

*2009 Orvis Guide Rendezvous*

**The Orvis Progressive Method to  
Teaching Fly Casting**

# Orvis Fly Fishing Schools

- Oldest fly fishing school in the country (since 1966.)
- 1-day and 2-day schools.
- 11 Corporate Schools throughout the country.
- Three saltwater schools (Santa Rosa Beach, Florida, Ocean Reef Club in Key Largo and Cape Cod.)
- Intermediate to advanced 1-day casting classes (Manchester School only.)
- Special 3-day schools (Manchester School.)
- 1,200 to 1,400 students go through the Orvis Schools each year.

# Orvis Fly Fishing Schools

Fly Casting is the Primary Focus



The casting ponds at the Orvis Flagship Store in Manchester, Vermont.

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# Orvis Fly Fishing Schools

1:4 Instructor/Student Ratio for Ample Individual Attention

We can handle all  
experience levels.

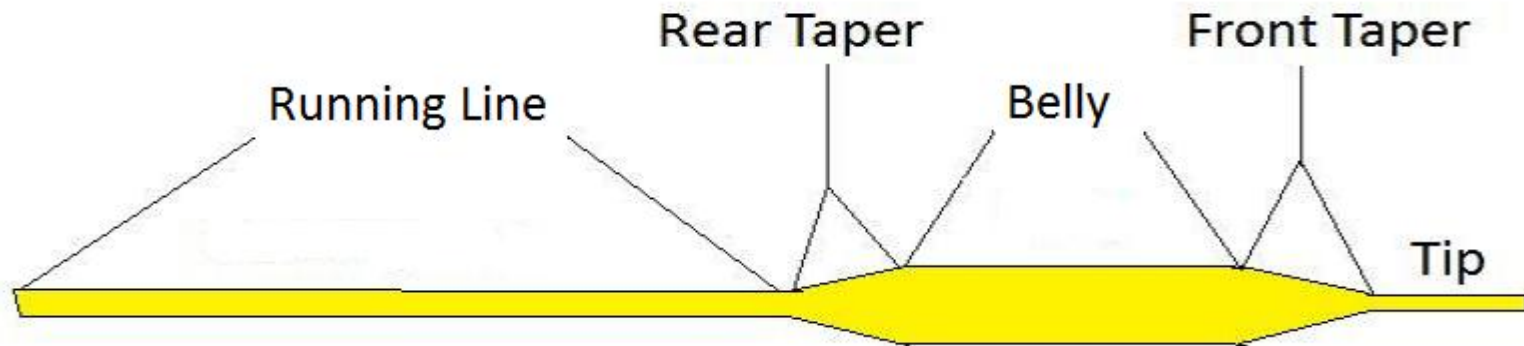
We adjust our  
instruction to the  
individual.



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# Orvis Fly Fishing Schools

## Technical Information on Lines



# Orvis Fly Fishing Schools

## Species Specific Lines



# Orvis Fly Fishing Schools

## Information on Fly Rods



**FULL FLEX 2.5-5.5**



**MID FLEX 6.0-9.0**



**TIP FLEX 9.5-12-5**

# Orvis Fly Fishing Schools

## Information on Fly Reels





# Orvis Fly Fishing Schools

## Knot Tying Session



# Orvis Fly Fishing Schools

Video Tape Students Casting



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# Orvis Fly Fishing Schools

## Video Analysis



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# Orvis Fly Fishing Schools

## Fly Selection Presentation



# Orvis Fly Fishing Schools

Tips on How to Handle, Photograph and Release Fish



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# Orvis Fly Fishing Schools

Hook-Setting, Fish Fighting and Fishing Demonstrations



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# Orvis Fly Fishing Schools

## Fishing Session (Most Schools)



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# Orvis Fly Fishing Schools

The schools also encourage and promote the use of **Orvis-Endorsed Guides**.



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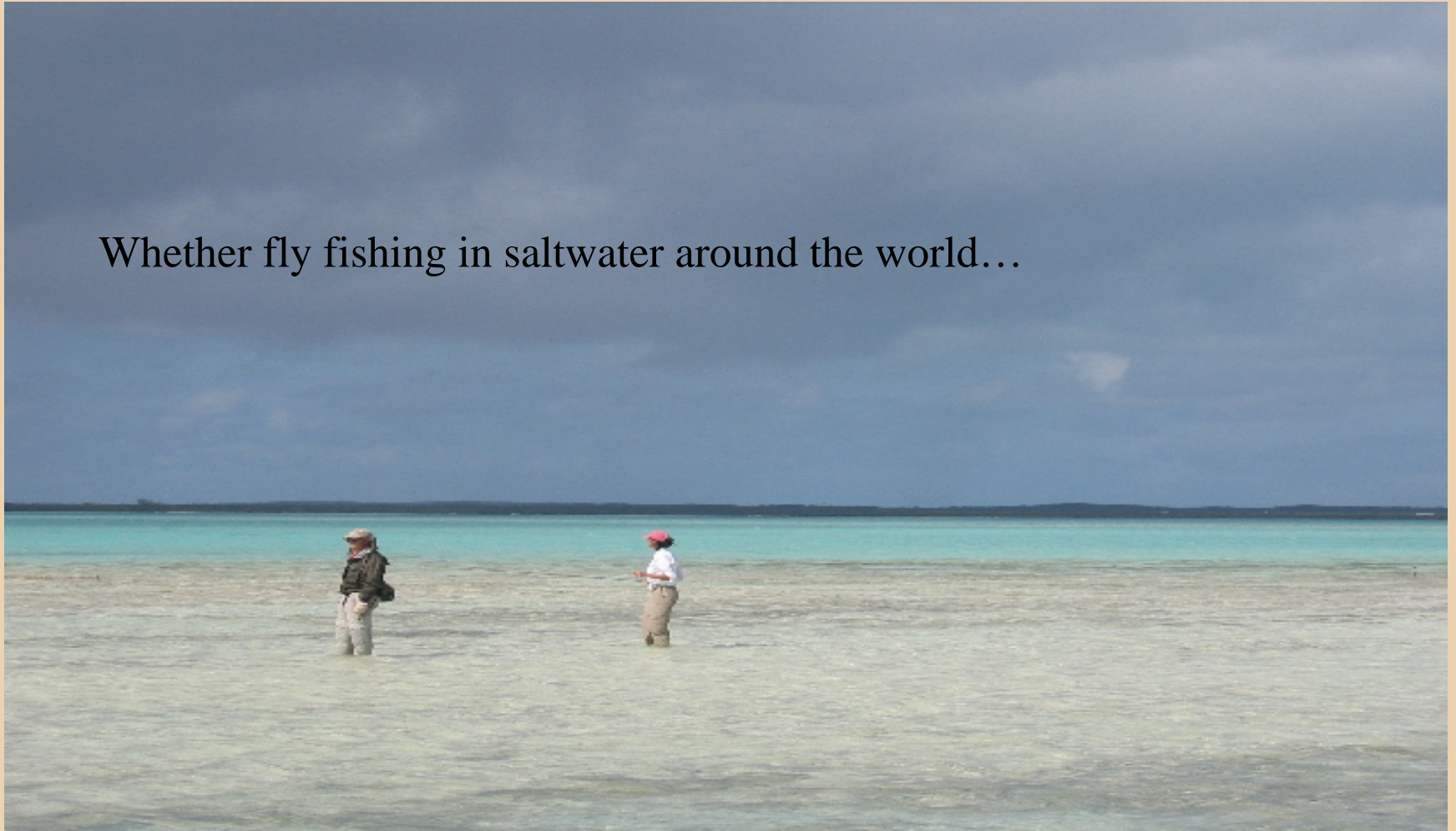
# The Orvis Progressive Method to Teaching Fly Casting

- Not a casting style.
- It is a method for learning how to fly cast.
- Can be adapted to most any type of fly casting.



# The Orvis Progressive Method to Teaching Fly Casting

Whether fly fishing in saltwater around the world...



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# The Orvis Progressive Method to Teaching Fly Casting

...wading a trout stream in England...



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# The Orvis Progressive Method to Teaching Fly Casting

...or fishing the Bighorn River in Montana...



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# The Orvis Progressive Method to Teaching Fly Casting

...it is a time-proven method to teaching fly casting.



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# Orvis Fly Fishing Schools

## Casting Demonstrations

1. Basic cast (10 minutes).
2. Getting the line-hand involved, shooting line, false casting, roll cast (20 minutes).
3. Double haul (15 minutes).



# Mechanics of the Casting Stroke

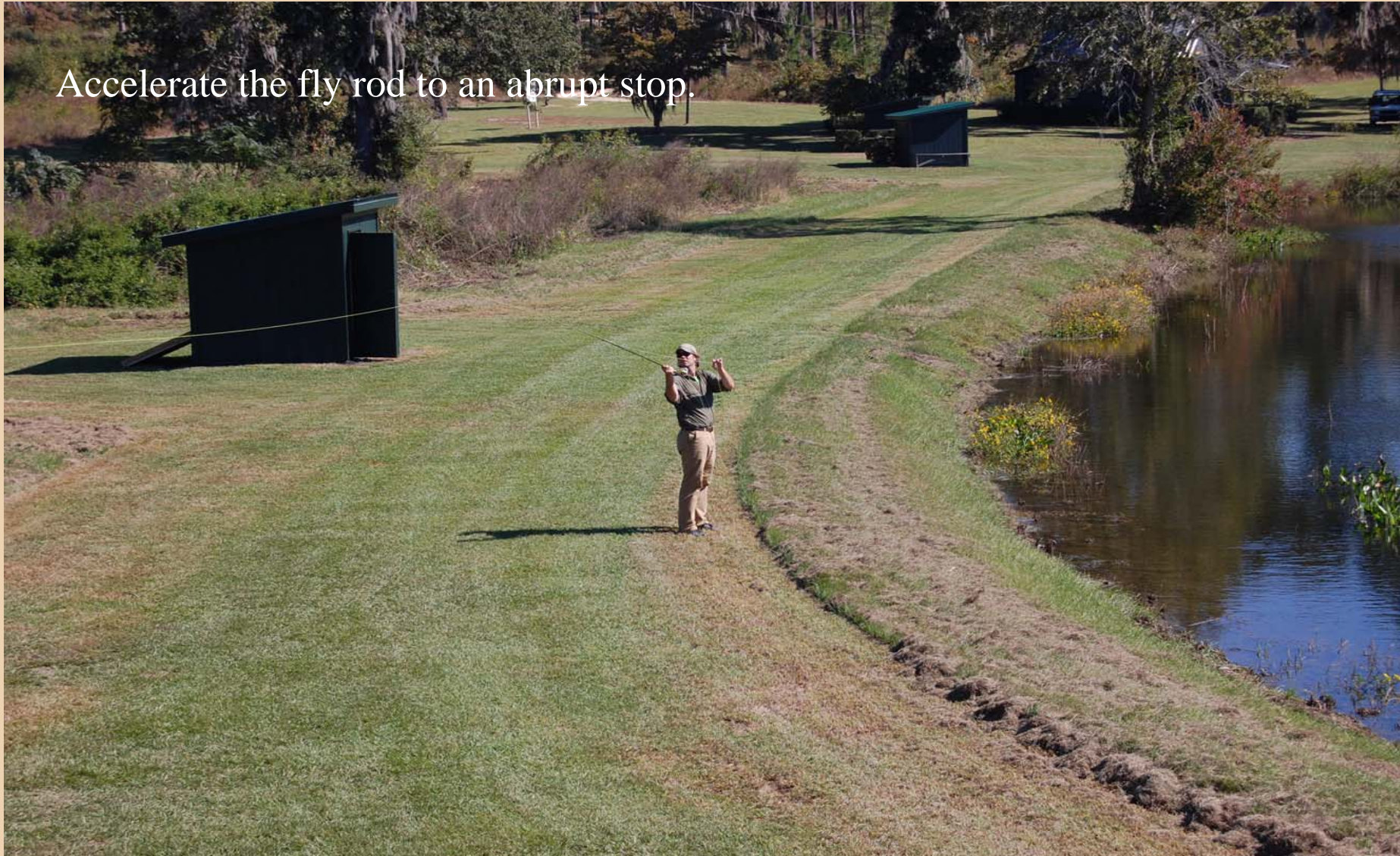
Casters Need to Make the Fly Rod do Basically Three Things

Bend/flex or what we know as load the rod.



# Mechanics of the Casting Stroke

Accelerate the fly rod to an abrupt stop.





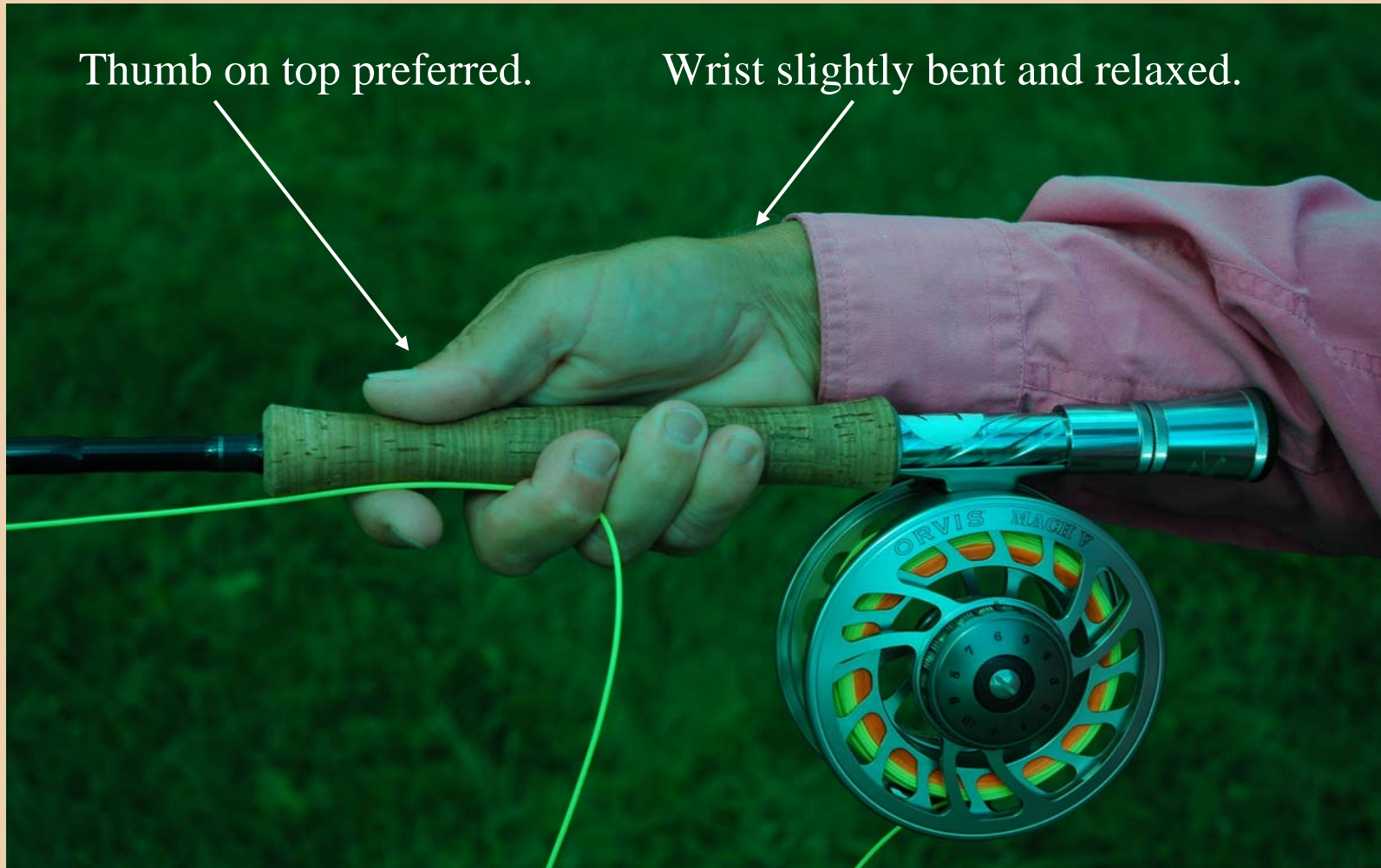
# Mechanics of the Casting Stroke

Make the fly rod travel in a relatively straight plane.



# Teaching Fly Casting

Grip (Very Important and Too Often Overlooked!)



# Teaching Fly Casting

## Grip

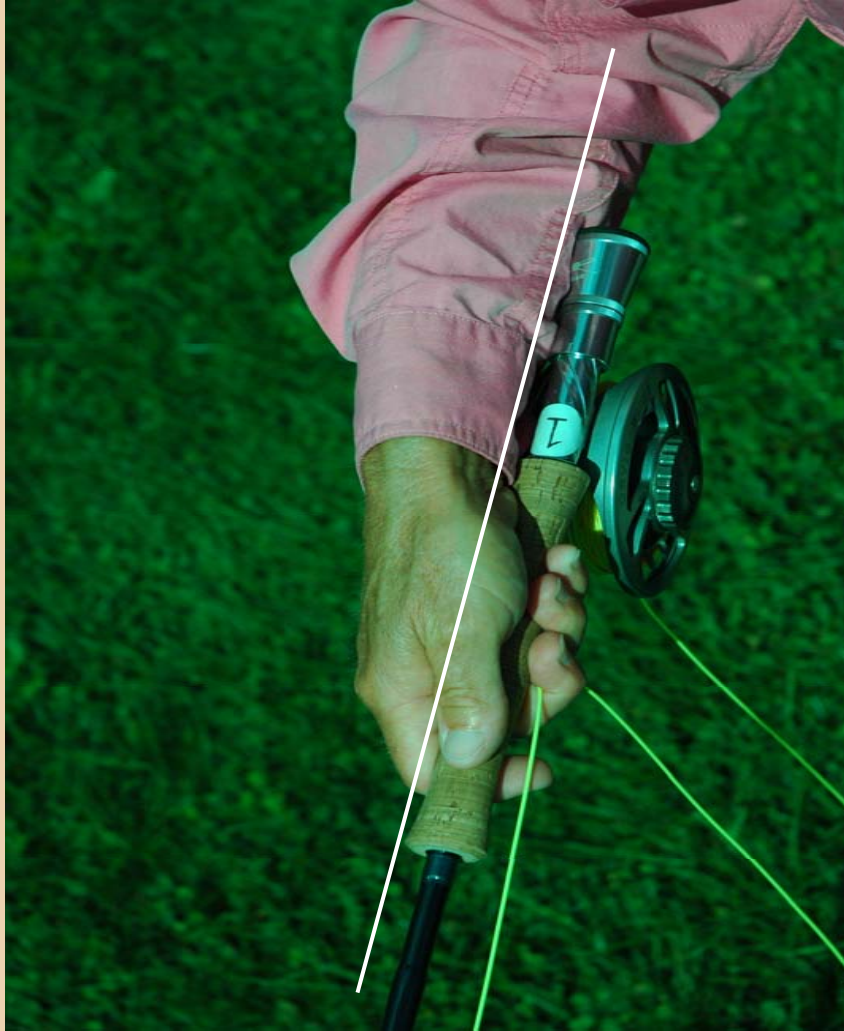
Palm or “pad” should be placed on the side of the grip, not directly on top.



# Teaching Fly Casting

## Grip

Fly rod is in a straight line to the casters arm.



# Teaching Fly Casting

## Stance

Feet about shoulder width apart. Right foot slightly back from the left foot. (Right handed caster.)



# Teaching Fly Casting

## Stance

In this position the caster can easily turn and watch the rod tip and back cast.



# Mechanics of the Casting Stroke



# Mechanics of the Casting Stroke

## Back Cast



Start with the rod tip below waist level.



# Mechanics of the Casting Stroke

## Back Cast

Smoothly **drag**  
the fly line up  
off the waters  
surface... (Note  
**fixed** wrist.)



# Mechanics of the Casting Stroke

## Back Cast

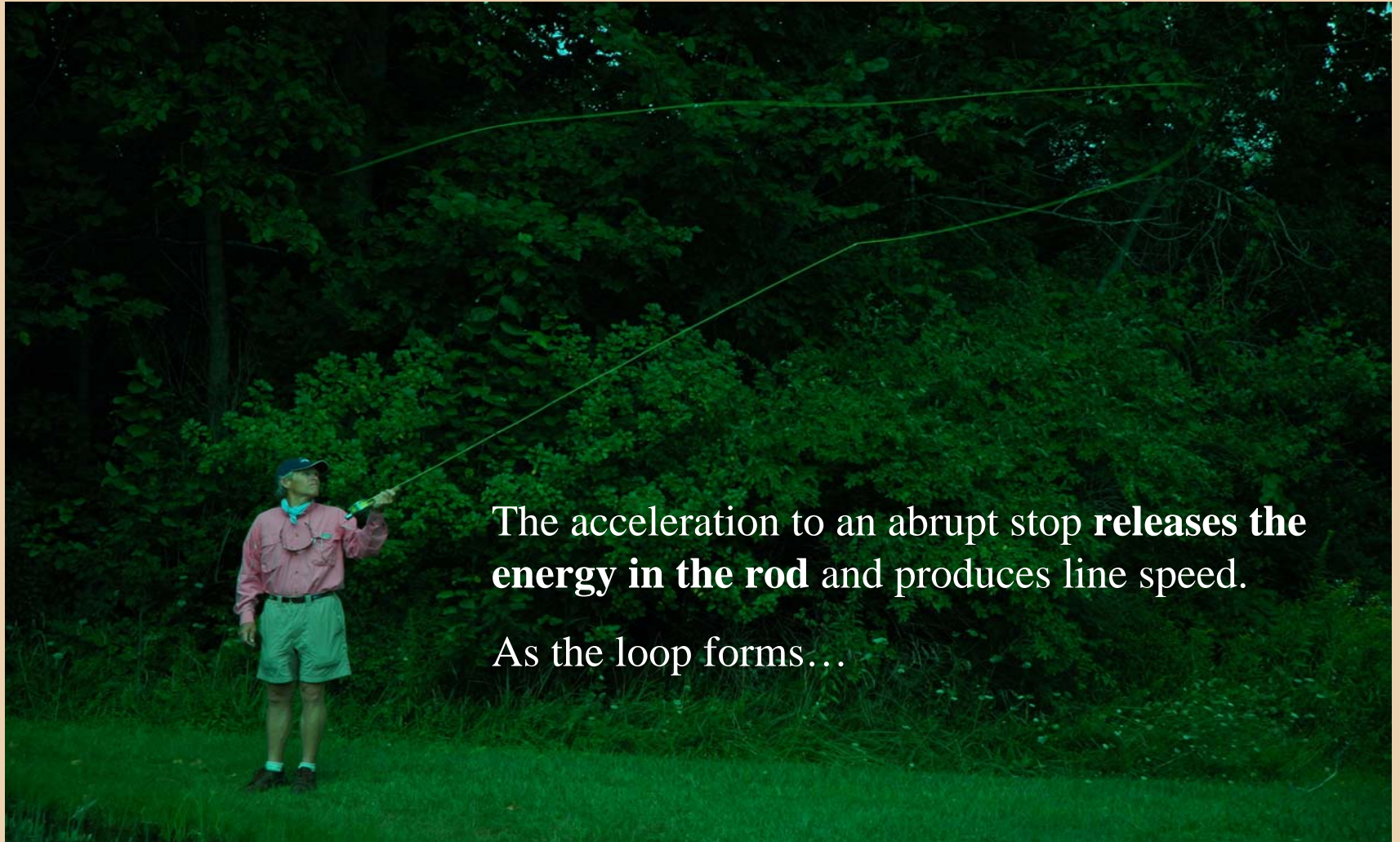
...accelerating or speeding the rod up to an abrupt stop stopping the rod in an **up-and-back** position.



Note wrist is **straight** or **firmed-up** not bent.

# Mechanics of the Casting Stroke

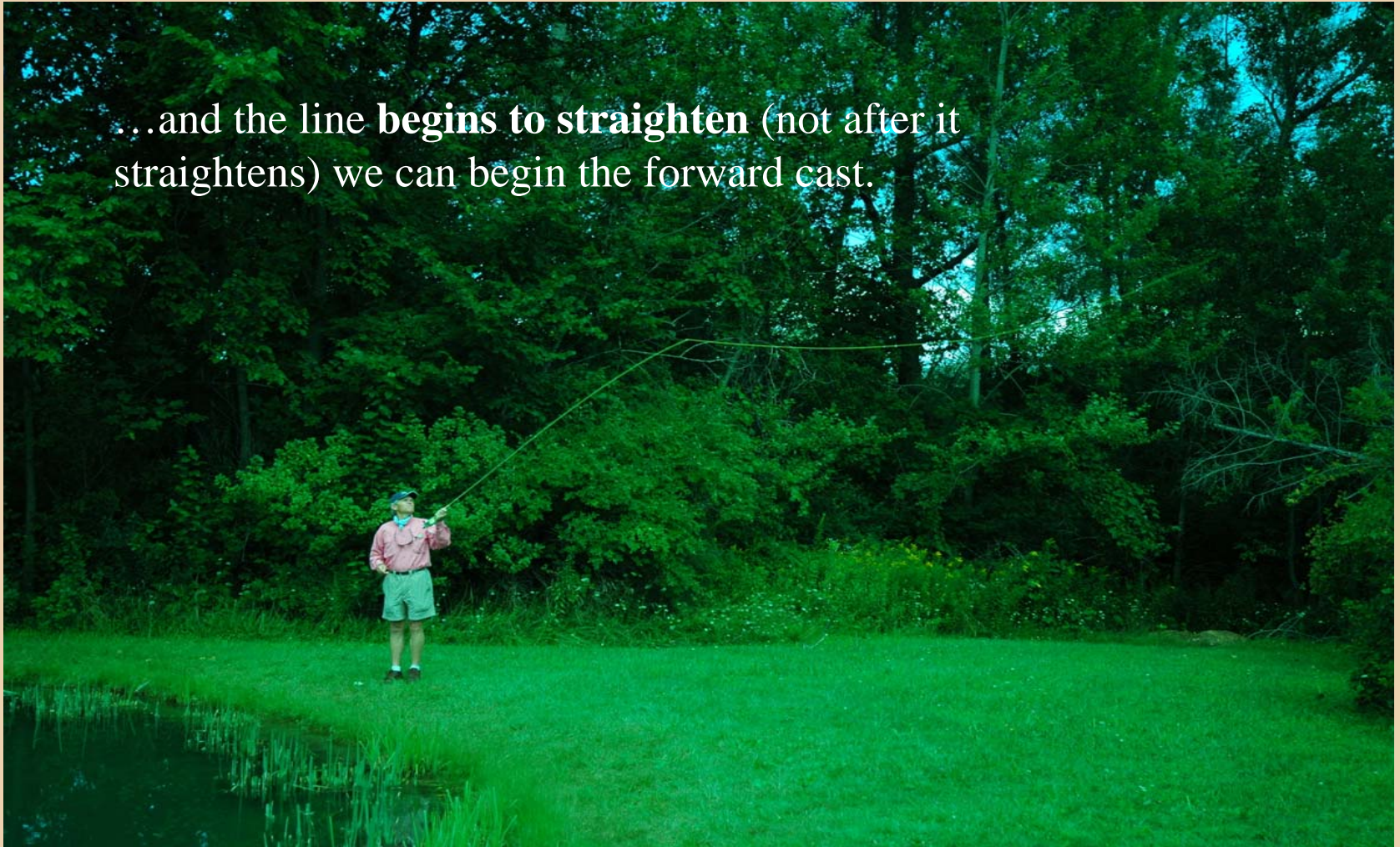
## Back cast



# Mechanics of the Casting Stroke

## Back cast

...and the line **begins to straighten** (not after it straightens) we can begin the forward cast.



# Mechanics of the Casting Stroke

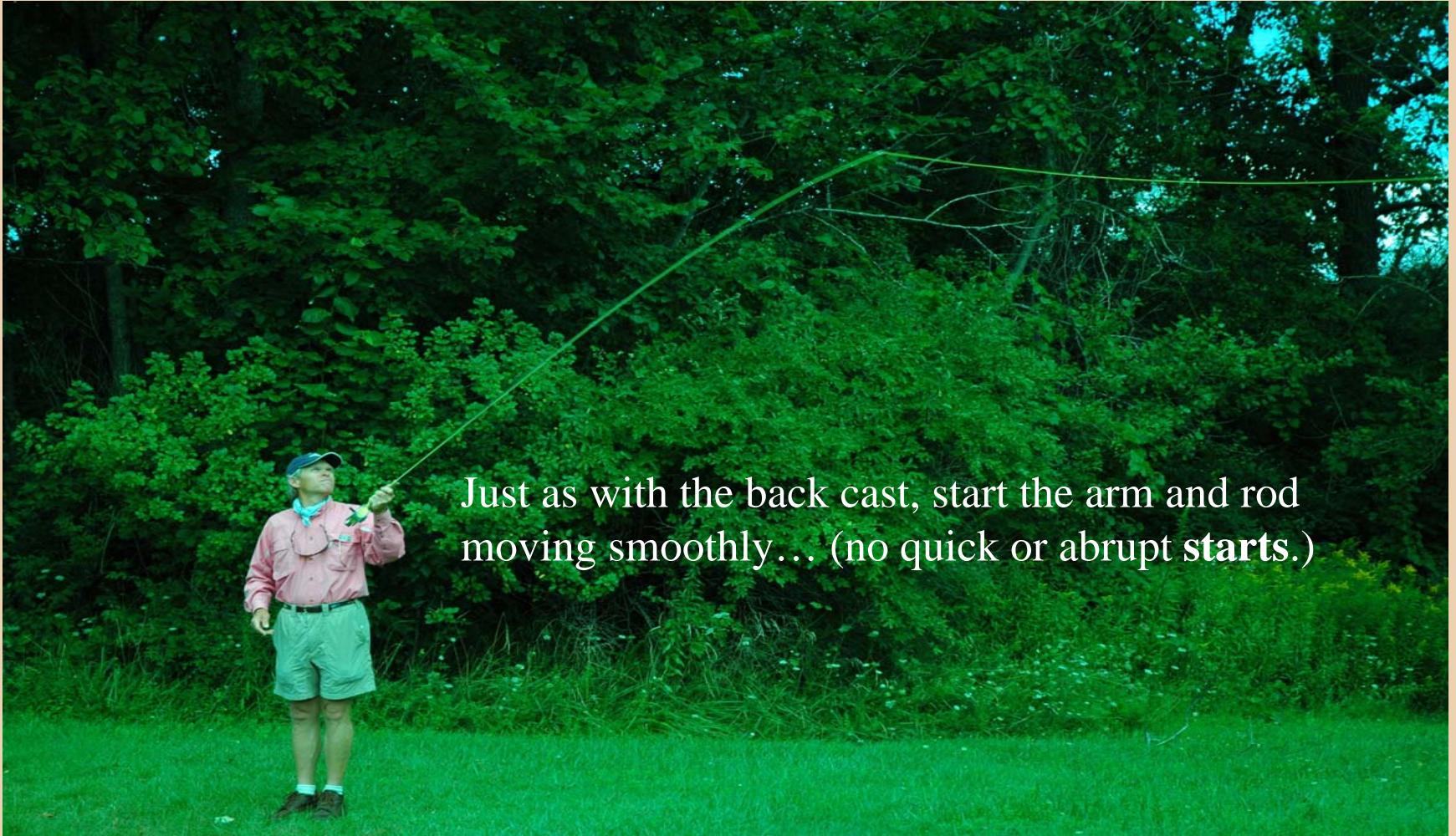
## Forward Cast

The back cast and forward cast are the same motion, moving in opposite directions.



# Mechanics of the Casting Stroke

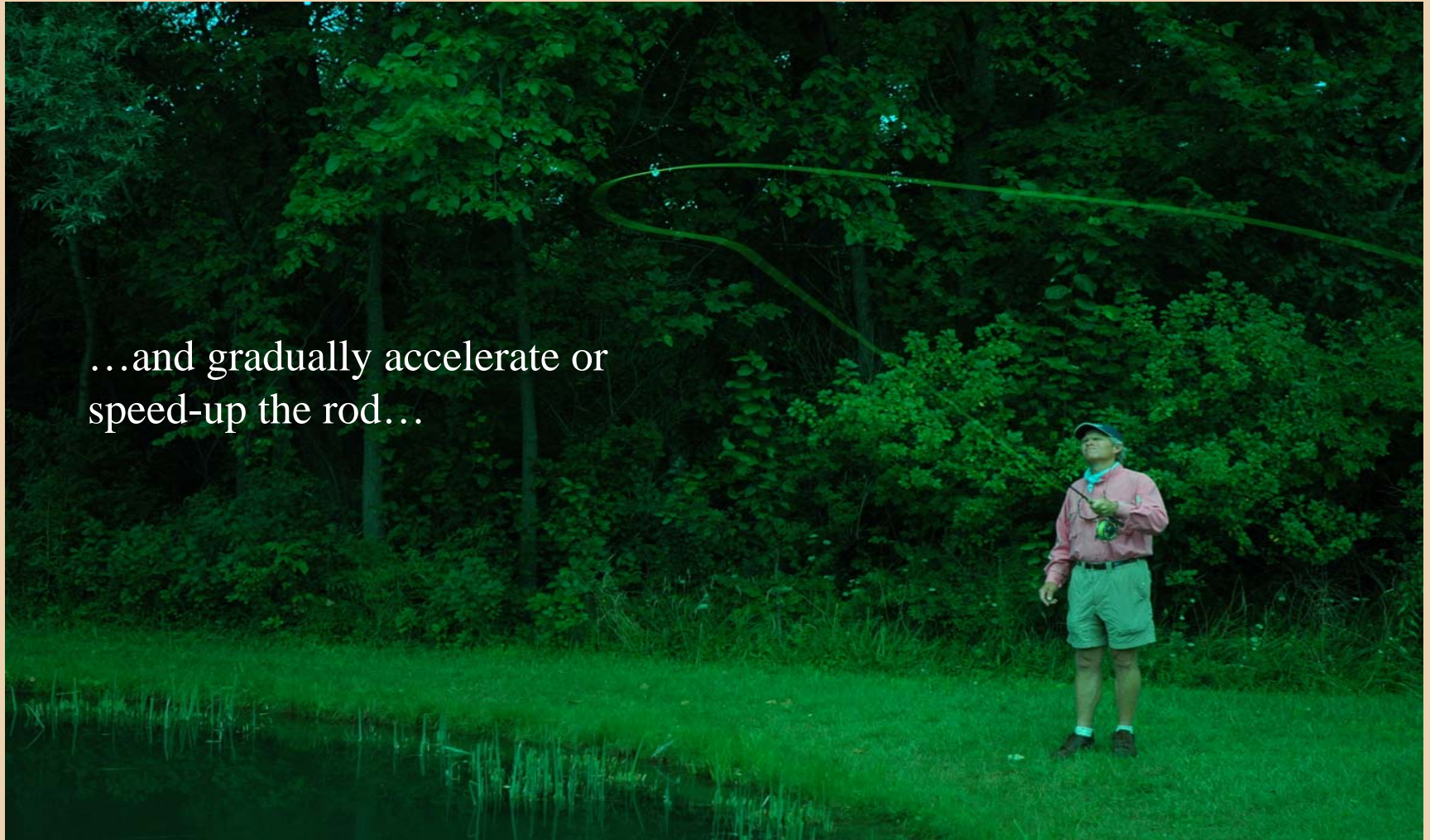
## Forward Cast



Just as with the back cast, start the arm and rod moving smoothly... (no quick or abrupt **starts**.)

# Mechanics of the Casting Stroke

## Forward Cast



...and gradually accelerate or speed-up the rod...

# Mechanics of the Casting Stroke

## Forward Cast



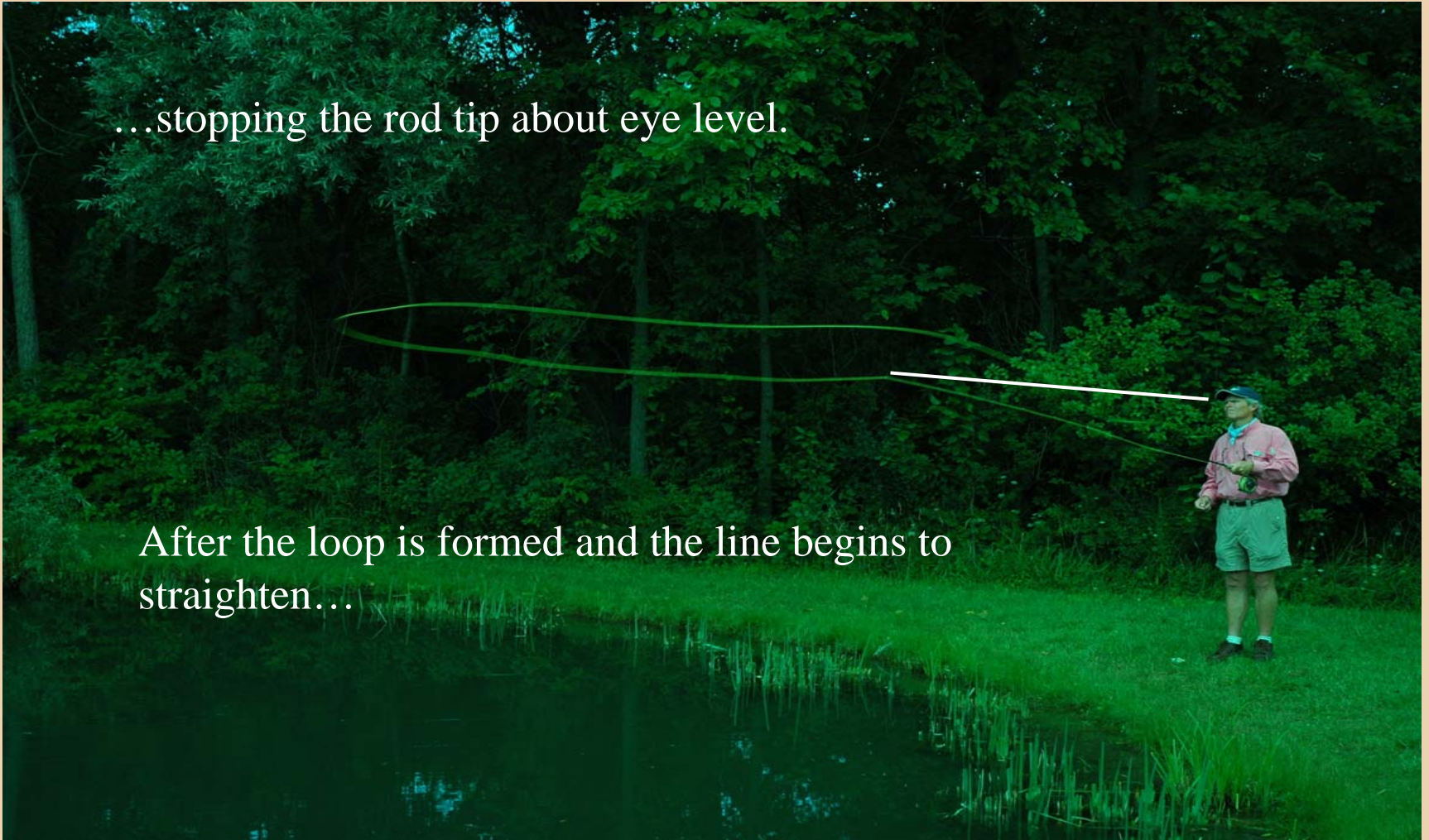


# Mechanics of the Casting Stroke

## Forward Cast

...stopping the rod tip about eye level.

After the loop is formed and the line begins to straighten...



# Mechanics of the Casting Stroke

## Forward Cast

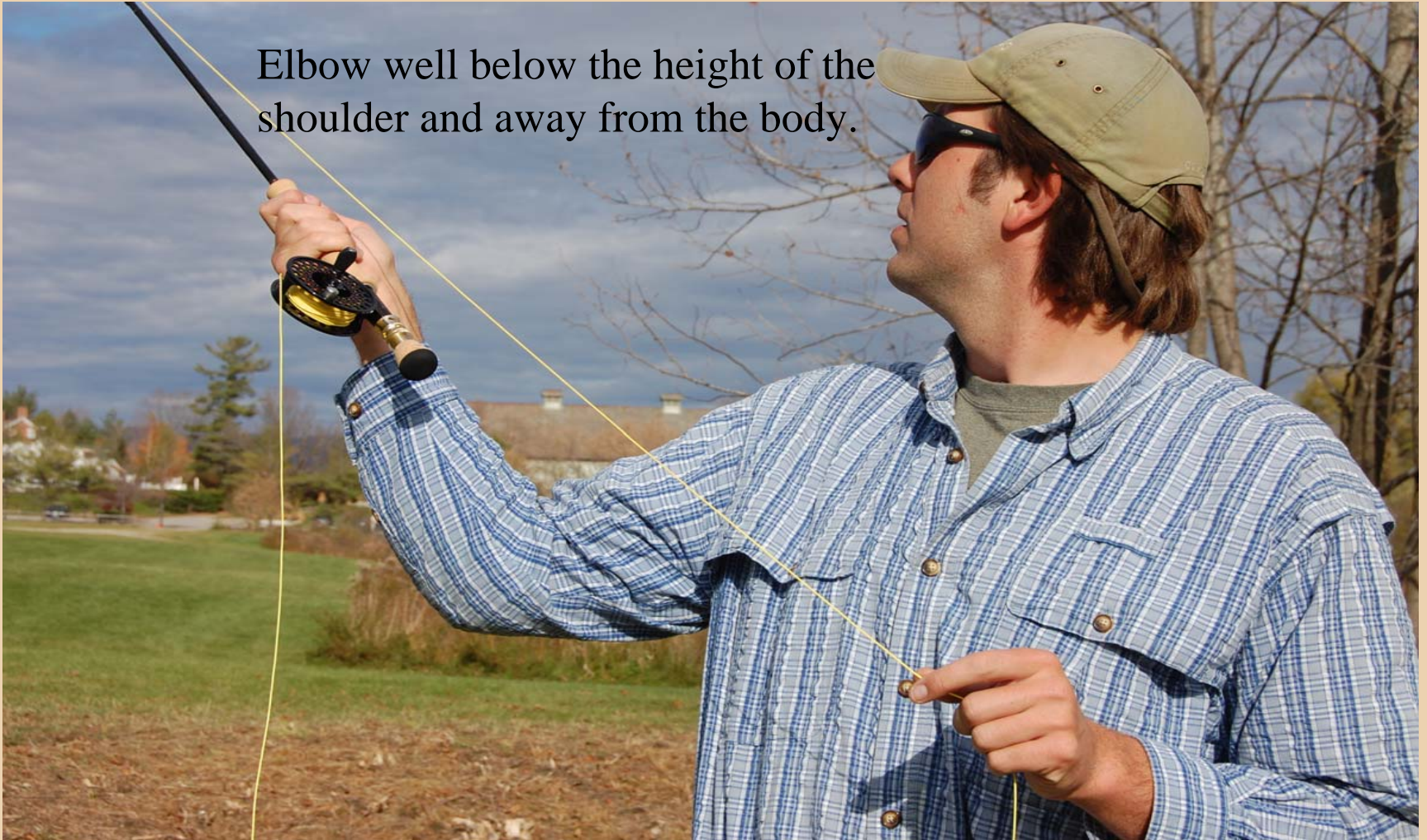
...lower the rod tip to the fishing position.



# Mechanics of the Casting Stroke

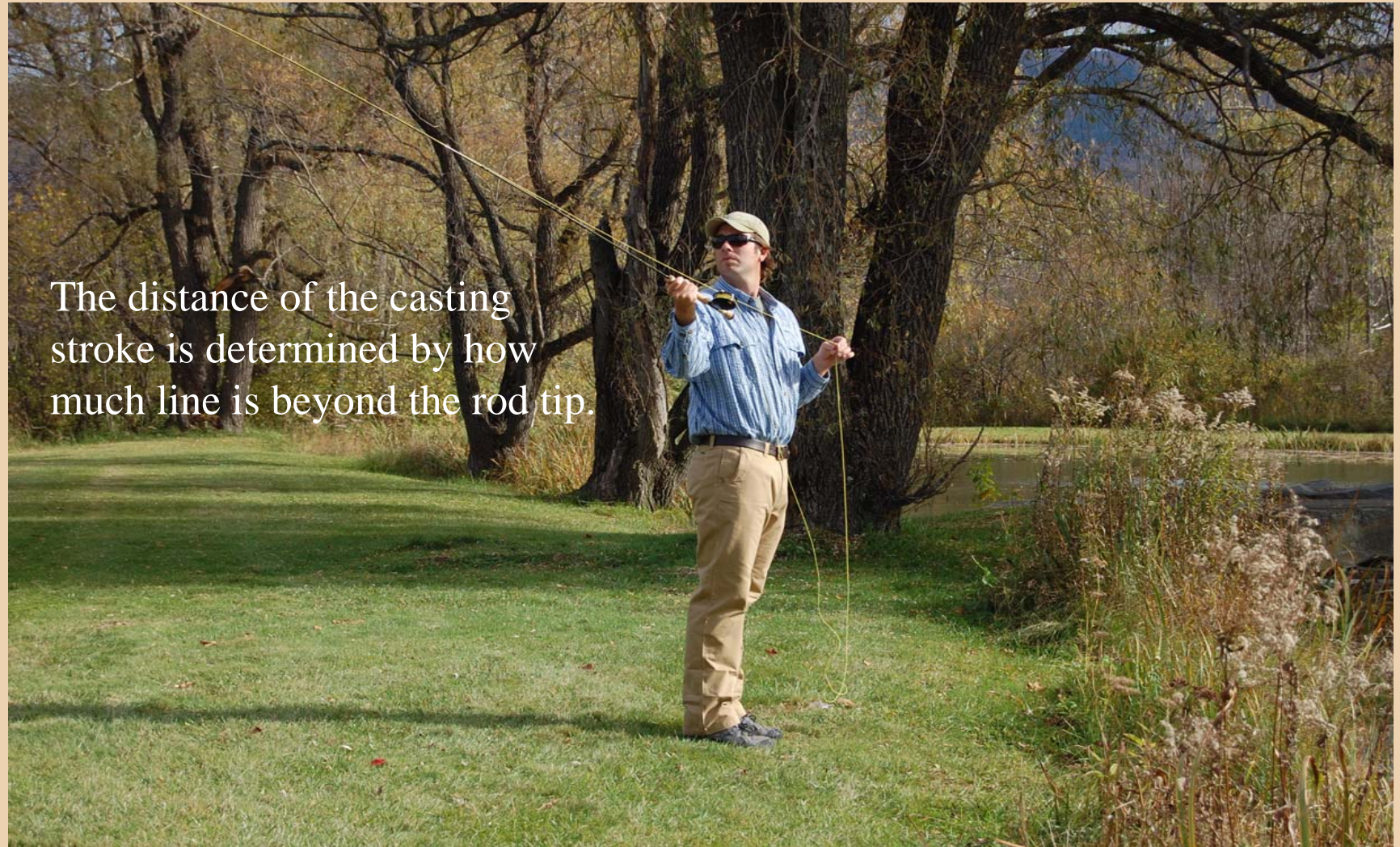
## Arm Position

Elbow well below the height of the shoulder and away from the body.



# Mechanics of the Casting Stroke

## Arm Position



# Casting Terminology When Describing and Teaching Fly Casting

- Accelerating the rod to an abrupt stop.
- Speed-up and stop.
- Snap to a stop.
- Stop and lock (the wrist.)
- Wrist snap.
- Flick of the wrist.
- Bend/Flex/Load the rod.
- Moving the rod in a straight line/path/plane.



# Casting With Clients

## Position Behind the Client

Preferred by most instructors.

- Allows more range of motion.
- Allows the instructor/guide a proper grip.



# Casting With Clients

## Position Behind the Client

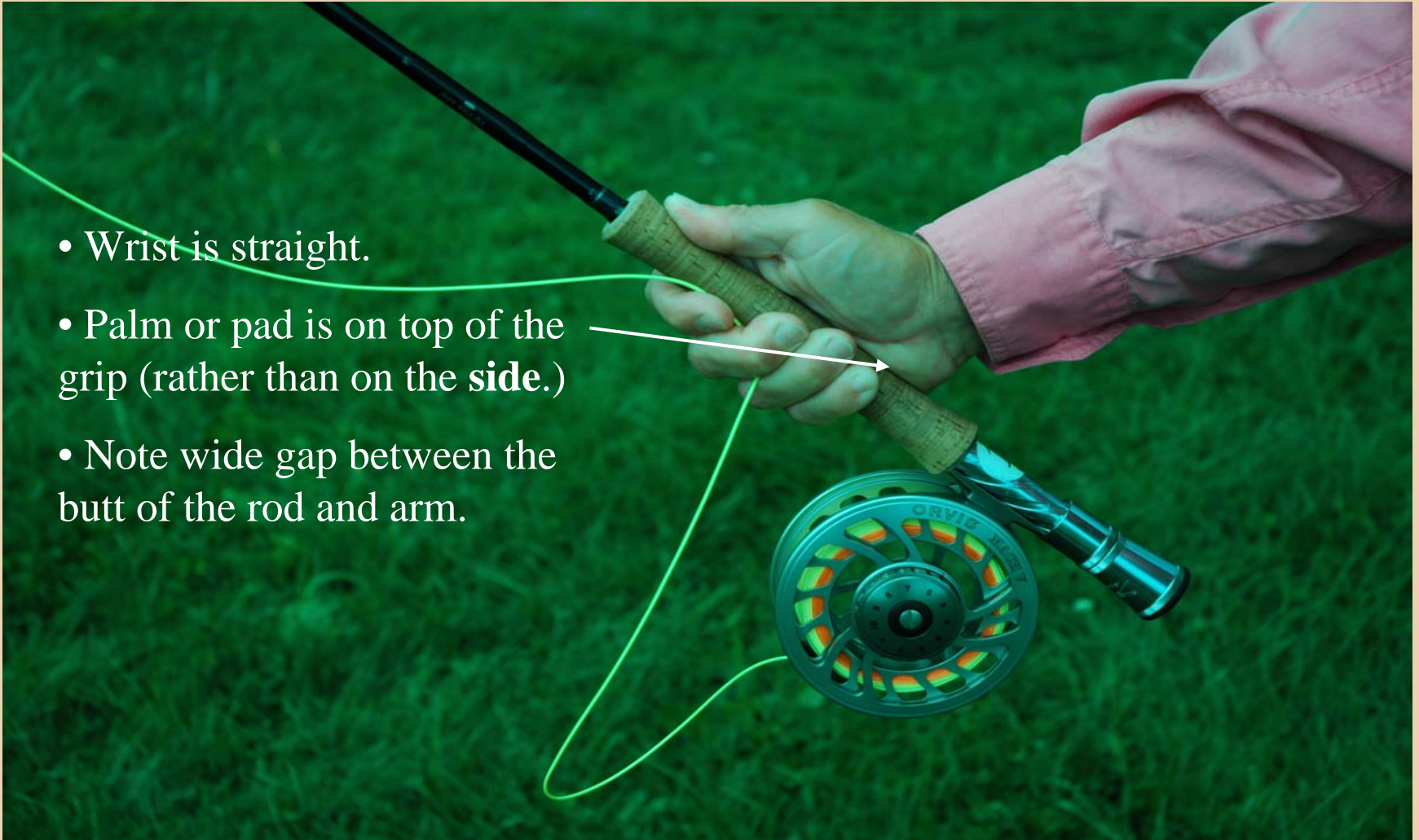


- Less range of motion, especially for longer casts.
- Difficult to have a proper grip.

# Common Casting Mistakes

## Improper Grip

- Wrist is straight.
- Palm or pad is on top of the grip (rather than on the **side**.)
- Note wide gap between the butt of the rod and arm.

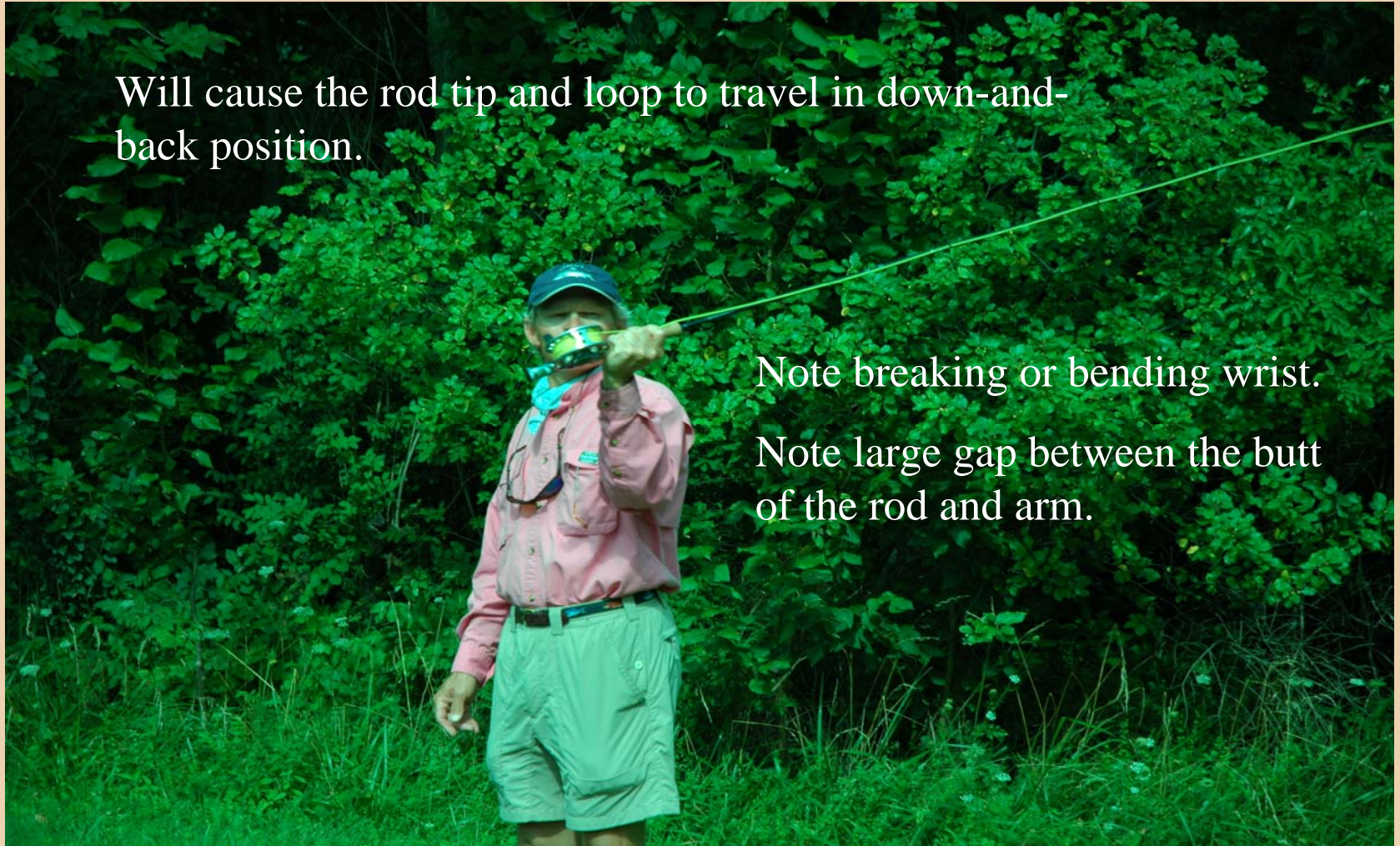




# Common Casting Mistakes

## Too Much Wrist

Will cause the rod tip and loop to travel in down-and-back position.



Note breaking or bending wrist.

Note large gap between the butt of the rod and arm.

# Common Casting Mistakes...

## Elbow held tight to casters side.

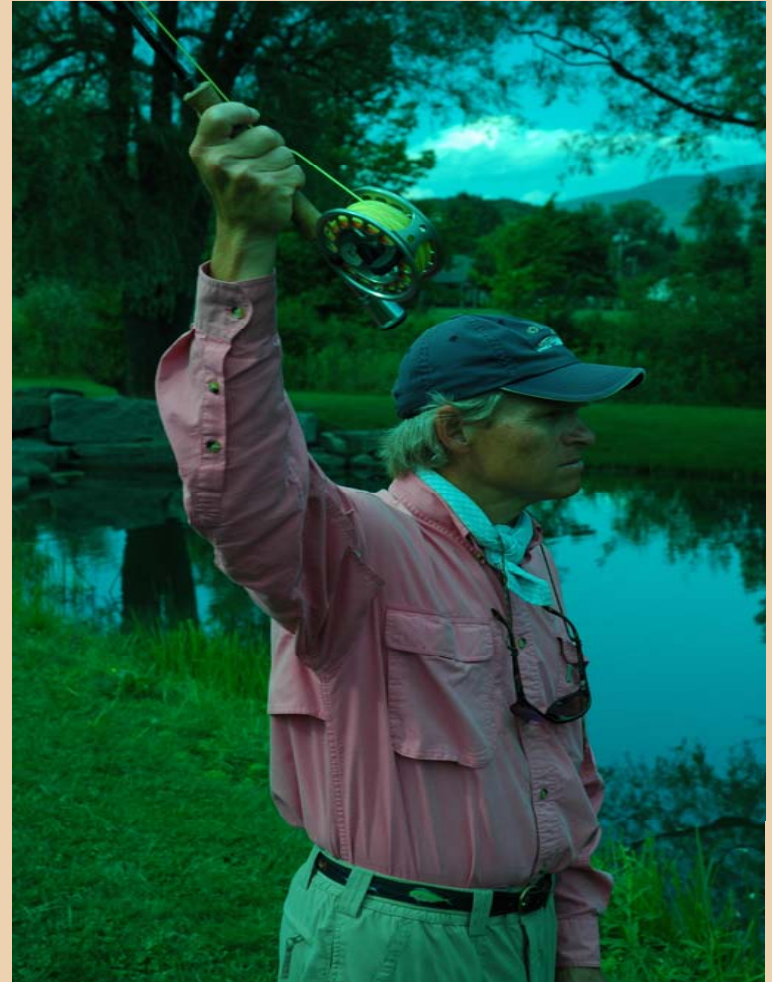
- Limits the range of motion (**leverage**) in the casters arm, especially on longer casts.
- Can cause the caster to use too much wrist.
- Can be a sign that the caster is too tense.



# Common Casting Mistakes...

## Extending the Arm Too High on the Back cast.

- Can cause unnecessary strain on the casters shoulder.
- More fatiguing.
- (Of course there will be occasions – in a fishing situation – when the arm will need to be extended to make a high back cast.)



# Common Casting Mistakes

## Extending or Throwing the Arm/Rod on the Forward Cast.

Very common with new casters who feel like they need to “help” the rod.

This typically causes the rod tip to travel in a downward direction...



# Common Casting Mistakes

Extending or Throwing the Arm/Rod on the Forward Cast.



...causing the loop to break open.

# Common Casting Mistakes

## Shooting Line Too Soon

- Note slack line between the stripper guide and the line hand. (Indication of shooting line too soon).
- Usually results in the line not straightening out on the forward cast.
- Shoot line as the rod **coming to a stop**.



# Common Casting Mistakes

## Tailing Loops

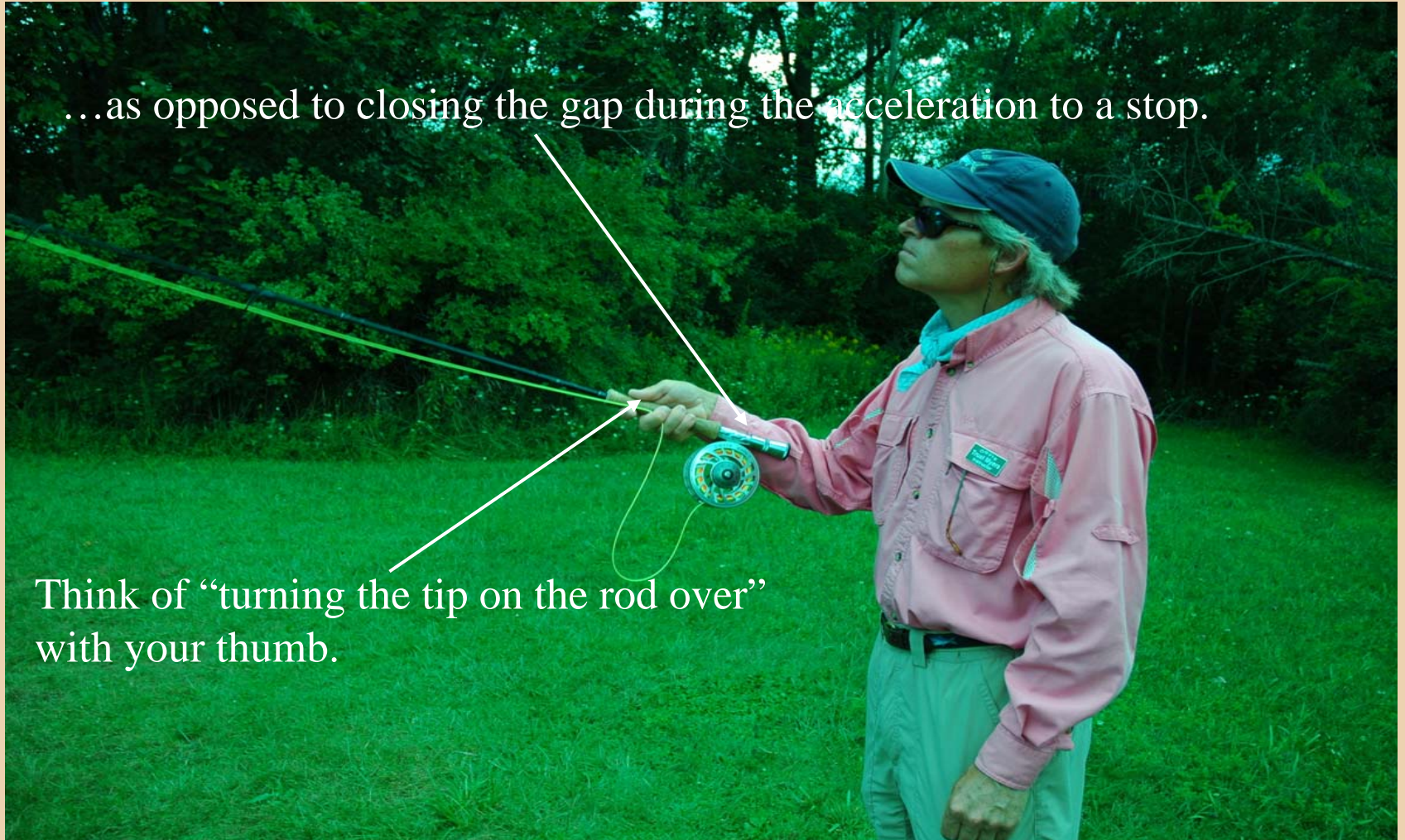
Punching or pushing the rod straight ahead with your arm as you bring the rod to a stop.

Note wide gap between the butt of the rod and arm...

# Common Casting Mistakes

## Tailing Loops

...as opposed to closing the gap during the acceleration to a stop.



Think of “turning the tip on the rod over”  
with your thumb.



# Common Casting Mistakes

## Tailing Loops



The most common cause of tailing loops is applying the acceleration to a stop too soon (even among experienced casters.)

# Key Casting Points

- Let the tackle do most of the work.
- Relaxation.
- Smooth good casting mechanics.
- Watch the rod tip.

# The End



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