

# Main Sheet

Review the "Pins: Coiling Lines" lesson for the basics on why rope needs to be coiled a certain way. This is most important with the main sheet, which can tangle easily and needs to run smoothly and quickly.



**Step 1:**  
Coil the main sheet clockwise, holding it in your left hand and coiling with your right, in very large loops to handle the length of the line.



**Step 2: Securing the Coil**  
When you have about two loops left, take the end and lay it back on itself. This creates a long, doubled end that you will use to secure the coil.



**Step 3:**  
Bring the doubled end over the top of the coil.



**Step 4:** Reach your right hand through the coil and take hold of the doubled end.



**Step 5:** Bring the doubled end through from the back to the front of the coil.



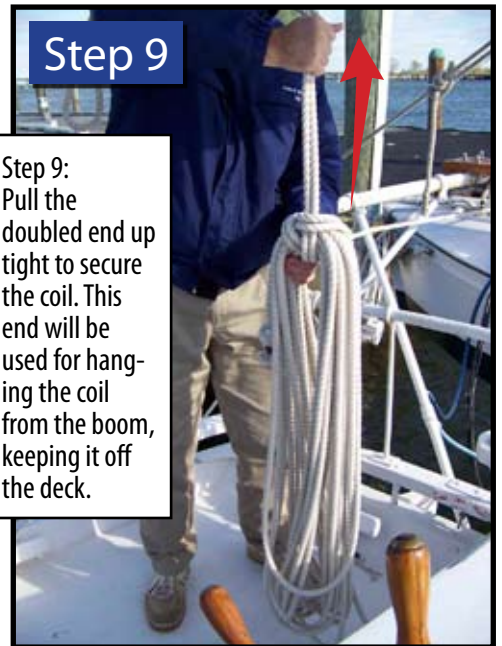
**Step 6:** Take the doubled end back over the top of the coil again, crossing over the first wrap...



**Step 7:** ...And then through the coil from back to front again.



**Step 8:** Take the doubled end under the FIRST pass you made over the coil in Step 3.



**Step 9:**  
Pull the doubled end up tight to secure the coil. This end will be used for hanging the coil from the boom, keeping it off the deck.

# Knots: The Nathan Way