

Regular Gybe

- near mark roundings

- avoid slack mainsheet to prevent corner catch

[\(116\) Laser Sailing Top Tips - Gybing - with Double Olympic Gold Medallist Shirley Robertson - YouTube](#)

Overhead Gybe

- tactical maneuver gybing lee to lee

- minimal angle change

[\(116\) Team Volvo Tips - Laser Gybing with Nick Thompson - YouTube](#)