



Adjusting Controls: Deliberate Practice

Control Adjustments: On Land

Practice adjusting controls from marginal hiking to full hiking to slightly depowered settings and changing body position as you go. Repeat until second nature.

Control Adjustments: Straight Line Development

Practice transferring sheet to tiller hand and maintaining a straight line with a point on shore. Don't let your boat change heel if possible. Imagine adjusting controls, then switch back to normal sailing position.

Control Adjustments: Timing Practice

- a) Be alert to changes in conditions or optimal moments to adjust controls as indicating in the lesson. Practice making control adjustments during these times to minimize damage during the process.

- b) Adjust controls each time your shoulders rise as an exercise.

Control Adjustments: Increasing Rate

Adjust controls on a timer and see how quickly you can go from maximum speed to controls adjusted and back to maximum speed. Increase your rate of adjustment to reduce your time.

Control Adjustments: Peripheral Practice

Although you need to spot the line as you reach for it, you should be able to make an adjustment while paying attention to other things. The key factor here is course awareness and making sure you don't compromise your speed and angle. What you need to do is:



1. Look for the line you plan to adjust
2. Begin reaching for the line while still looking at it
3. Bring your eyes up to the water in front of your boat as your hand grabs the line. Notice how your peripheral vision still picks up on the action?
4. Hold the line in your hand while you continue to sail straight and fast
5. Throw the line back into the middle of the boat
6. Repeat

**As you read this, you might have your phone or a glass on the table. Look at the item and reach for it. Before you touch it, look up to the horizon. Notice how your peripheral vision was still actively engaged on the item? This is how line adjustments should feel.

Evaluation

Evaluate yourself on:

1. How straight you were able to stay during adjustments.
2. Amount of heel and whether you needed to sheet out.

** Less heel and straighter angle with tighter sheet means a more effective change