

# Glide Free Foils - Coaching tips

## Introduction

These coaching tips are intended to assist you to improve foiling with Glide Free Foils on your Laser



# Coaching tips



## Displacement sailing

Initially you will find that the boat lifts easily when sailing in displacement mode downwind.

In fact it sails very nicely and safely with the bow clear of the water, it does not nosedive even in heavy gusts.

You will need to wait for a puff of wind of 10-12kts before you can easily take off.

These are ideal conditions for your first time out with flat water, a nice breeze and clear of other boats.



# Coaching tips



## Displacement sailing

In displacement mode, tight reaching and upwind in a good breeze, the bow lifts and the boat sails fast.

The helm is balanced and very light, much easier and more pleasant to sail than a normal Laser.

The foils stabilise the boat, making it much easier to manoeuvre and balance as it is less 'tippy' than the standard Laser



# Coaching tips



## Tight reaching

On a tight or close reach, the boat lifts easily, but heels to leeward and will not fly.

It is important to start foiling by sailing downwind first. Once up and going, you can carefully head upwind on to a reach, while leaning and keeping the boat upright.



# Coaching tips



## Downwind takeoff

Now that's better...lifting off on a broad reach...

..but the boat is still heeled to leeward. This can be improved by heeling the boat to windward slightly and bearing away to keep the boat underneath the rig.



# Coaching tips



Downwind foiling

Nicely foiling downwind, now move your weight forward and slowly sheet in for top speed.  
Carefully head upwind while leaning, to sail on a reach

# Coaching tips



## Accurate steering

Now you are up and accelerating down the bay downwind fast.. feeling pretty much out of control!

The boat heels to windward and begins to fall in on top of you.

This is when you need to carefully head upwind and sheet on. The boat will accelerate and become more stable.

Do not panic, steer very carefully to balance the boat under the rig and hang on for the ride.. This is foiling!



# Coaching tips



Foiling on a reach with boat heeled to leeward.

Ease the sheet a little, let the boat heel to windward and bear away to steer the boat under the rig. Then move your weight forward.

The boat needs to heel slightly to windward to foil successfully on a reach and upwind.





# Coaching tips



## Reaching takeoff

Sitting well aft to assist takeoff. The boat is flying bow up and too high. Once out of the water, move your weight well forward to keep the boat level. Once level, the boat will increase speed – hang on for the ride!!

Notice the sail flattened with outhaul and luff tension very tight.

# Coaching tips



## Reaching

Heeling too far to leeward on a reach

Ease the sheet slightly, heel to windward and bear away for top speed.

# Coaching tips



## Foiling on a reach

Foiling flat and high on a reach at 17kts.

To go even faster, move your weight forward



# Coaching tips



## Fast reaching

Nicely under control high speed reaching  
Heeled slightly to windward  
This takes practice!

Note the centre boom sheeting  
for rapid trimming

# Coaching tips



## Fast reaching

Heeled slightly to windward

Boat level

Reaching under control

# Coaching tips



## Upwind foiling

Foiling under control upwind!

Slight windward heel, boat level, leaning hard.

You need steady conditions and accurate steering to get it right.



# Coaching tips



Foiling too high

Foiling very high on a reach.  
Move your weight well forward.  
You may need more lift on the rudder to keep the boat level  
and lower in the water.



# Coaching tips



## Crashing

If you foil too high, the main foil can ventilate and you can crash, usually falling in to windward and getting wet.

You will not nosedive, cartwheel or damage the boat.

To avoid this, trim the rudder with more lift and move your weight further forward





# Coaching tips



To avoid this type of crash, you need to trim the sail in very quickly and bear away.

If you do crash, simply hold on. The boat is very forgiving and you can usually avoid a capsize and bounce back up for more.. you just get wet!!

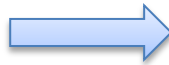
## Crashing

When foiling at high speed, the apparent wind can move forward very quickly. This will cause the sail to backwind and the boat to fly too high

The boat will then crash in to windward and may capsize. You will not nosedive or cartwheel.



# Coaching tips



+ 10s



## High speed foiling

Wind 18-25kts

Laser 4.7 sail

Small speed foils

Steering steadily and sheeting quickly for balance

Note 3:1 centre boom sheeting for quick response



# Coaching tips



## Easy reaching

Foiling under control on a reach  
Keep the boat level  
The smaller rig makes it easy to control

As the boat accelerates the boat very quickly becomes overpowered, ease the sheet and trim the sail to maintain balance. Keep the helm steady.

