



# Sailing Drills: How to Sail Better, Faster, Smarter, Safer

*Rick White, Mary Wells*

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This book finally compiles under one cover most of the sailing drills used by coaches around the world. It summarizes neatly most of the work required in sailing to get the boat to behave the way you want. The authors have literally dissected sailing into individual skills and then given you the drills to improve those dissected skills.

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