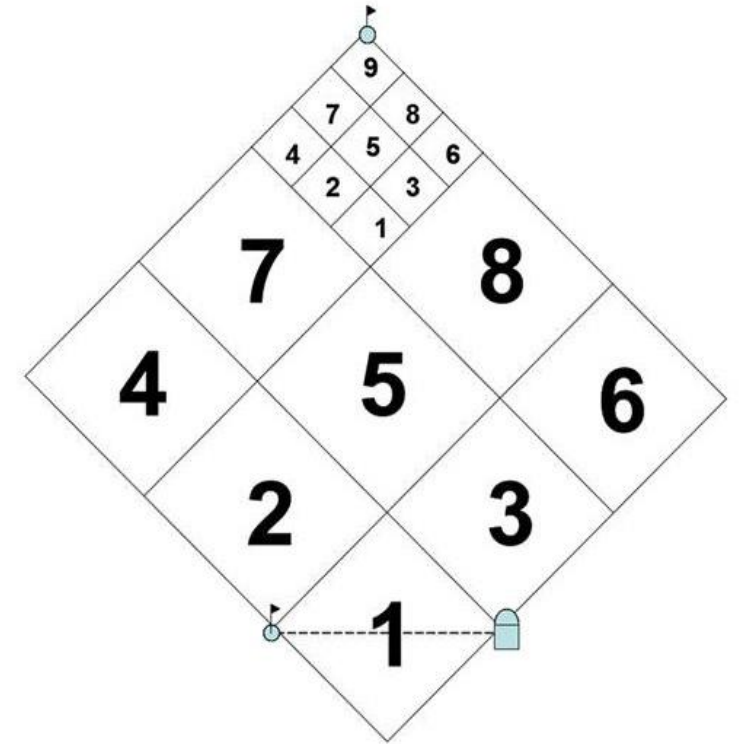


Technical Course for Coaches Level 3 – Mark Rounding Tactics



Near the Mark

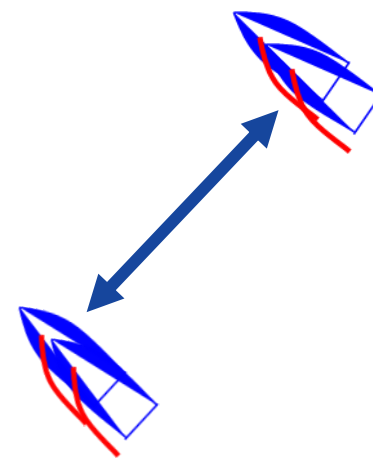
- Together with the start this is one of the other areas that gets crowded
- You need to read the situation before it happens and make your plan of action
- Play by the rules
- You need to react fast

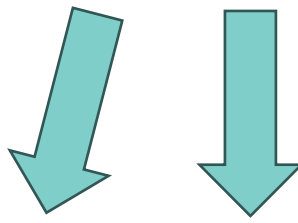
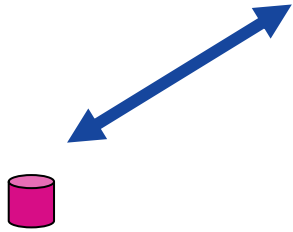


The Upwind Mark

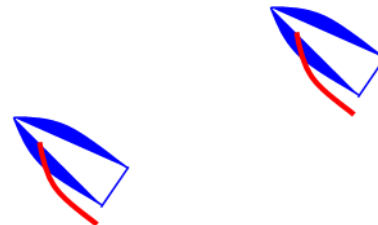


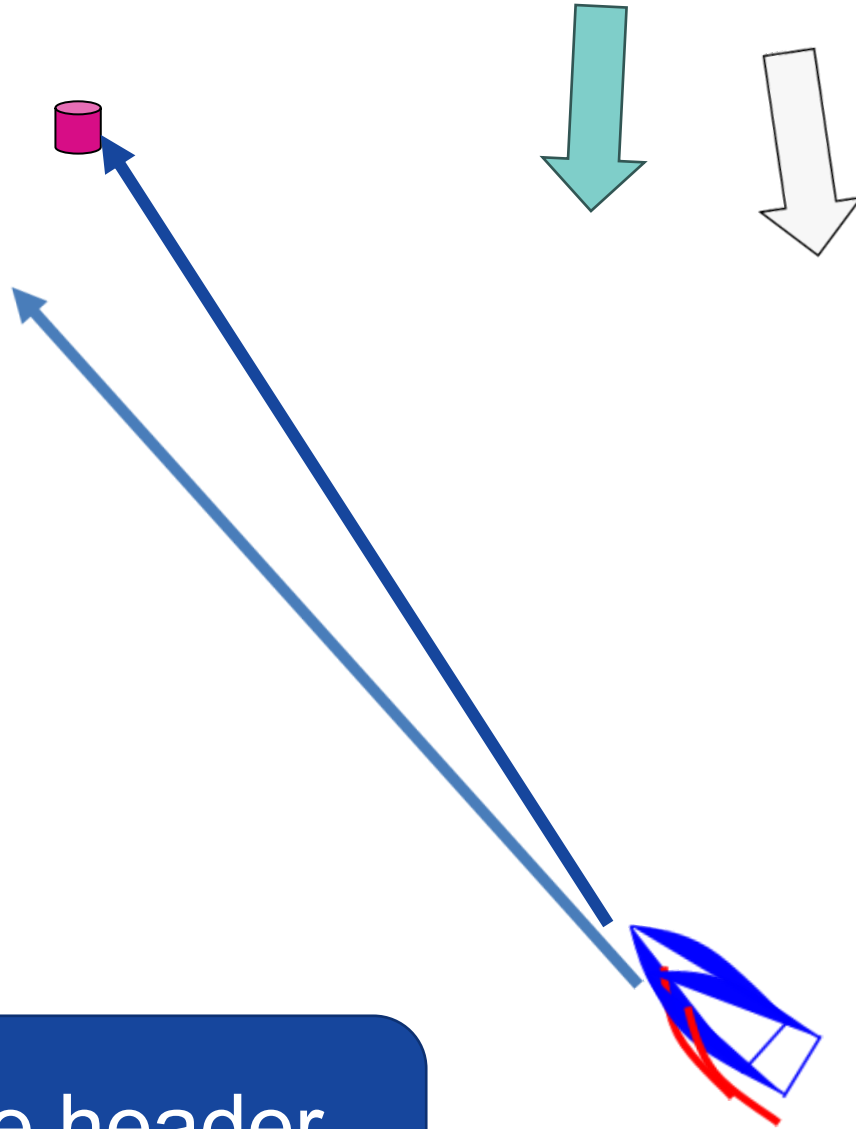
Overreach..
Distance lost



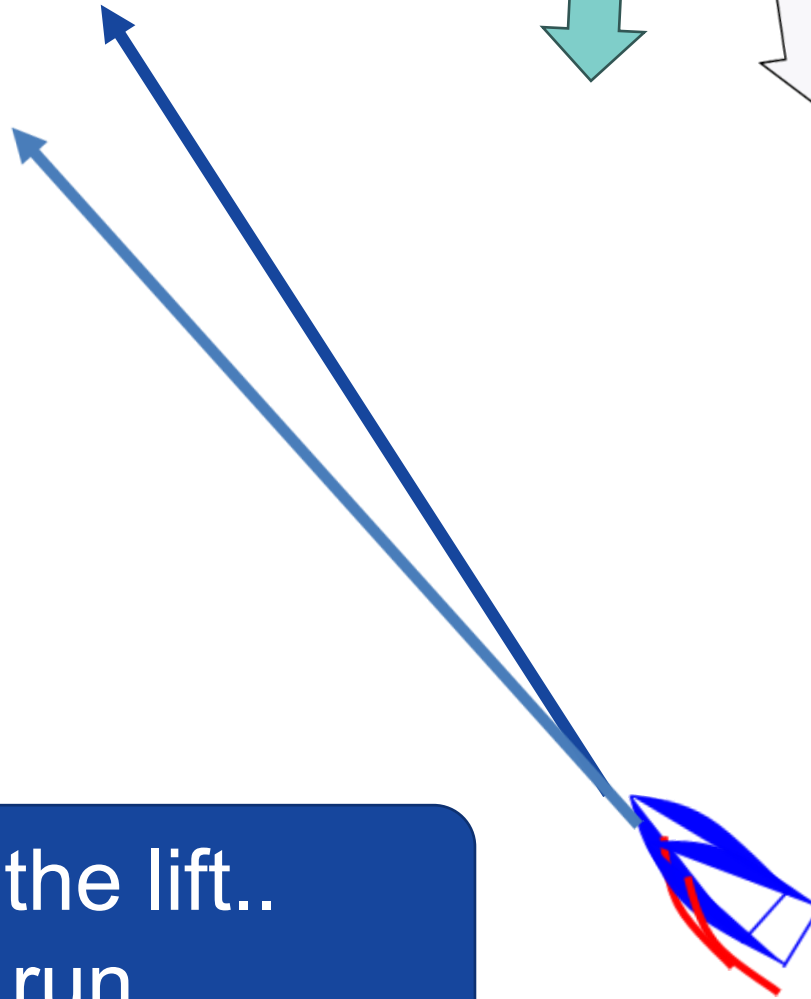


Overreach..
Anticipate the lift!





On the header
...tack



On the lift..
run

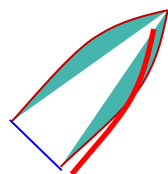
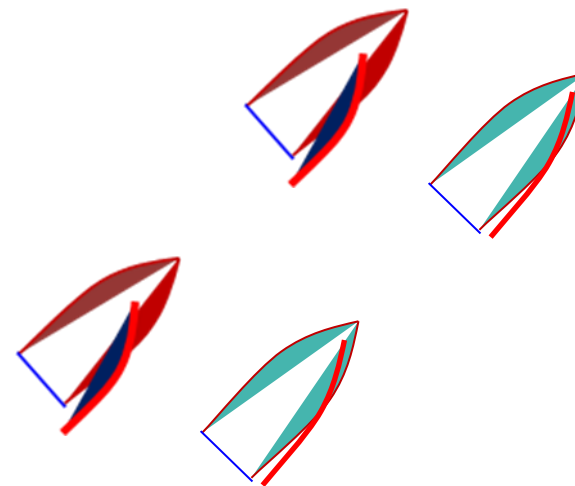




How to avoid a
lee bow tack



Choose your lay line

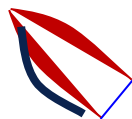


Upwind Strategy and Tactics

Now, watch this video from SailZing on Sailing in Clear Air.

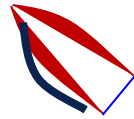
<https://sailzing.com/clear-air-upwind/>

I can pass
in front of
the group

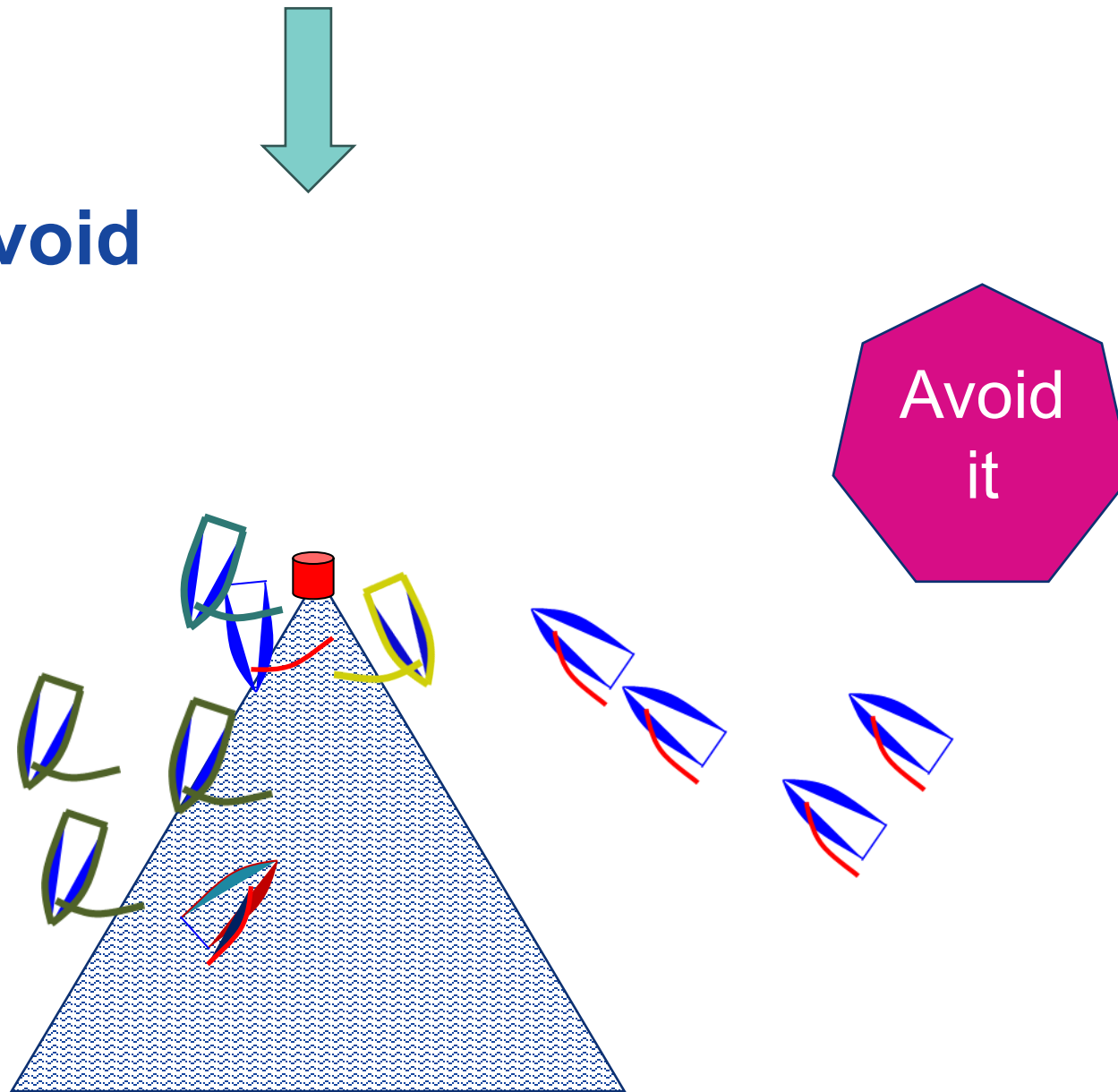




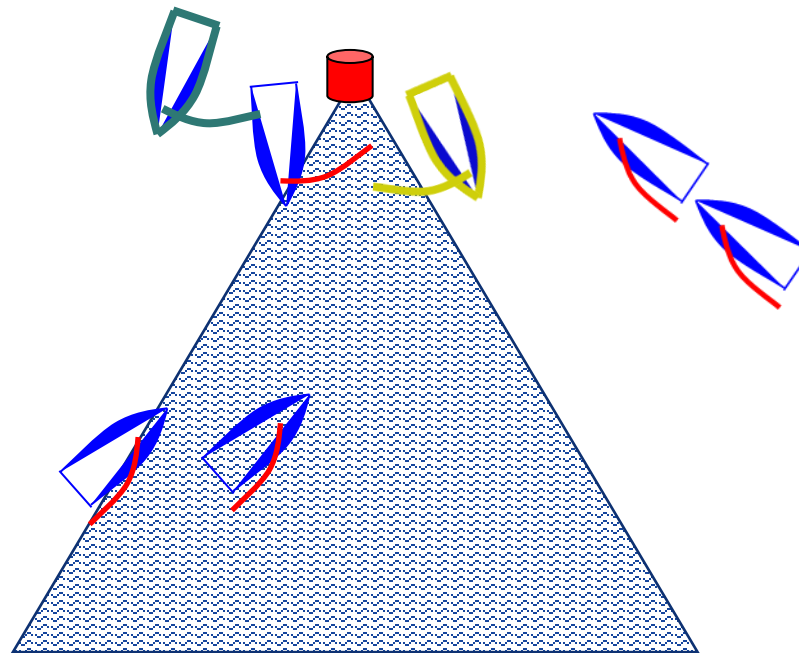
There is a
hole in
front of that
group



The triangle to avoid



The triangle to avoid



The Downwind Mark

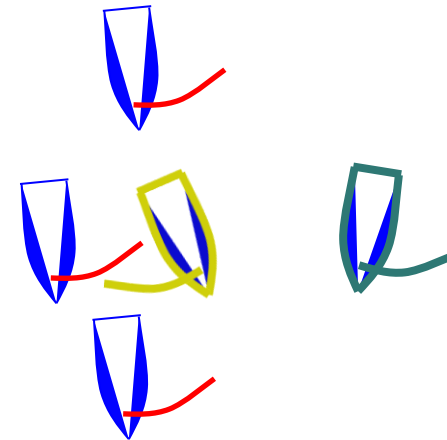
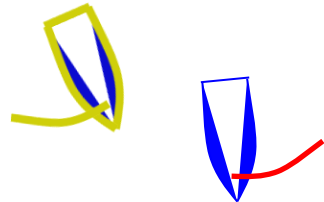
Which side of the gate?



Only 2 boats



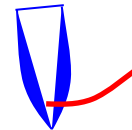
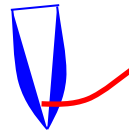
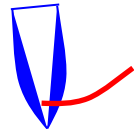
A lot of crowd
on the left mark



Which side of the gate ?



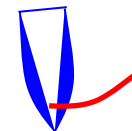
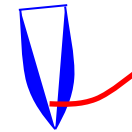
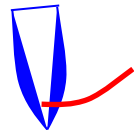
The left mark
is closer



Which side of the gate?



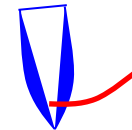
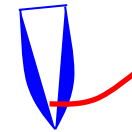
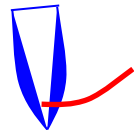
The wind shifted to the left. Choosing the left mark I will be on the correct shift after rounding



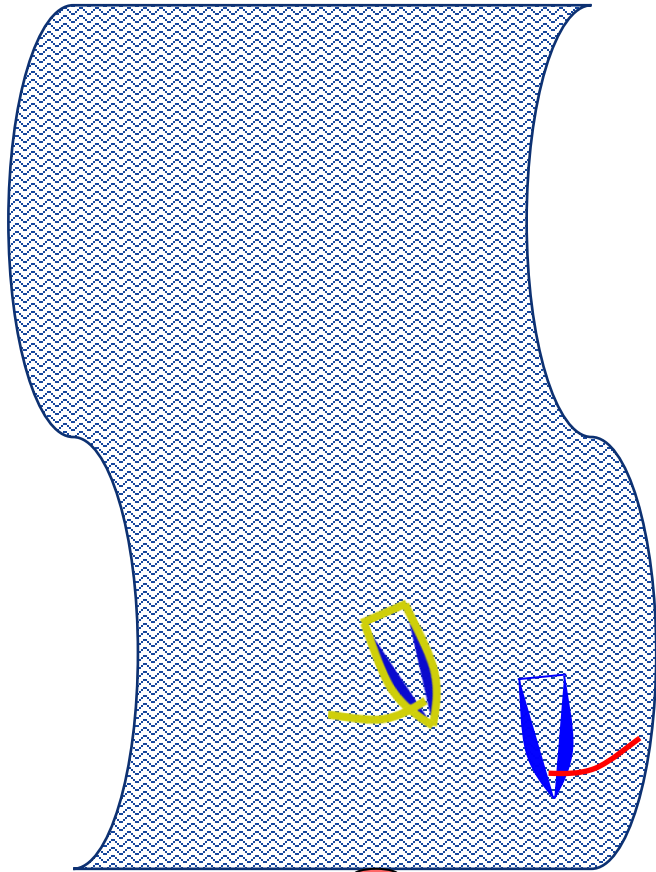
Which side of the gate?



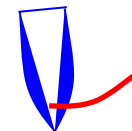
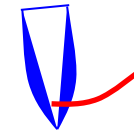
The wind shifted to the right. Choosing the right mark I will be on the correct shift after rounding



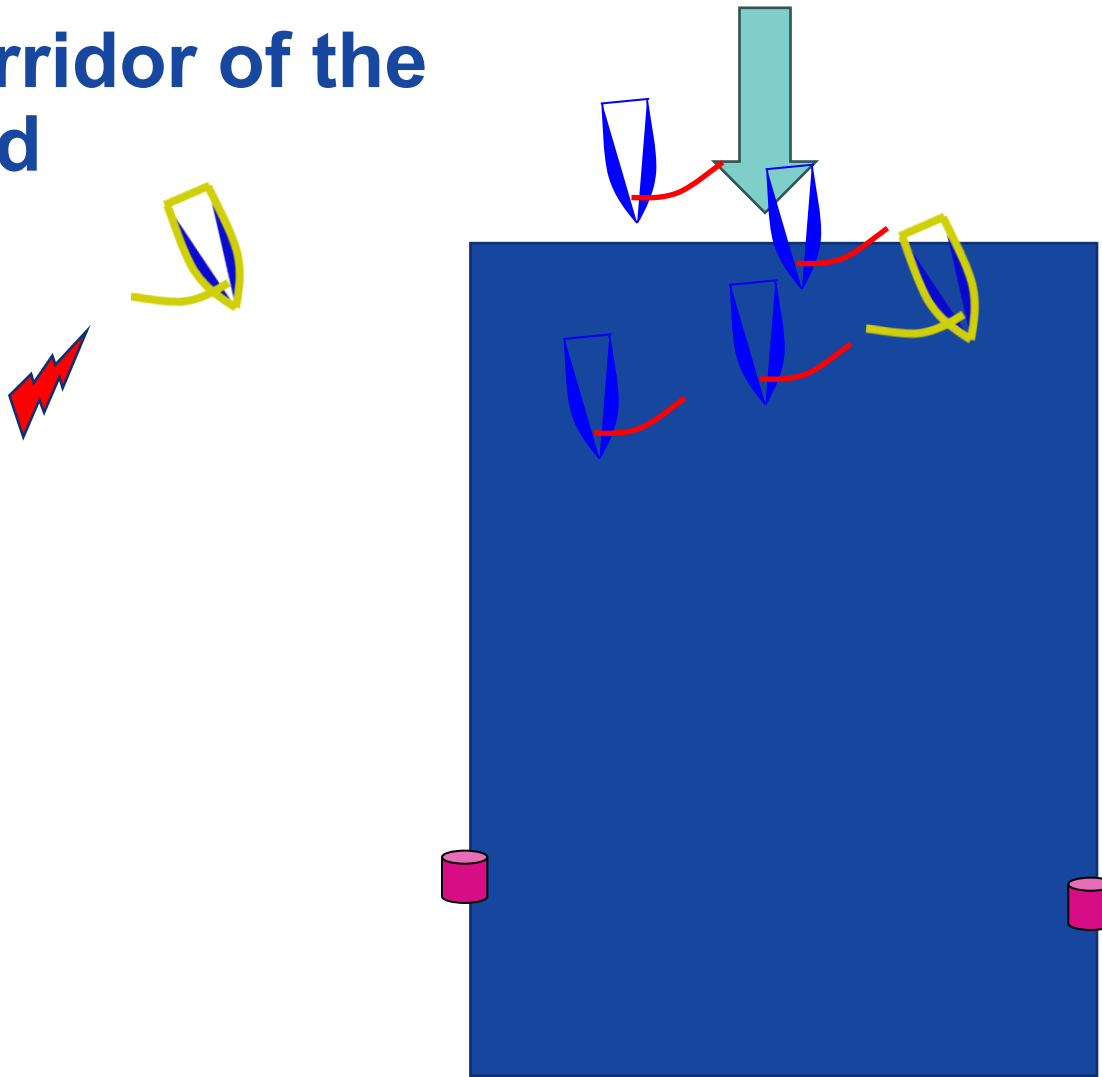
Which side of the gate



There is more pressure
On the right side Choosing the
right mark I will enter earlier in
the pressure after rounding

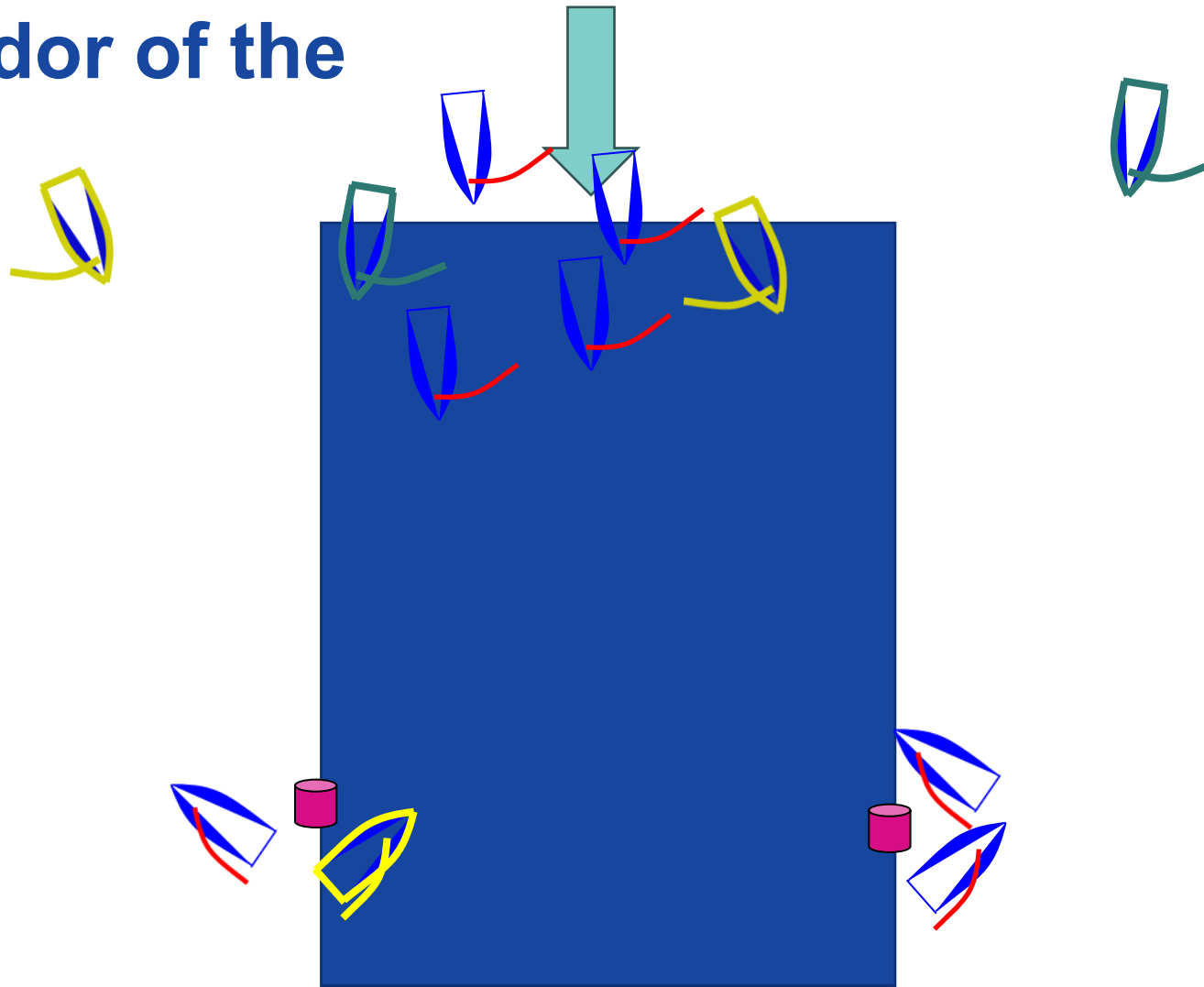


The corridor of the doomed



Approach open
reach in clean wind

The corridor of the doomed





2015/01/12 22:48:34