



ODP2 Sunshine States Practice Recap

March 4-5, 2021

Coaches: Mike Dowd, Eliot Caple, Scott Norman, Charlie Bess, Peter Strong, and Juan Carlos Romero.

Sailors: 50

Day 1

Starts & Smarts

We started with a brief in the morning to introduce all the coaches and explain everything that we will be working during practice. We add many starting drills to learn about the different aspects of a good start. Our drills helped our sailors to understand the importance of line awareness, acceleration, positioning, and decision making. In the middle of the day we ran a couple races and invited the USNT to join us.

Day 2

Strategy (Game Plan)

Our focus on day two was to have our sailors put together a strategy (game plan) before the start. How to plan/strategy and execute efficiently. We did talk about the different sections on the upwind and when it is proper to pick a side on the race course, play the shifts in the middle, and consolidate at the top. The USNT joined again for a race and then we finished our day with a pick a side drill with incorporating long downwinds and reaches to our races.