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## Notes on Lesson 1 for coaches... Checklist

1 message

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### LAND STRECH AND PREP

Move from laying down to Cowboy position  
Move from Cowboy position to kneeling

### MANOUVERING THE ETOW

Range  
Steering  
Importance of staying close  
Injury from foil and prop - How it can happen - how to avoid injury and what to do if you are injured.

### SAFETY - How to fall when the board rolls ' Go with it'

Safety - The Don'ts.  
Dont recover from a wobbly position  
Dont Break at the waist  
Don't lean back

### LAND PREP for ON WATER SKILLS

Move from Kneeling to UP Kneeling  
Move from UP kneeling to front foot dropknee  
Launch to standing tall and centre position for feet - legs close together

### WATER SKILLS

Dogging Though water and staying upright, Staying up.  
Hopping, working and pulling on rope to gain speed and 'Unstick' the board.

### FLIGHT SKILLS

Continued Hopping - 'Intense / Force smash and front foot pump to gain speed'  
Smash pump to rear ' ollie' to break away from the water.  
Touch and Go flight  
Twisting Left and Right while maintaing Pitch control.  
Pitch control. Touch and Go, Touch and Go - Twist left twist right - balance.  
Muscle memory.

END LESSON 1