

Outline of Basic Windsurfing Instructional Drills and Simulations for All Windsurfers and Instructors

Disclaimer: All of below drills and simulations can be dangerous if the applied incorrectly in the wrong conditions such as submerged objects, falling on the board, too much wind, objects on the ground, and injuries sustained from falling into impacts on the board or other persons. So, use carefully and consider risks and manage them safely.

Board Only - Water Drills: On the water with no sail rig attached drills. This can do done on a land board first as a warmup. This is great for introduction to windsurfing and no wind days. Board should be large volume and UJ should be detached in many of the drills.

- Mount board and stand with arches of feet on centerline as in proper uphaul position. Rock the board side to side. Turn around to other side then rock. (Use a pool noodle on land under the board centerline to simulate water.)
- Show the surfer's stance, modified surfer's stance, and heels together stances – on land and water.
- Walk the centerline of the board with heels together on or near the centerline. Name the parts without looking at them, i.e. UJ, mast track, centerboard. Turn around with the heels touching each other.
- Kneel or lie down to paddle like a surfer...alternate arms forward and reverse, double arms like the butterfly stroke forward and reverse. Then one arm forward and other arm in reverse to turn board.
- Do paddle relays by lying on the board either with one or two persons on the board.
- Dock/float drill. Dock/float should be less than 24" off the water. Person #1 does a lifeguard's jump off the dock and remounts a board along the dock/float then mounts and sits on the dock/float holding the board with their feet. Person #2 sits on the dock/float to steady the windsurfing board with their feet for the person #1 getting onto the board then the dock. Then person #2 gets to do the lifeguard's jump.
- Kayak paddle the board in sitting position or use stand up paddles (SUP) to paddle the board standing if board is large enough...usually 160L or larger.
- Sink tail – step back, weight back and raise the nose of the board, then shift weight forward and lower the nose. Can also be done with sail and rig in hand.
- Two persons kneeling on each end. Then, they pass each other but standing up and grasping each other's shoulders and exchange ends of the board.
- Board wars: First, choose open safe area with lots of space. Then, two students get standing on a large longboard facing each other. At the instructor's signal, try to rock other person off the board. Touching each other is not allowed. Then try facing out towards the ends. Also known as "king of the board."

- Jump up. Then do jump with a 180 degree turn and maybe then the jump 360 turn.
- Lie on the board like log and roll overboard, come up on the opposite side.
- Whilst seated and straddling board, roll under and head comes up on other side. Do paired rollovers.
- Hang 5 toes or 10 toes on board's nose. Harder for heavier students. Idea is to sink the nose and then get back and stay on the board.
- How many can stand up on this one board?

Drag board and rig drills with tow line on carpet on sand, dock, floor, grass. In general, use a smaller full rig with sail. Or mount rig via the universal joint on a 2' x 2' plywood base with a hole in the middle for the UJ attachment. A drag board is a fin-less windsurfing board that is no longer used or sailable that can be set on asphalt, concrete, etc. and can be abused.

Board only things to do:

- Practice attaching the UJ and detaching the UJ. Then practice attaching the rig and detach the rig using either the Euro pin or US two button.
- Board only. Place pool noodle under the drag board's centerline with UJ attached. Pool noodle should be halved lengthwise so it has a flat surface for the bottom. Practice rocking and footwork for uphauling, tack, jibe. Put pool noodle across the board to get back foot weighting for pivot jibe.

Drag board, UJ, and rig with sail - things to do:

- Board and rig. Do all 3-2-1 with controlled drop basics on grass or dock with carpets and add tennis save variations and hanging save practice Use a tow line, or ball bearing or golf ball pivoting simulator to practice uphaul, mast steering, and basic position with 2 hands on the mast board 180 with 2 steps. Also do board 180 turn with front hand on mast and back hand 2 fingers in the "arm pit of the boom." Move the mast upwind and downwind while looking at the nose to simulate sail steering.
- Controlled drop to self-rescue position
- How to slow down or stop by pushing clew towards the nose of the board.
- Move the clew end of the rig exercises: luff, sheet in, up, down, return. Then use tow line to practice bear off and head up with corresponding sail handling.
- Do free style routine listed in latter part of this document.
- 5 kinds of pivot jibes: normal, switch feet jibe, jibe to clew first sailing and then jibe other way to normal sailing, duck jibe, switch feet duck jibe. Practice on land with tow rope or swiveling simulator.
- Leese side sailing
- Sail Chi
- Practice clew first sailing, leese side sailing on land.
- Board 360 with flagging the sail

- Practice Light Wind Self-Rescue on land by lying boom across stern, then lying down and paddling double arm or alternating arms. Lower boom if necessary and if possible, move the mast forward in the mast track so boom rests on rear of the board. Also learn to lower the boom on the water so the boom rests better on the tail of the board.

The “GHOST RIG.” A ghost rig is a bottom half of the mast, extension, and boom with a tight string as a leach and foot of the sail. A ghost rig is another simulator for teaching windsurf used in many windsurfing schools. It is great for indoor presentations, overall lectures. It is great for hand, foot, and posture simulation, and progressions.

Rigged Sail-only-drills on grass, dock, indoors, or sand in all wind zones.

- Using the wind to help and learning to not damage a rigged sail.
- Basic rigged sail carry and variations of the sail carry. Turn it into a relay for fun.
- Two-person sail carries.
- Carry sail over the head and jibe the sail over the head task. Have a race or relays.

Stance and weight shift drills. First do it on drag board with UJ.

- Basic stance with 7 in the feet and 7 in the body
- Surfer’s stance, modified surfer’s stance, heels touching stance, uphaul stance.
- Basic one footed stance
- Basic turn around the UJ and turn in circle w/ heels together
- Tack foot work
- Jibe foot work

Add a pool noodle to above to simulate water to the above tasks.

What if the sail falls on top on you in the water? The swim under the smaller sized rigged sail drill. This is great preparation for when sail is on top of you in a catapult or when one falls to the windward side of the board and one holds onto the boom.

Swim under a smaller sized rig lying on top of the water going from the boom clamp to clew end of the boom by moving your hands along the boom as a guide. And then reverse the direction and go from clew end of the boom to the boom clamp exit. If done in deep water from a coach boat or dock/float, the instructor has a safety line attached to the rig’s extension especially if a student is wearing a PFD as some struggle based on fear and swimming ability. Safety-wise, the instructor can pull up the rig as a backup to a struggling student. In waist-deep water, instructor can pull up rig manually if a student is having trouble whilst swimming under the sail.

What is the “Perfect First Sail” on a windsurfer drill: Do the following with perfect side shore wind from a perfect launch. In sailing terms, lineup to a perfect beam reach, sail on a perfect beam reach 90 degrees to the wind. Then turn around and sail back on a

beam reach....to the same spot with a slight gain up wind. Usually done in 6-10 mph of wind and **NOT AS EASY AS ONE THINKS EVEN FOR A PRO**. It's a teaching goal to keep the board between say 0845 and 0915 on starboard tack on the wind clock during the uphaul, basic position, sail position, and getting underway and visa versa on a port tack. Subtle tiny adjustments and corrections verses medium and large corrections are required.

- Set up with wind, you, board, then sail across the wind, thigh deep water. Mount the board on stomach, then on knees, grab uphaul, then stand up with two hands on the uphaul.
- Uphaul whilst aligning board across the wind perfectly at 90 degrees to the wind.
- Basic position with two hands on the mast. Keep the board steady across the wind on a beam reach.
- Get into the sailing position. Balance the triangle with one hand on the mast and two fingers of the back hand on balance point in a number 7 posture. Sheet in gently and sail across the wind on a reach immediately, not up wind or downwind without corrections (this is not easy but perfect.)
- Return to basic position with two hands on the mast.
- Do a 180 degree turn into the wind with nose of the board.
- Then repeat balance the triangle with one hand on the mast and two fingers of the back hand on balance point in a number 7 posture.
- Sailing position – sheet in with two fingers gently and across the wind on a beam reach you go.
- Return to the exact spot you started from or upwind of that spot. This is the perfect first sail in perfect side shore conditions.

Super Light Wind Freestyle Routine on a land drag board with sail, then on water.

The Board stays on a beam reach. Two repetitions are done of each task (2X):

- 2X Balance the sail rig (triangle), release the hands and clap twice, and regrasp boom.
- 2X Sink the tail by stepping back and leaning the rig back. Lean the rig forward and lean forward to lower the nose of the board. (on land - the instructor lifts the nose to simulate).
- 2X Kneel down to knees by moving hands down. One hand lowers on the mast and one hand goes to the foot of the sail. One can do a sail 180 and 180 jibe flip from the knees super light winds. The above can be done from sitting also. Then stand back up to normal sailing position.
- 2X Do a sail 180 duck, into clew first sailing followed by sail 180 jibe flip. Only the rigged sail rotates and the feet do not move. Second time do Sail 360 continuously.
- 2X Tack into leeward sailing, un-tack into normal sailing. Board does not turn. One does the tack footwork and handiwork correctly.
- 2X Body sail 360, switch front foot pointing to windward, luff the rig to windward, then one handed step through tack footwork. The feet get to the finish before the rotating rigged sail.