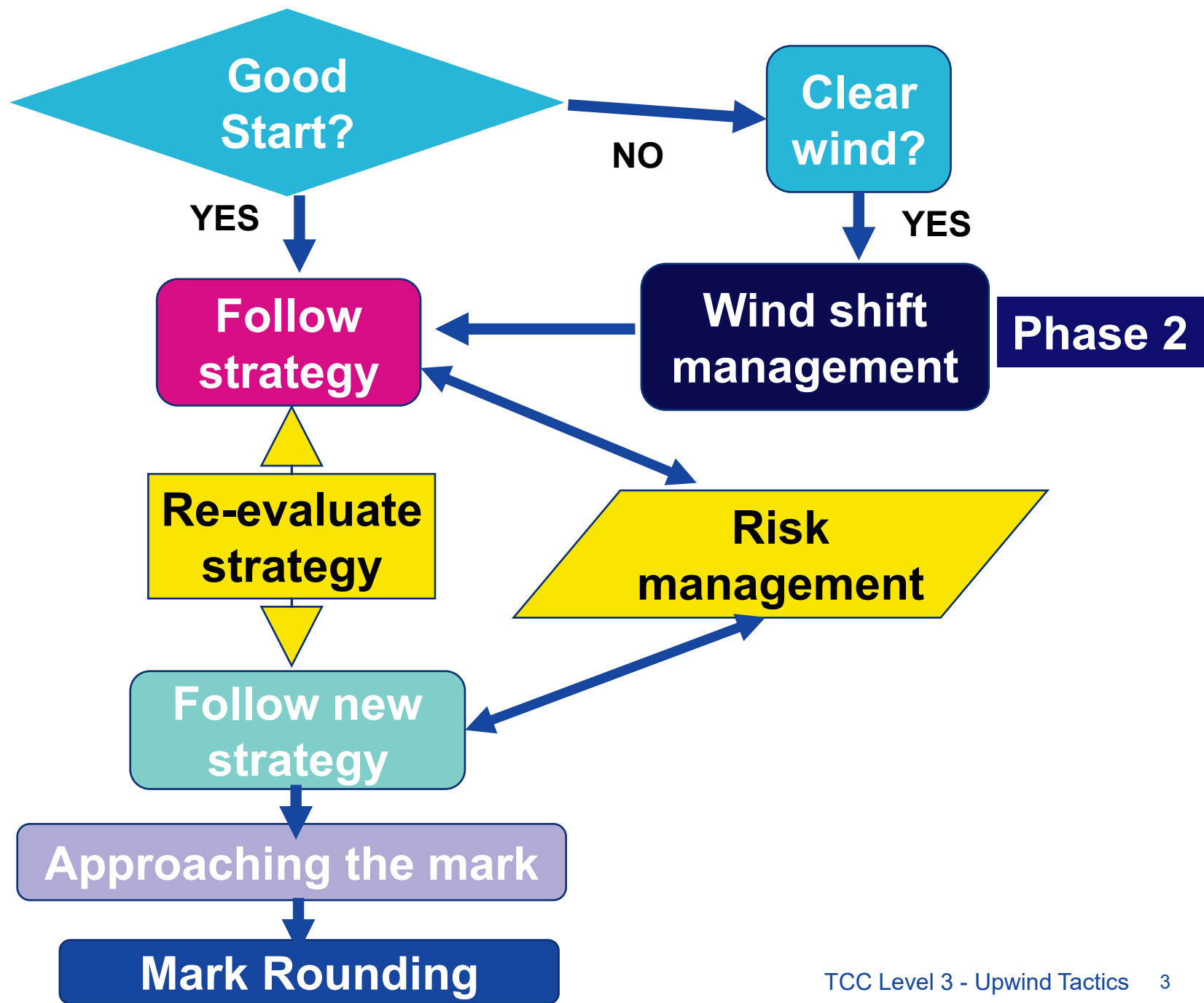
Phase 1

Phase 3

Phase 4

Phase 5

Phase 6



During the Start

Imagine the sails as a wind barrier

Little wind shift in both ends

After start

Two main objectives

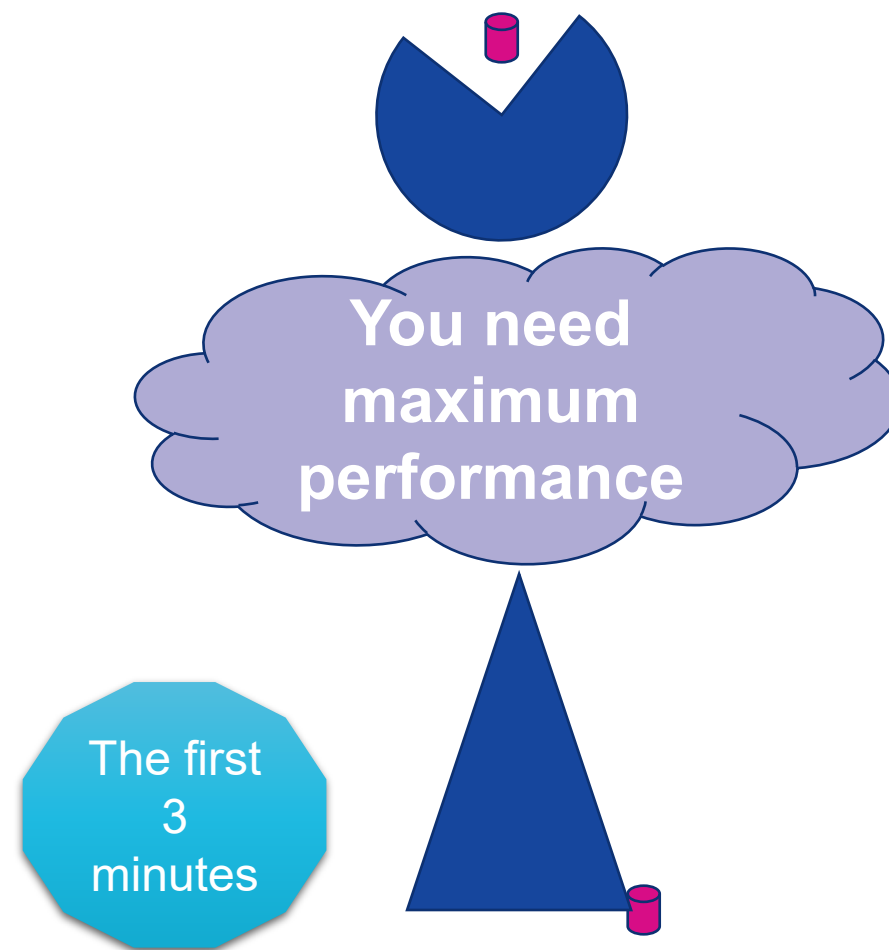
1. Get a clean wind lane
2. Follow your strategy ASAP

If you succeed in making a good start that allows you to follow your strategy, then do it **ASAP**

After start / Clear wind

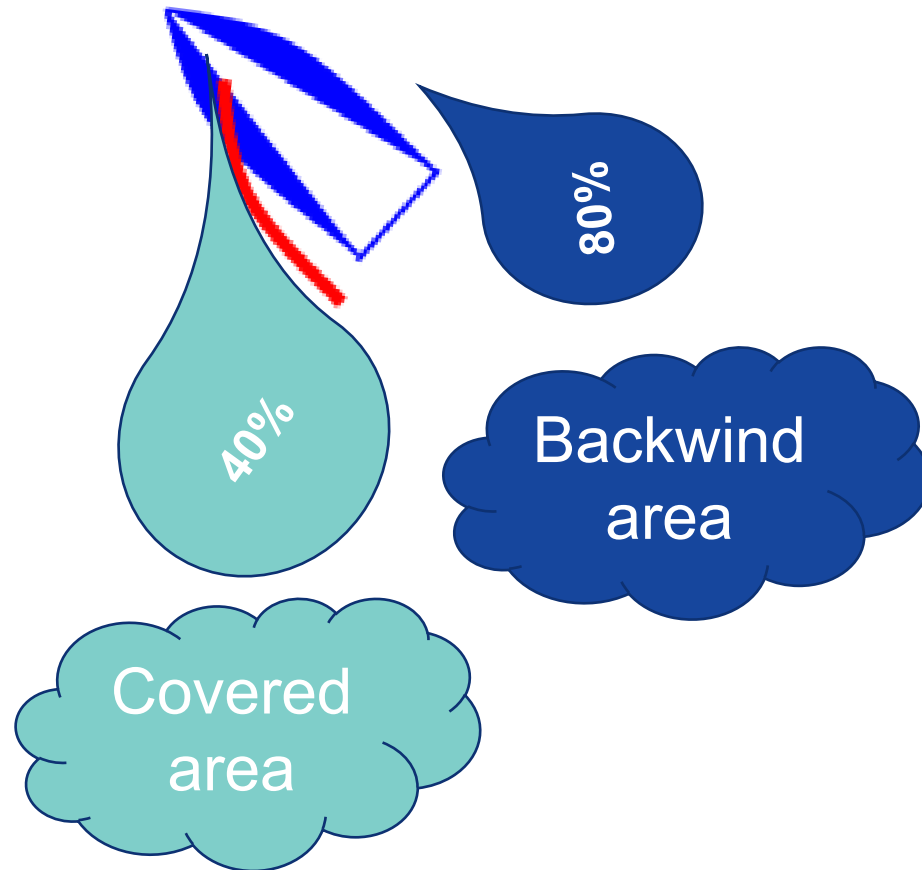
- After start, as well as just before the upwind mark, it gets crowded
- It needs a lot of effort to get a clear lane

If you didn't make it, then your priority is to get clear wind as soon as possible.

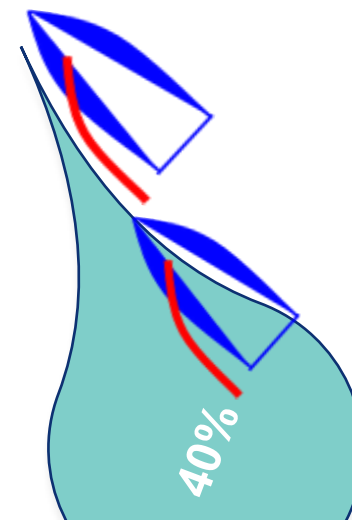


After start/ Clear wind

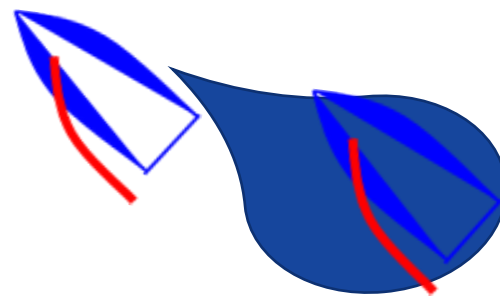
- When a boat falls into a covered area the **efficiency drops** to 40 % (loses 60% of it's power)
- If the boat falls into the backwind area it loses 20 % of its power **efficiency drops** to 80 %



Covered
area

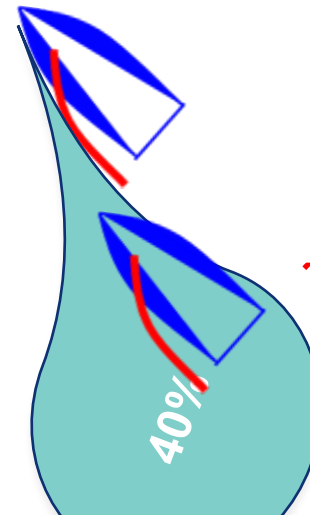


Backwind area

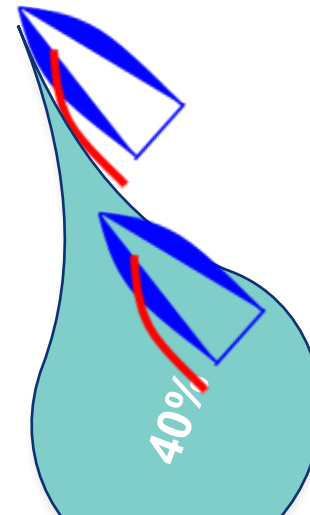


Tack immediately and move out of the shaded area ASAP.
When cleared the efficiency increases to 100 %

I need to
do
something

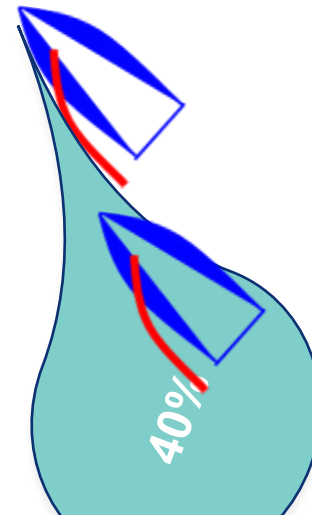


Bear away fast and move out
of the shaded area ASAP.
When cleared the efficiency increases to 100 %



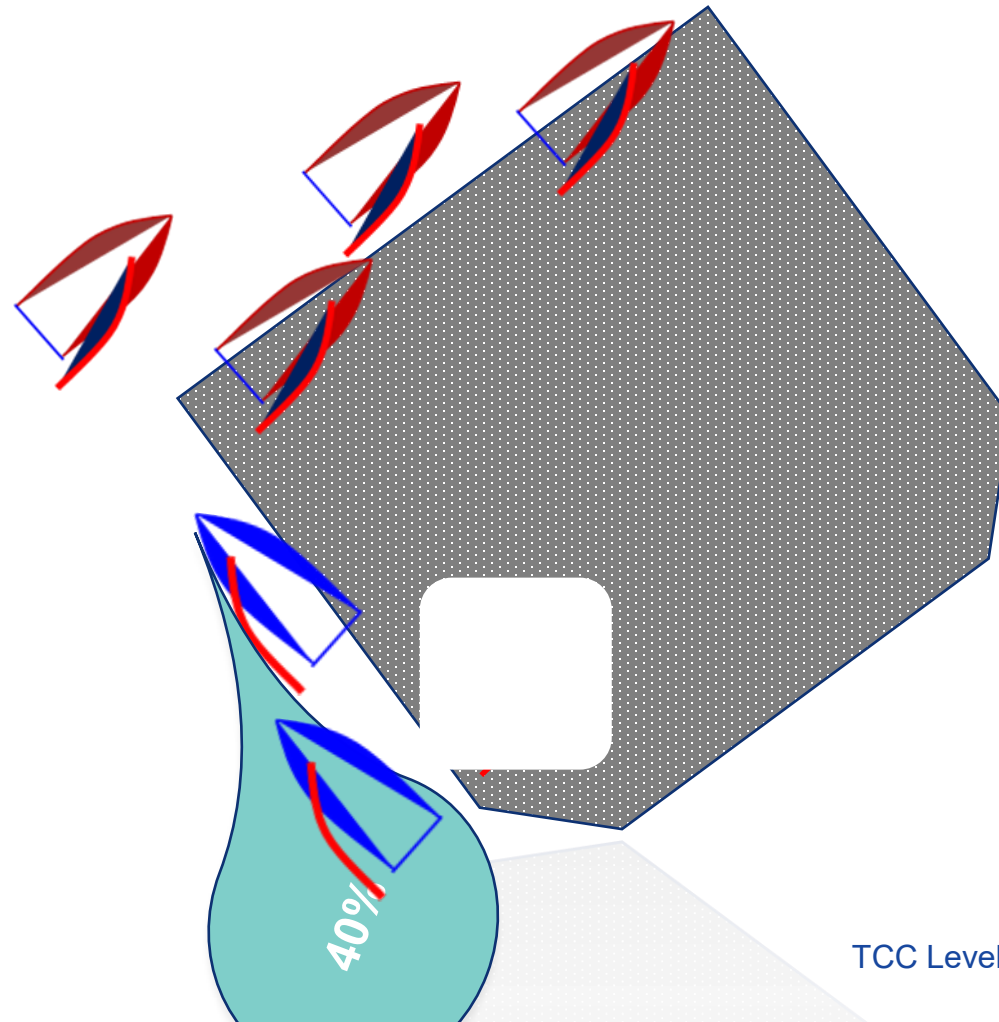
Tack immediately and
move out
of the shaded area ASAP,
then tack again to a clear
path

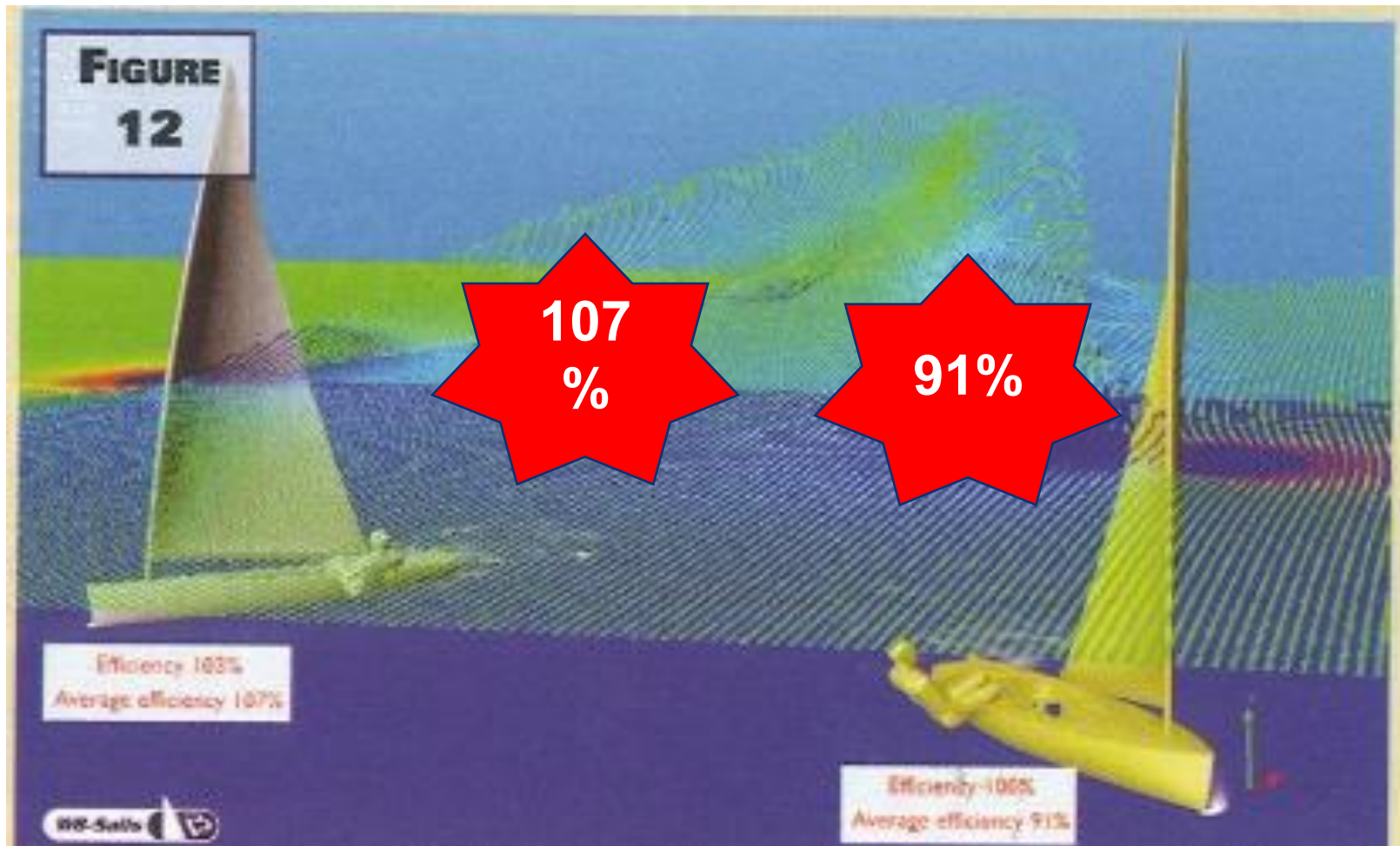
I want to
stay on
the left
side



Don't put yourself from a bad position into a worse situation

What
can I
do???

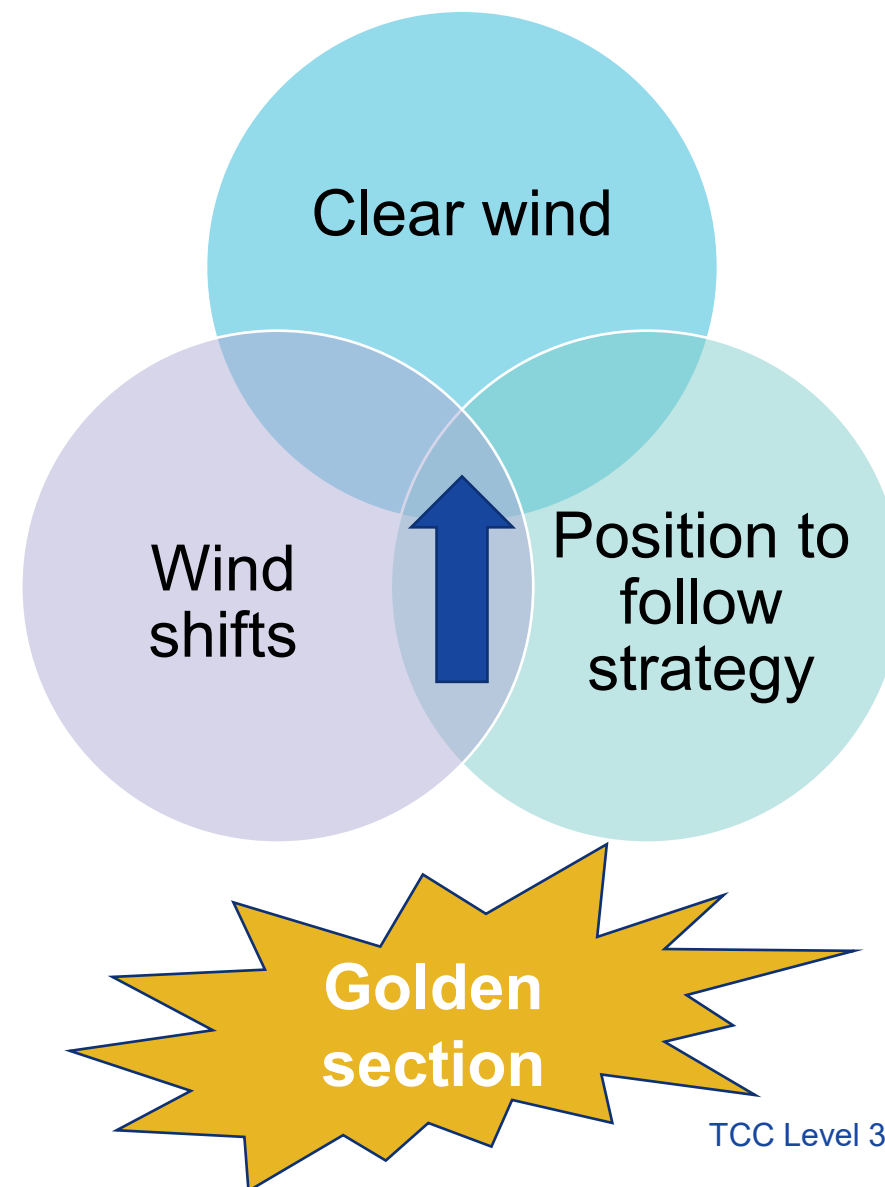




Don't be afraid to cross transoms! Just take advantage of the accelerated and shifted wind!

Wind Shift Management

- When recovering from a bad start it is very important to gain every inch of distance in order to get again into the game.



Stay on the Correct Shift

For Every 100m of distance

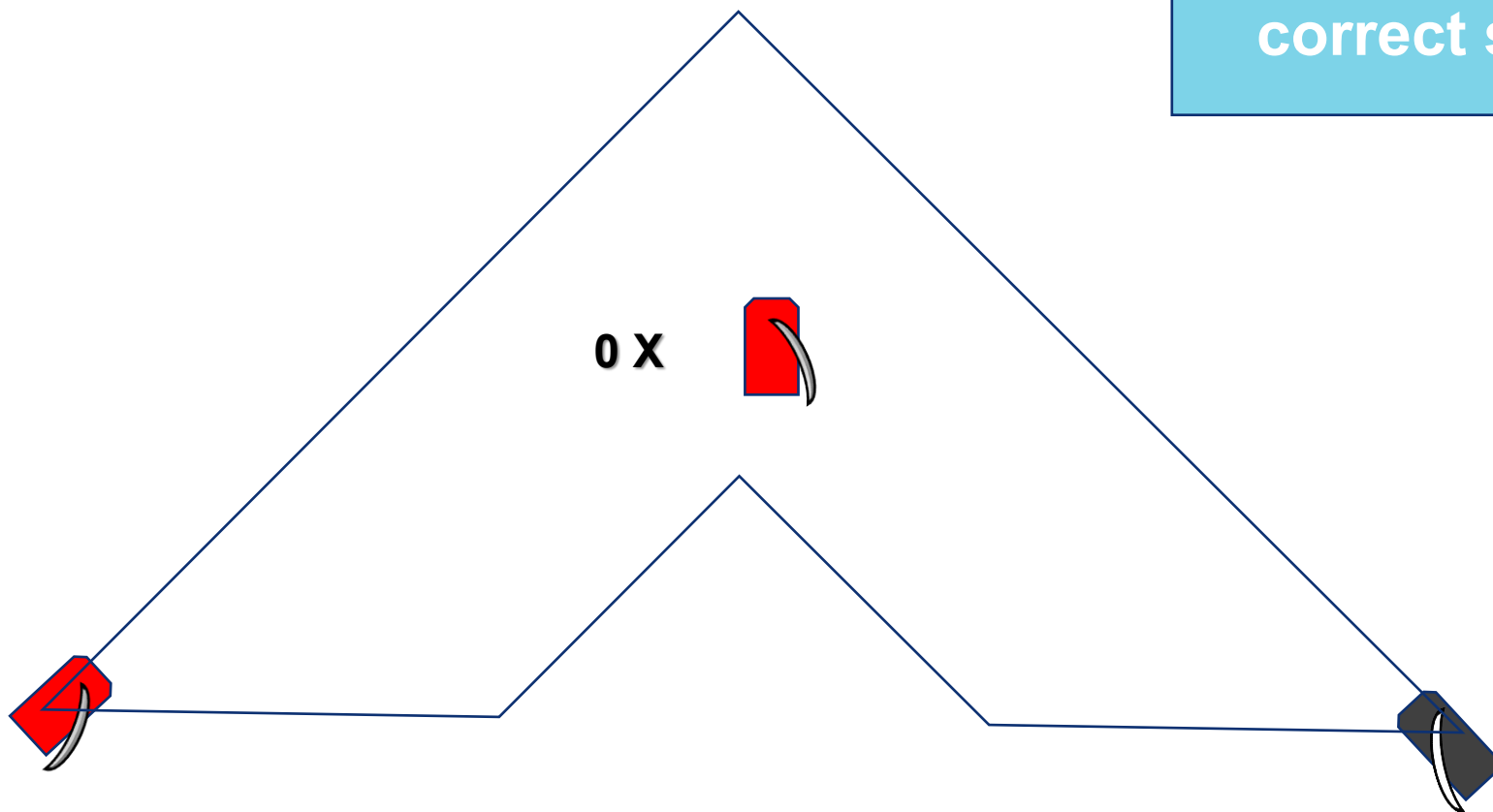
Degrees of wind shift	Dinstance in meters
0	0
5	8.7
10	17.4
15	25.9
20	34.2
25	42.2
30	50.0

No Shift



The optimist travel 100 meters

Stay on the
correct shift

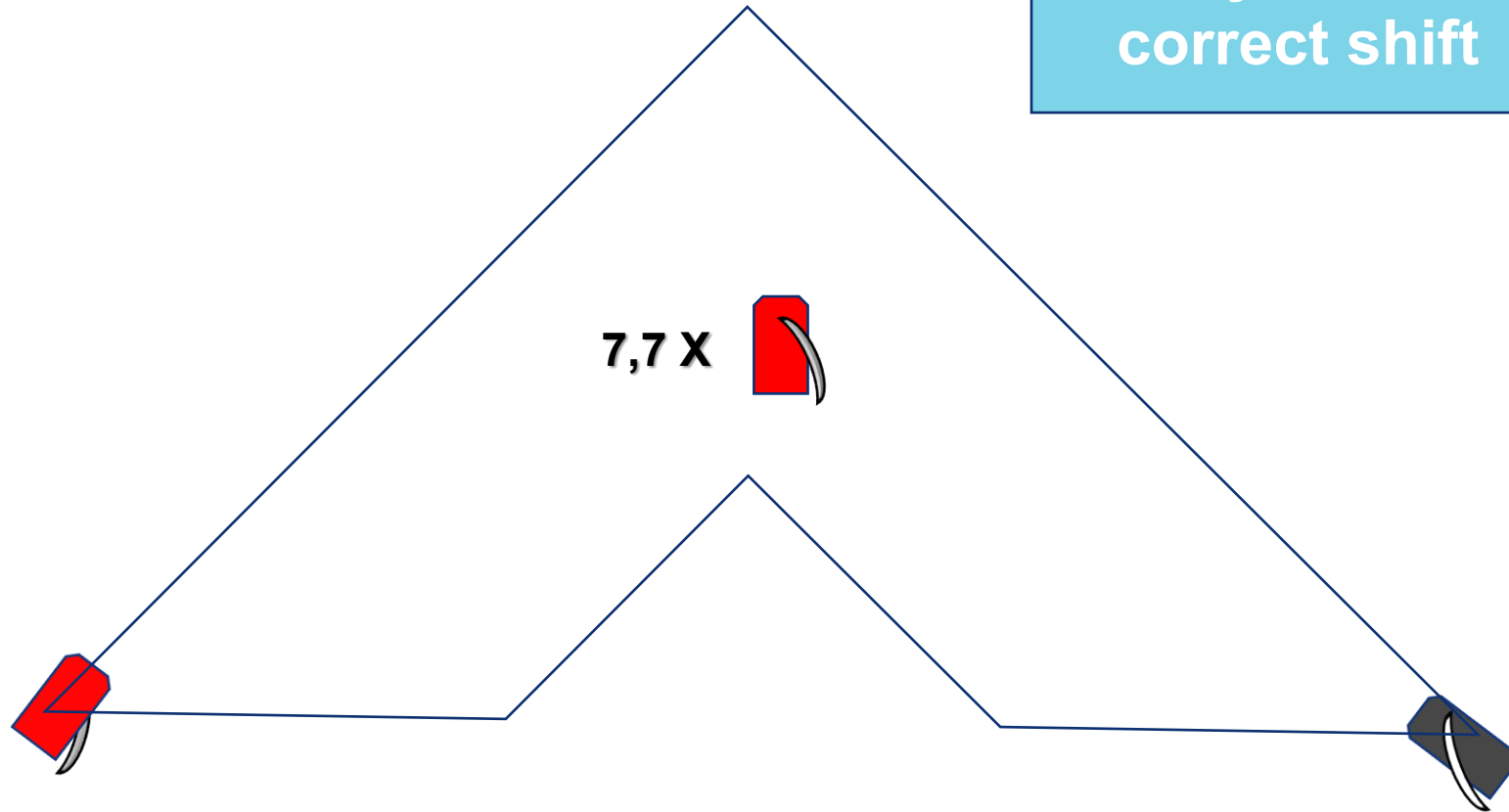


10° Left Shift



The optimist travel
100 meters

Stay on the
correct shift



Follow your strategy

After getting on a clear path start following your strategy.

Play with the shifts. Time spent on the wrong shift is distance lost.

You can stay on the wrong shift **ONLY** for special reason

Possible Strategies

Follow the shift

Fleet Management

Position to the top of the pyramid

Chase the permanent shift

Risk to win the race

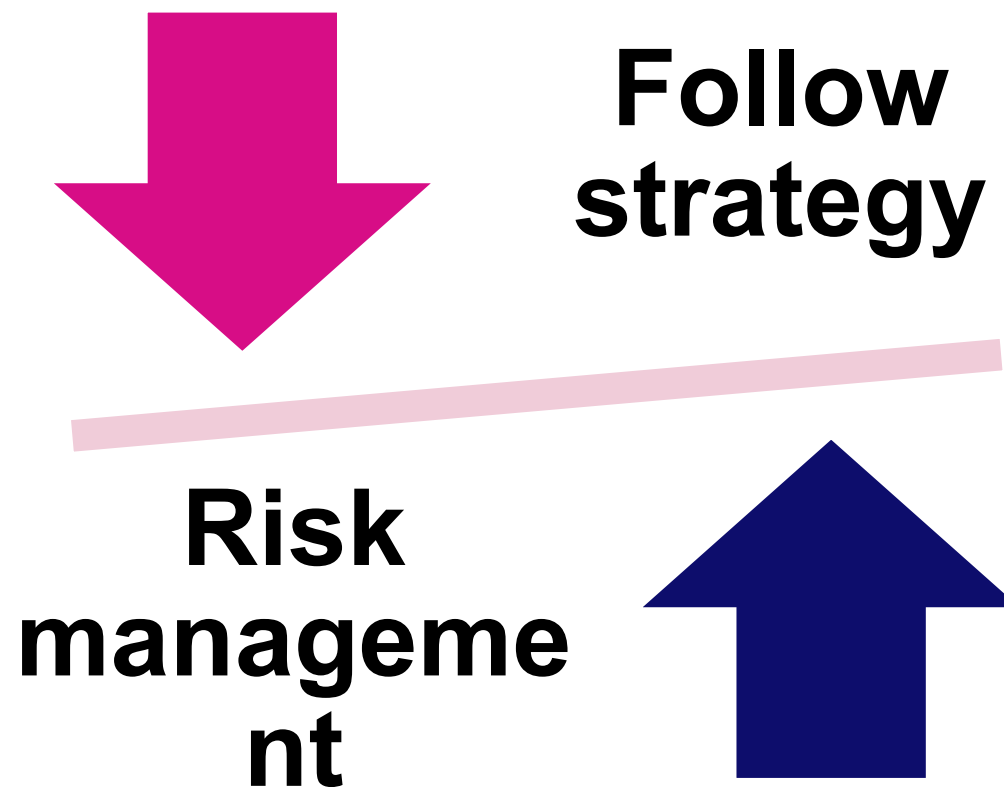
Win an opponent

Play with current



Follow your strategy

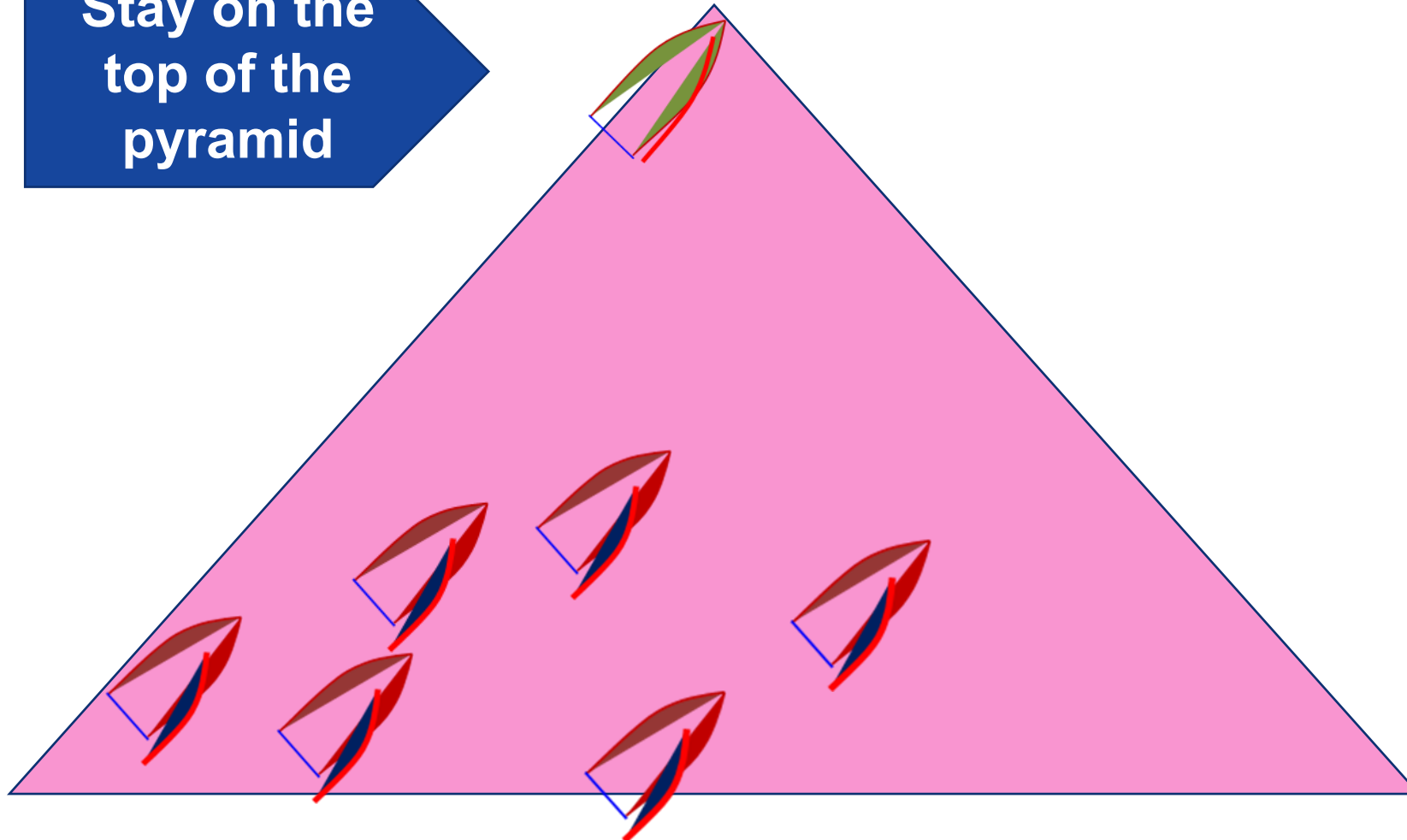
Effective Positioning



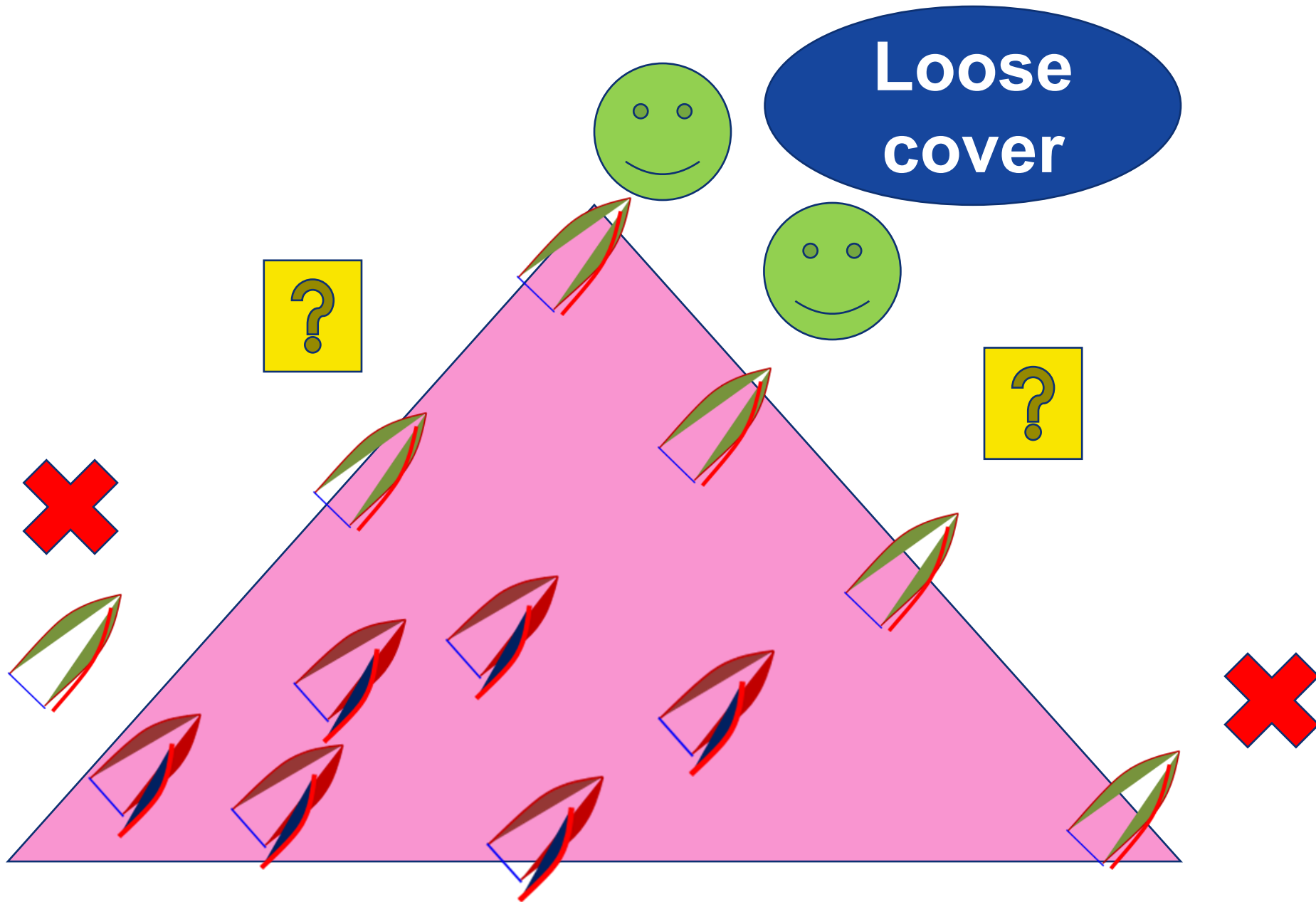
**Stay between
the fleet and
the mark**

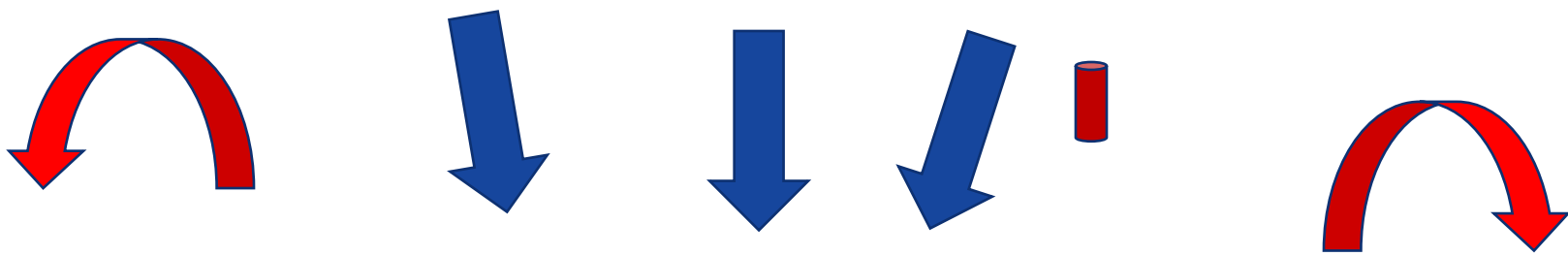


**Stay on the
top of the
pyramid**

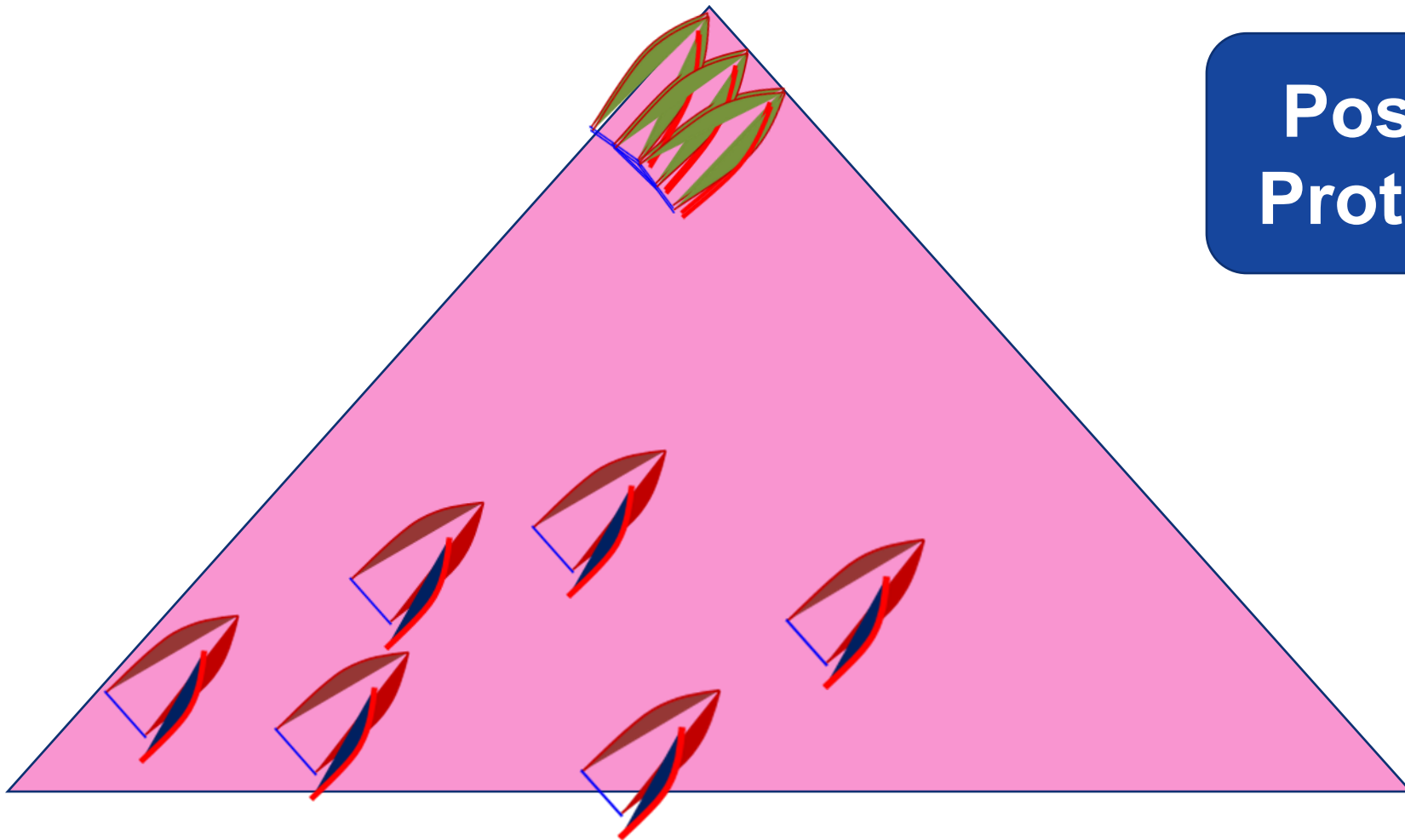


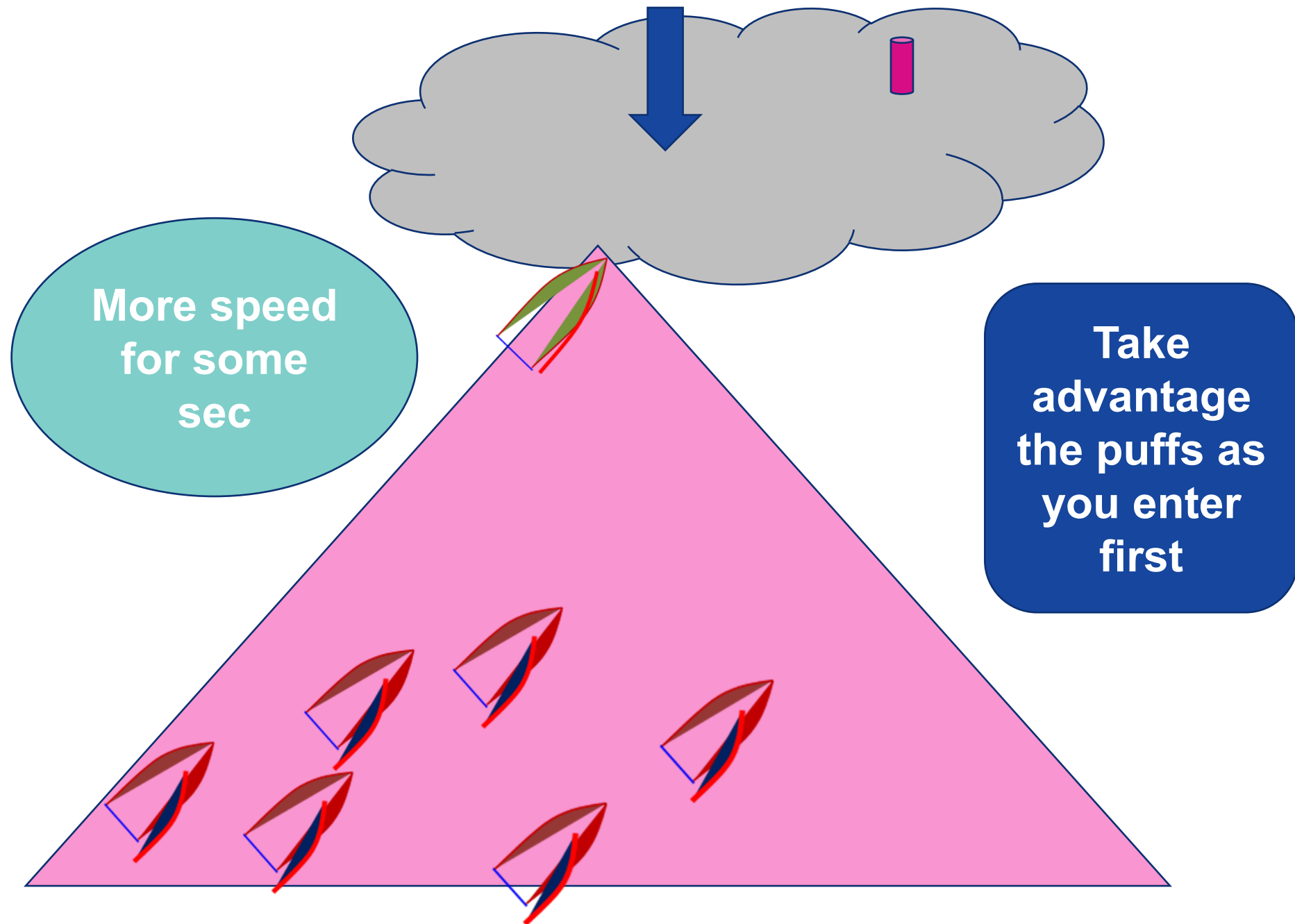
Loose
cover

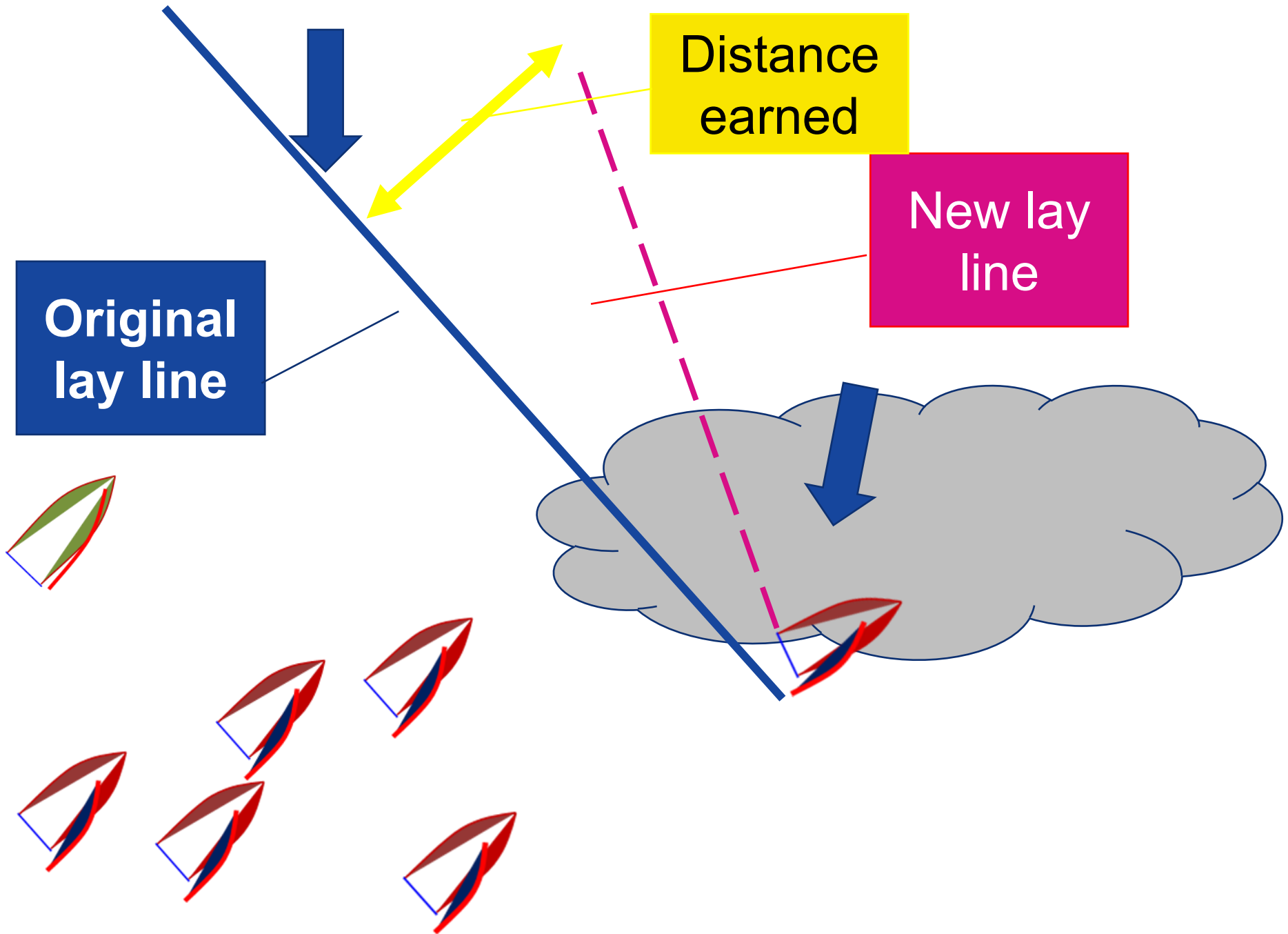


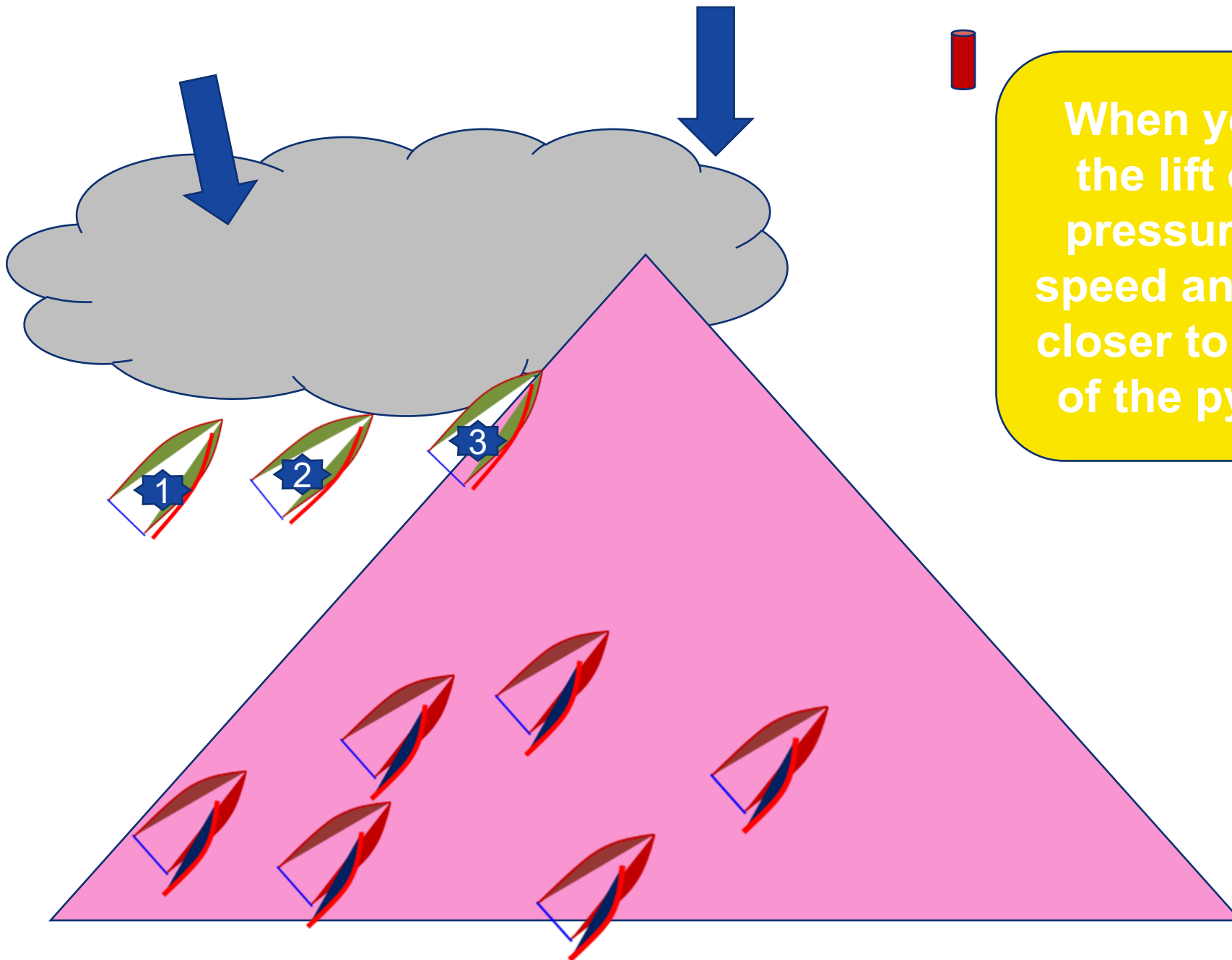


**Position
Protected**



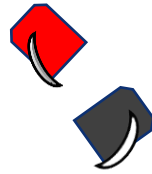




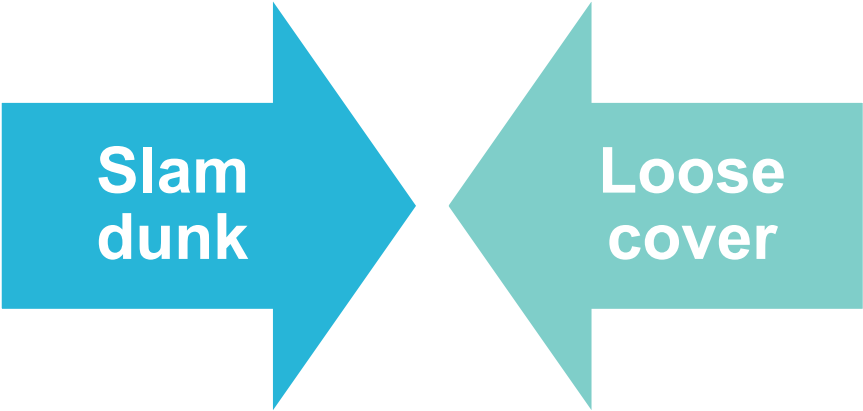


When you get
the lift or the
pressure give
speed and move
closer to the top
of the pyramid





**Force the
opponent to
tack**





**Keep the
opponent going
the same
direction**

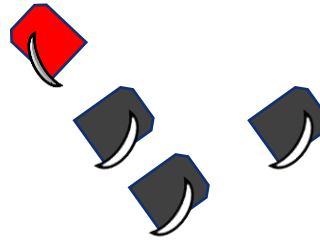


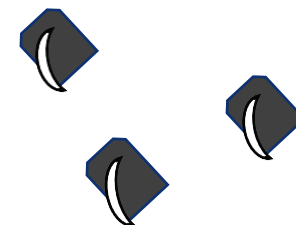
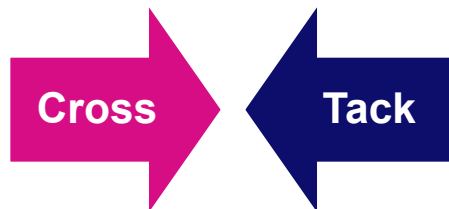
**Slam
dunk**

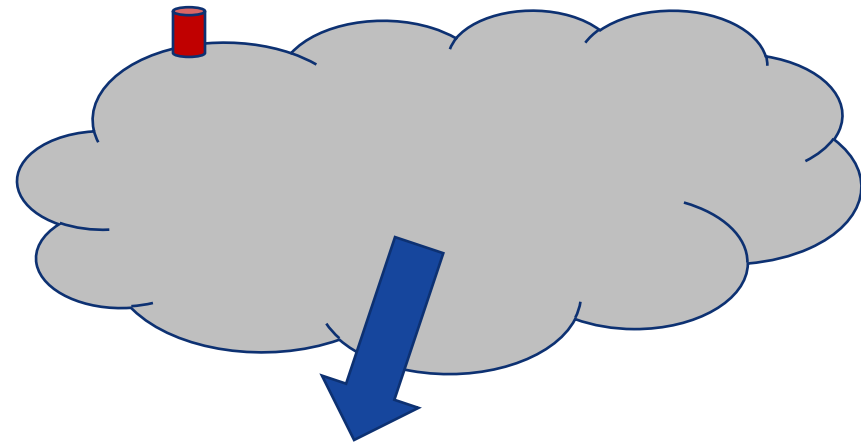
**Loose
cover**



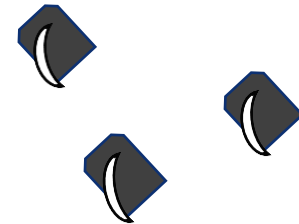
**Don't spread
the pack**

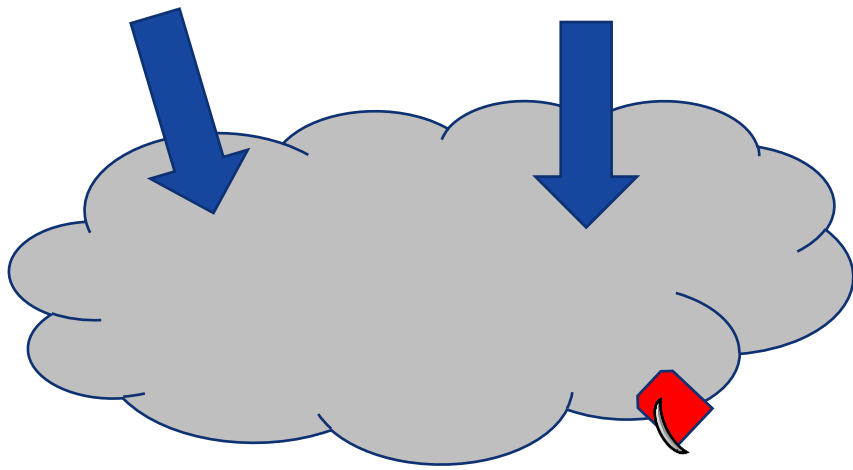




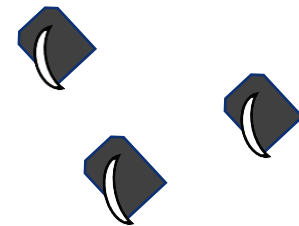


- Approaching the mark
- Expect pressure
- Expect wind shift





- **Expect pressure**
- **Expect wind shift**



Tack

Continue

Where is
my
opponent

How
many to
cover

What fits
to my
strategy

