



# Coach's Highlights

Introduction to the topic of tactics

Tips tactic, Right of Way, AC40 foiling wings

Version 2.0



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## Contact:

Media Digital Page  
Paul Gerbecks  
Hatzfelder Weg 11b  
D-81476 Munich  
Germany

Mobile: +49 (0) 172 973 48 88  
Telephone: +49 (0) 89 944 660 44  
Fax: +49 (0) 89 99 97 95 59  
Skype: tacticalsailingskype

[office@MediaDigitalPage.com](mailto:office@MediaDigitalPage.com)  
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Edition: Tactical Sailing (TS) program version 2.0

Documentation of Coach's Toolbox version 23. May 2024

The required Tactical Sailing - **Coach's Highlights** program for the functions described here is version 2.240.502 or higher.

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## 1 Tactical Sailing - Coach's Highlights

The "Coach's Toolbox" has developed over the years into a popular "teaching and learning program" for sailing beginners, regatta sailors and experts in strategy and tactics. We have succeeded in developing more than 100 different learning modules and in the "Coach's Toolbox" to summarize.



Coach's Highlights

The ever-growing scope of the program makes it impossible to add further learning modules for technical reasons.

We have now bundled the most important tactical exercises - the "highlights" - for coach's and regatta sailors in a new program version.

The "Coach's Highlights" for PCs (Windows, Linux and macOS) are a **new independent program version**. They are available as a useful **supplementary program (add-on)** based on the "Coach's Toolbox".

The fun of sailing is awakened in a playful way for beginners through 4 different games:  
- Fox hunting, chain of buoys, scooter and slalom.

### 1.1 Coach's Highlights - Introduction to the topic of 'tactics'

The "Coach's Highlights" show tactical exercises in various positions on a symbolic "regatta field" clearly arranged.

A comment from sailing expert and author Tilo Schnekenburger: "Super-fast introduction to the most important tactical topics - ideal for training work!"

These are the 20 most important tactical exercises that every trainer and experienced regatta sailor should know as an **introduction to the topic of "tactics"**.

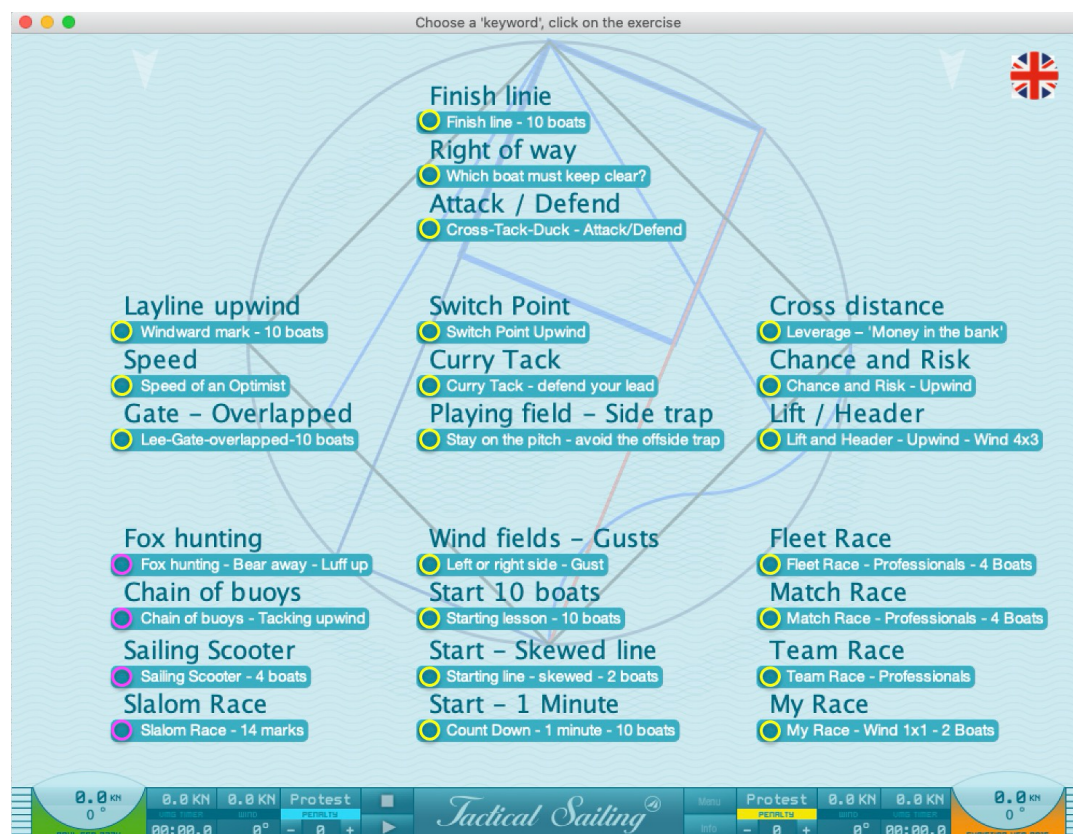
In the overall overview of the "regatta field" on the screen, you can select a **'keyword'** in the graphic and start the exercise with a 'click'.

**O** Yellow marking: Trainer highlights - tactical exercises. These include topics such as Starting line, playing field, switch point, curry turn, finish line, field tactics with 8 exercises. As a supplement to the individual exercises, in the "Regatta Tactics" section (Fleet, Match, Team, My Race, America's Cup AC40) you can train a complete process from start to finish with two or four people. **America's Cup:** With the new **AC40** racing yachts, the excitement of fast sailing at up to 100 km/hour can be increased, the "foiling wings" make it possible.

**O** Pink marking:

Sailing Games - "Fun Sailing",

For everyone who would like to relax a little after the practice session: 4 playful variants (fox hunt, chain of buoys, scooter, slalom)!



"Keywords" - Overview of exercises 'tactics' of the regatta field from start to finish line



## 1.2 Coach's 'Rights' - Introduction to the topic of 'Right of Ways'

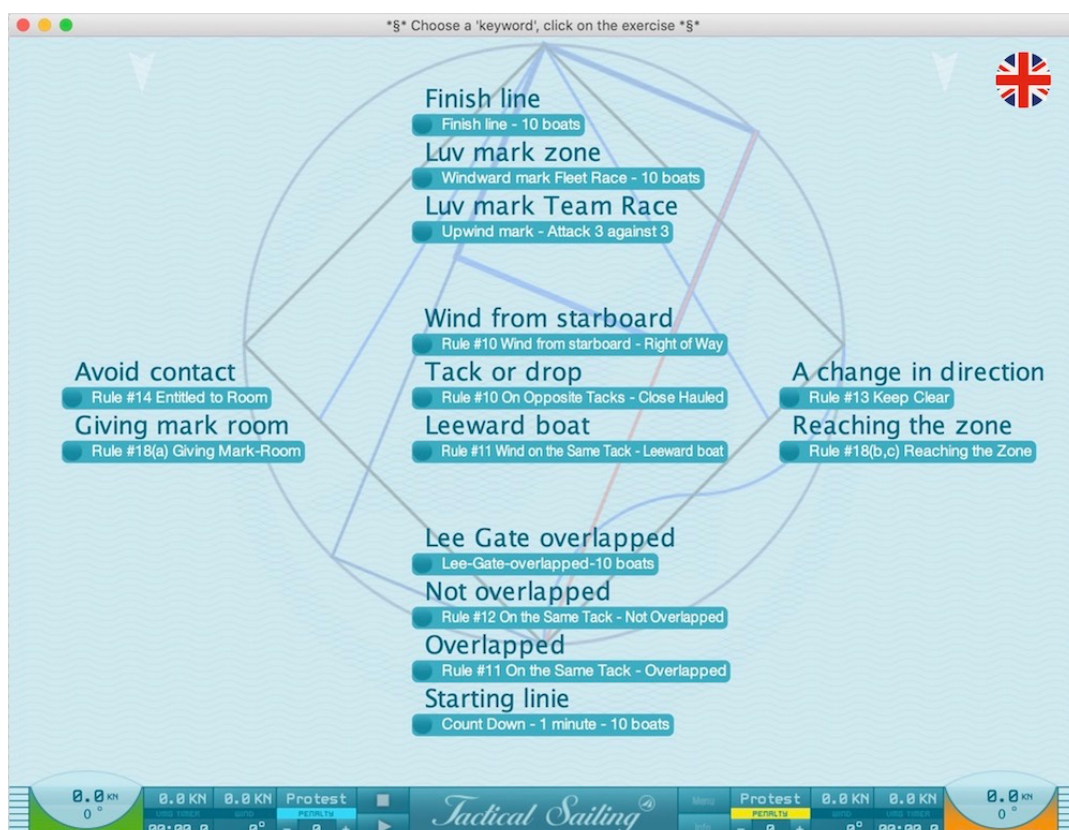
The essential rules of the right of way, e.g., leeward before windward, wind from starboard and overlapping, a total of 14 situations are simulated and explained. "Key words" are used to select the exercises on the regatta field from start to finish line. ISAF rules 10, 11, 12, 13 and 18 are the basis for explaining. As a supplement to these rule situations, you can steer several boats yourself in individual exercises in accordance with the rules, e.g., at the starting line, the leeward gate or windward mark.

**Special tactical rules in the America's Cup:** When sailing aboard AC40 boats at speeds over 40 knots, the time for tactical decisions is very limited. The following maneuvers are practiced on the simulator, e.g.

- 3-minute pre-start countdown at the start line,
- defending the position at the windward and leeward gates,
- early jibe or "Chicago",
- early tack about or "JK".

At the lane boundaries on the left and right there is a special rule that a boat must be given enough space - contrary to the usual ISAF rule - to get back into the playing field. A penalty is NOT carried out by "turning circles", but rather by "braking", driving more slowly until the boat is 50 meters behind the opponent and the referee recognizes the penalty as sufficient. You reduce the speed by "luffing" into the wind (360°) or "bearing away" from the wind (180°).

See a video clip here: <https://ac36.americascup.com/racing-rules>



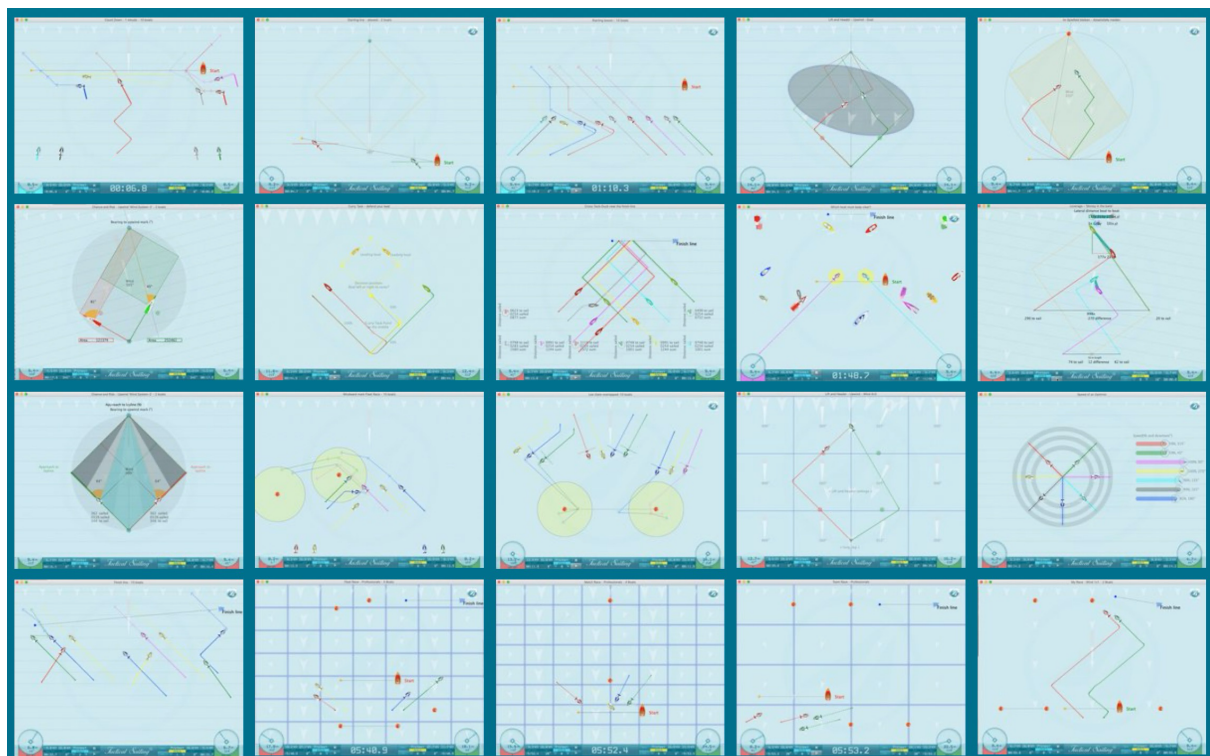
"Keywords" - overview of the exercises 'right of way' on the regatta field from start to finish line

## 1.3 Coach's Highlights - 20 exercises

With one click, the trainer can repeatedly call up the simulation of a regatta scene and discuss it with the sailors. The aim is to develop special skills, namely to make quick and optimal tactical decisions during a regatta:

- Take-off phase, wind conditions, strategic-tactical maneuvers, risk assessment, attack defense, right of way and performance analysis.

Strategic and tactical decisions in regatta sailing are made in a similar way to classic "risk management". This starts right at the starting line. The sailor must choose the right or left side of the regatta field. Jochen Schuemann, one of the world's best sailors, also sees it this way: "The physics of sailing constantly force you to make a clear decision."



Screenshots of the 20 highlights

A detailed explanation with tactical tips for each exercise can be found in the program's "Info" window.

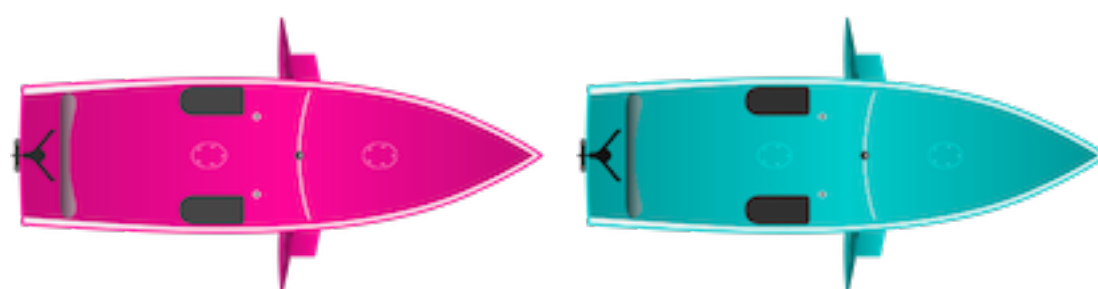
### 1.4 America's Cup - AC40 foiling wings

With the new **AC40** racing yachts, the excitement of fast sailing at up to 100 km/hour can be increased, the "foiling wings" make it possible.

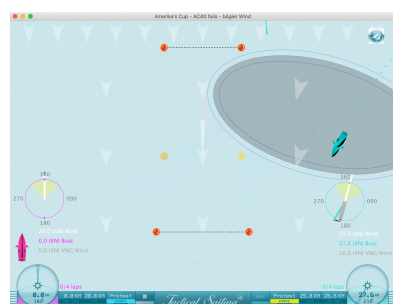
**Foils:** The foils act like wings and provide buoyancy, allowing the yacht to float above the water. Thanks to the low friction loss, the racing yacht can reach speeds of up to 100 km/h on the downwind course! The Tactical Sailing program shows the **speeds (VMG)** in a 'tactical disc' of the boats.

**Tactics:** "Foilers" are so fast on the downwind course that they can even overtake gusts of wind. They don't just sail with the gusts to leeward, they sail through them to leeward! This means that the tactician on board has to look for the new wind on a downwind course not from behind to windward, but from forward to leeward".

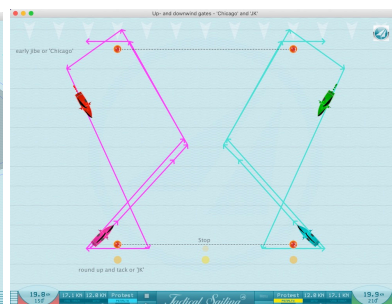
See a detailed description by Tilo Schnekenburger in the new 3rd edition of his book: "[Die Geometrie des Regattasegels](#)" "[The Geometry of Regatta Sailing](#)" (German) , [download here](#).



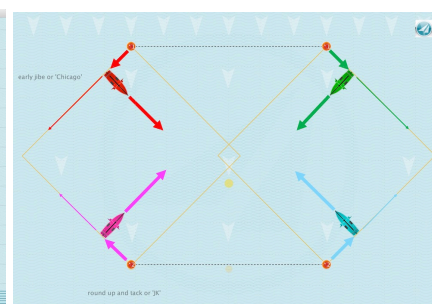
AC40 foiling wings racing yacht



Regatta field with gusty wind



Exercise 'Chicago' + 'JK'



Concept 'Chicago' + 'JK'

Tactical maneuvers at the upwind and downwind gates require a lot of practice with the maneuvers: 'Chicago' and 'JK'. When sailing aboard AC40/75 boats at speeds over 40 knots, it's time to be tactical. Every maneuver is studied and prepared both on the simulator and on the water.

Upwind gate: Under certain circumstances it is possible to perform maneuvers that involve a **jibe** shortly after bearaway. This is called an **early jibe** or '**Chicago**' when the jibe is very close to the mark. In light winds this is a risky option as the boat will go back into its own bad air within seconds.

Downwind gate: At the Lee Gate it is possible to perform a maneuver known by all teams as a '**JK**' or **Round-Up Tack**. It is complex and is generally used to separate yourself from opponents with a **tack** or to gain immediate control of a more favourable side of the racetrack. Often it is carried out at high speed with both foils remaining in the water.

Quelle: Luna Rossa, News 20. April 2021: APPROACHING THE MARKS ON THE AC75



## 1.5 Fun Sailing - 4 games

Learn to sail while playing - these 4 games are specially designed for young sailors. With the fox hunt, the buoy chain, the slalom and scooter race, a lot of fun is guaranteed for two or four people! A detailed explanation for each game can be found in the program's "Info" window.



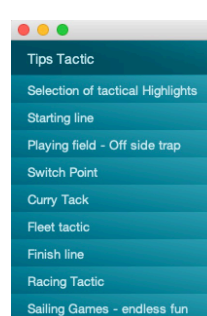
## 1.6 Program start - Operating instructions



Start menu program



Regatta field



Tips Tactics

The program starts automatically with a complete overview of a "regatta field". You select a "keyword" and start the exercise with a "click". At the end, the menu item "Tactics Tips" opens automatically, where you can start further exercises.

A detailed explanation with tips for each exercise can be found in the "Info" window.  
Example: **Exercise "Switch Point"**



## 1.7 License key - 'Coach's Highlights

Coach's Highlights requires a **new, special license key**, which you can order from the Tactical Sailing Shop. If you have already purchased a **Coach's Toolbox'** with a license key version 2, then we offer you 'Coach's Highlights', the additional program as an "Upgrade/Add On".

## 1.8 Documentation

The documentation of the 'Coach's Highlights' is in Chap. 11.3 'Tool Bag' of the previous 'Coach's Toolbox' has already been described in detail, there you can read the functional description, screenshots, and operating instructions. Download this documentation free of charge from our website:

<https://www.tacticalsailing.com/en/downloads/documentation/coachs-toolbox>

## 2 General

### 2.1 License

The Coach's Toolbox and Highlights are a special expansion of "Tactical Sailing" Software, made available to coaches for educational purposes and every sailor for private use. This Coach's Toolbox requires a license key for setting up the software functions. If you are interested or have questions, please contact Paul Gerbecks at [Paul.Gerbecks@TacticalSailing.com](mailto:Paul.Gerbecks@TacticalSailing.com). The Coach's Toolbox and Highlights are made available as a download to coaches and sailors. Updates are published in the Tactical Sailors Lounge on the website [www.TacticalSailing.com](http://www.TacticalSailing.com). Therefore, please register yourself there (optional)!

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<https://www.tacticalsailing.com/en/legal>

**Program Version:** The version number of the "Tactical Sailing" Program is displayed in menu:

<Help> <version> <program> Tactical Sailing Program.  
with the designation "Coach-Version".

#### Updates:

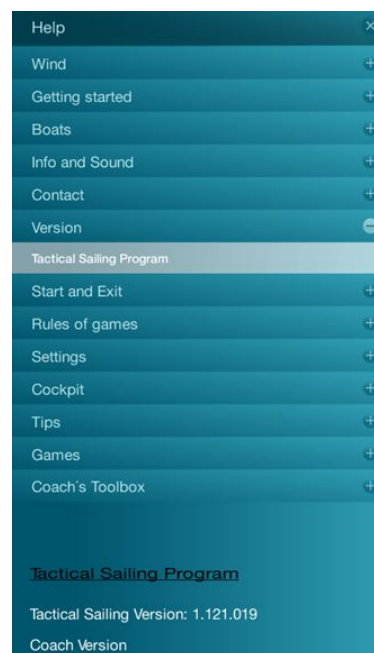
The current version and the history of the updates with a brief description will always be posted on the website:

<https://www.tacticalsailing.com/en/downloads/updates>

As a licensed user you can get a free update. Send us your license key and call your operating system (Windows, Mac OS X or Linux) via e-mail at <mailto:office@TacticalSailing.com>.

Your installed version number you see in the game in the main menu: <Help> <version> <program>.

Compare your version number with the current version number.





## 2.2 Bug reports

Tactical Sailing software is tested whenever computer manufacturers change their operating systems (Mac, Windows, Linux). In individual cases there will be adjustments that we publish to maintain compatibility. Possible problems and solutions should be considered, such as:

- Mac:

- Slow animations of menu display and structure,
- Problems opening and closing main and submenus,
- Tactical Sailing app not responding for a while,
- Mac memory (GB) is 100% full.

**Solution:** If the Tactical Sailing app is unresponsive, choose “Quit Immediately” from the Mac main menu. Then turn off the Mac, restart the Mac, restart “Tactical Sailing”!

- Windows and Mac:

Coach's Highlights - Sailing Scooter – Four players with 4 boats

When playing with four players, the boats do not respond to the players' button presses.

**Solution:** See at “Info”-Window” about the use of the special buttons to control “Boat 1”: 'K-L' (NOT the arrow keys).

If your program is affected by this, please see the solution to the problem, which is always posted on our Tactical Sailing - Hints - website. Registration required to log in:

<https://www.tacticalsailing.com/en/downloads/hints/bug-reports>

In most cases, the error was resolved quickly and resolved by updating the Tactical Sailing software, see

<https://www.tacticalsailing.com/en/downloads/updates>.