



## **Vang Sheeting: Deliberate Practice**

### **Straight Line Sheet Isolation Practice**

Setup on close hauled course and pick a point on land to aim at. Hike at 50%, and practice using your drop catch and straight arm sheeting methods to keep the boat flat. Do not change course or hiking so that you are specifically isolating sheeting to keep the boat angle consistent. This will require fast anticipation, and quick 2 handed sheet recovery. Great practice for a day when you are sailing alone.

### **On Land Drop-Catch Practice**

Setup in normal hiking position on your boat on land. Sheet in block to block and use no boom vang so that the sheet comes out easily as the mast straightens. From this position, practice easing 6 inches of sheet by dropping and catching. Sheet back on with 2 hands while the tiller stays centerline. Do this multiple times until you can consistently ease 6 inches. Then try it with only 3 inches.

### **On Land Hiking Sync Practice**

Practice easing the sheet and going down to max hike at the same time, sheeting back in to b2b then repeating. Do this with straight arm and drop catch method

### **In a Lineup Speed Test Practice**

While speed tuning with friends, make your focus on easing sheet during wave impact. As your bow hits each wave, practice easing the bare minimum sheet and pulling it back in before hitting the next wave. This will help you calibrate how much sheet is needed for different size waves, and changes to boat speed. The idea is to ease small early, instead of a lot late.