

Better Fishing Through Better Fly Casting

Tips On How To Make Your Client a Better Fly Caster



Teaching Fly Casting

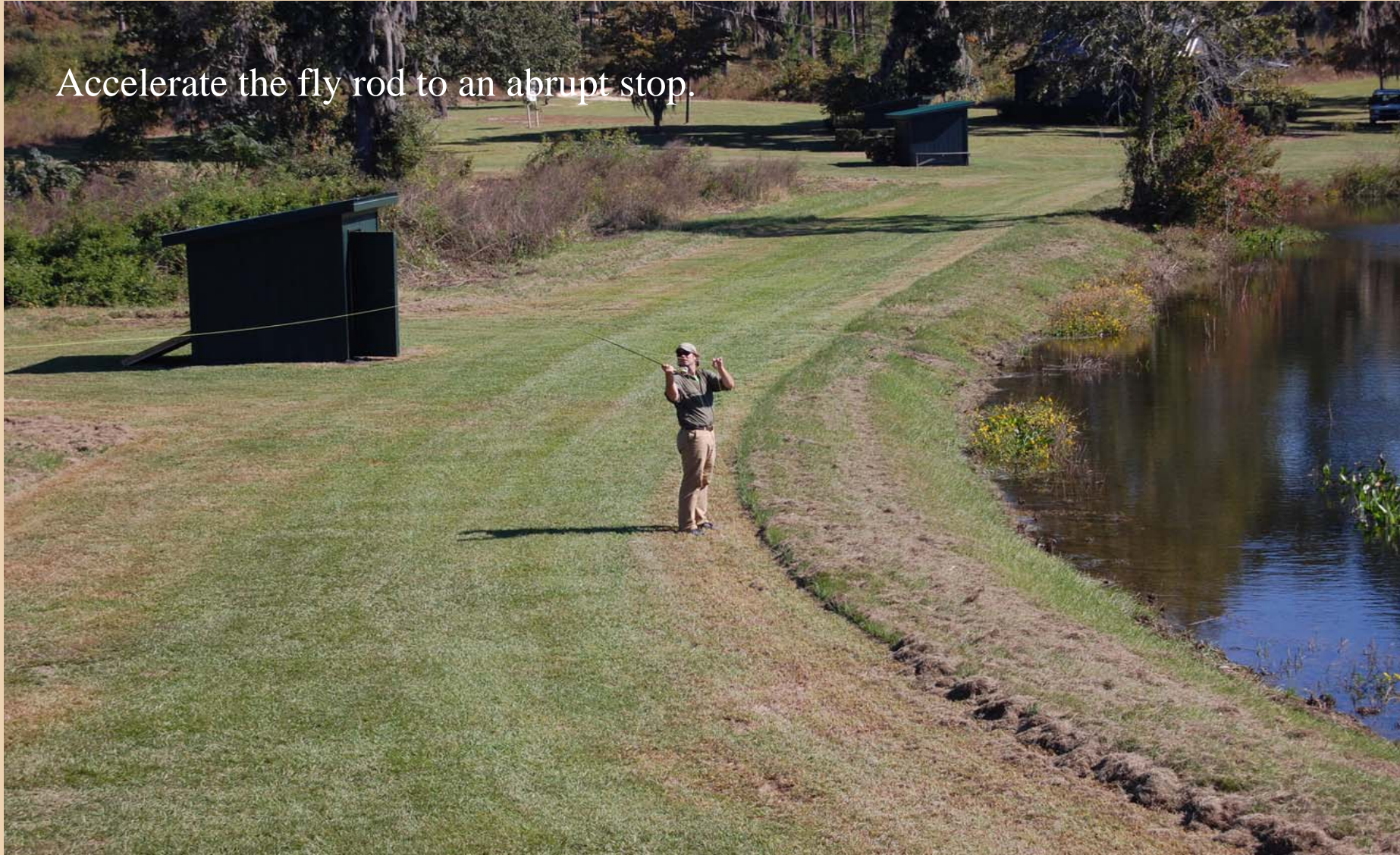
Casters need to make the fly rod do basically three things

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



Teaching Fly Casting

Accelerate the fly rod to an abrupt stop.



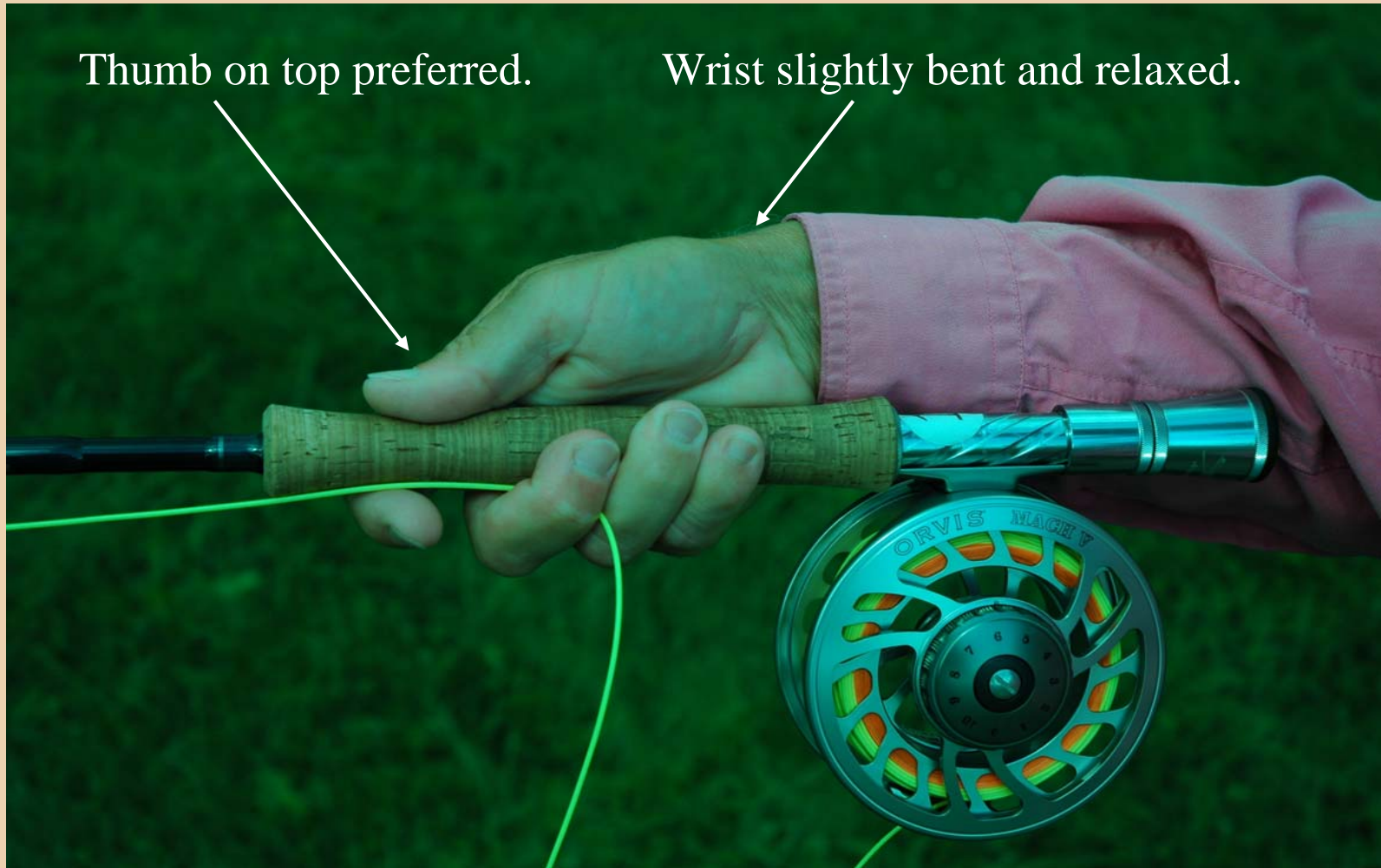
Teaching Fly Casting

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

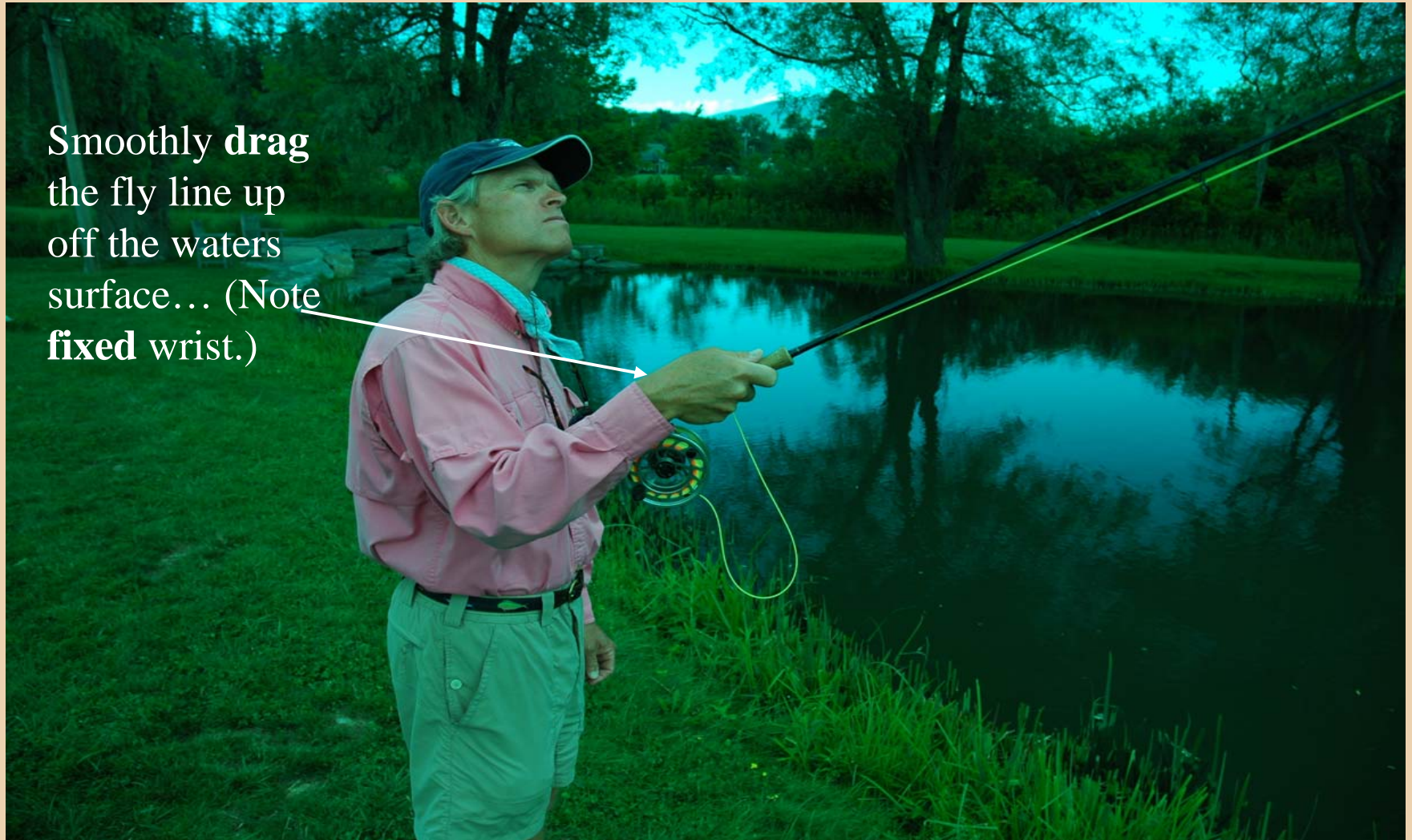
Back cast



Start with the rod tip below waist level.

Teaching Fly Casting

Back cast



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

Teaching Fly Casting

Back cast

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

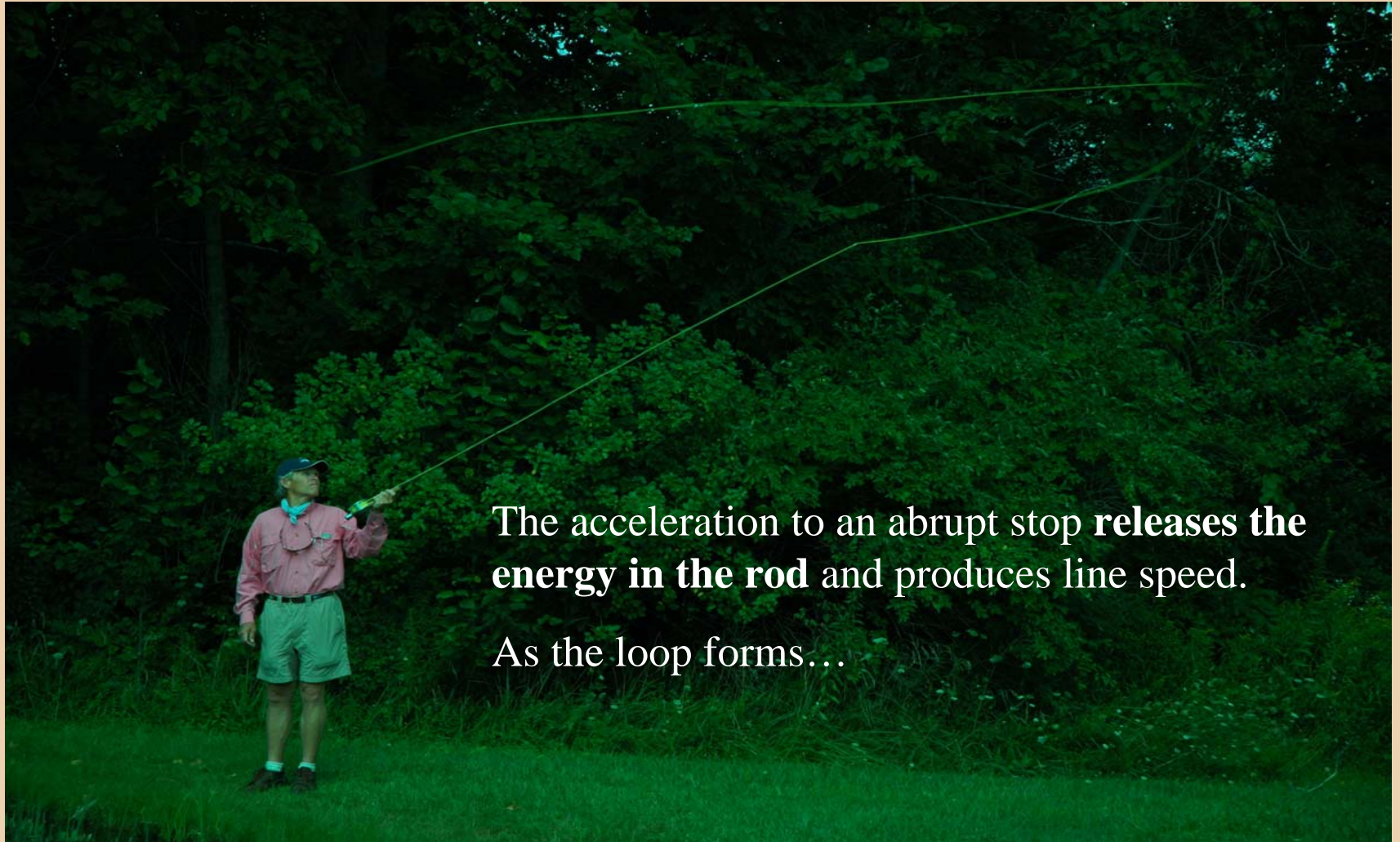
This description works whether casting a short or long line.



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

Teaching Fly Casting

Back cast



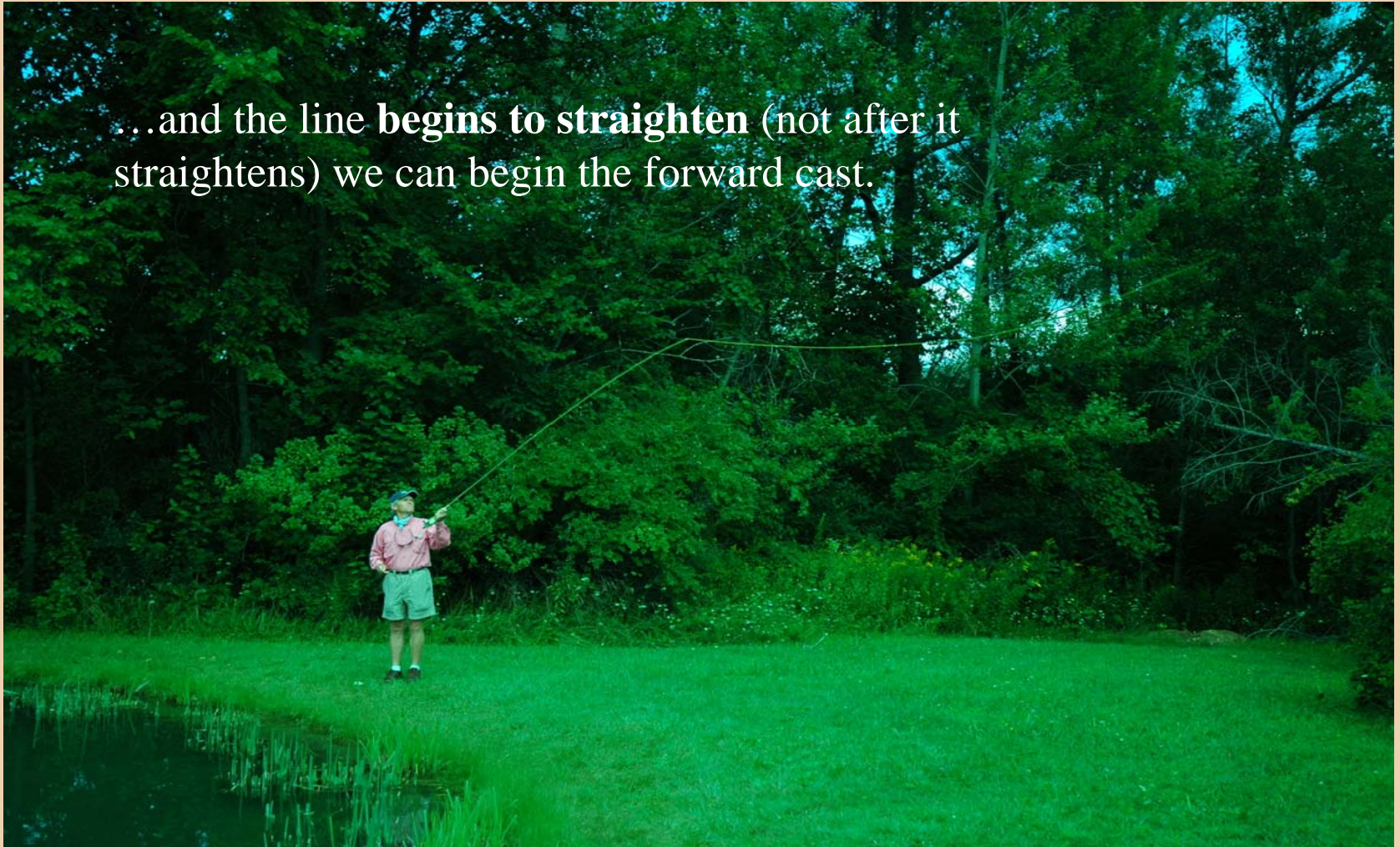
The acceleration to an abrupt stop **releases the energy in the rod** and produces line speed.

As the loop forms...

Teaching Fly Casting

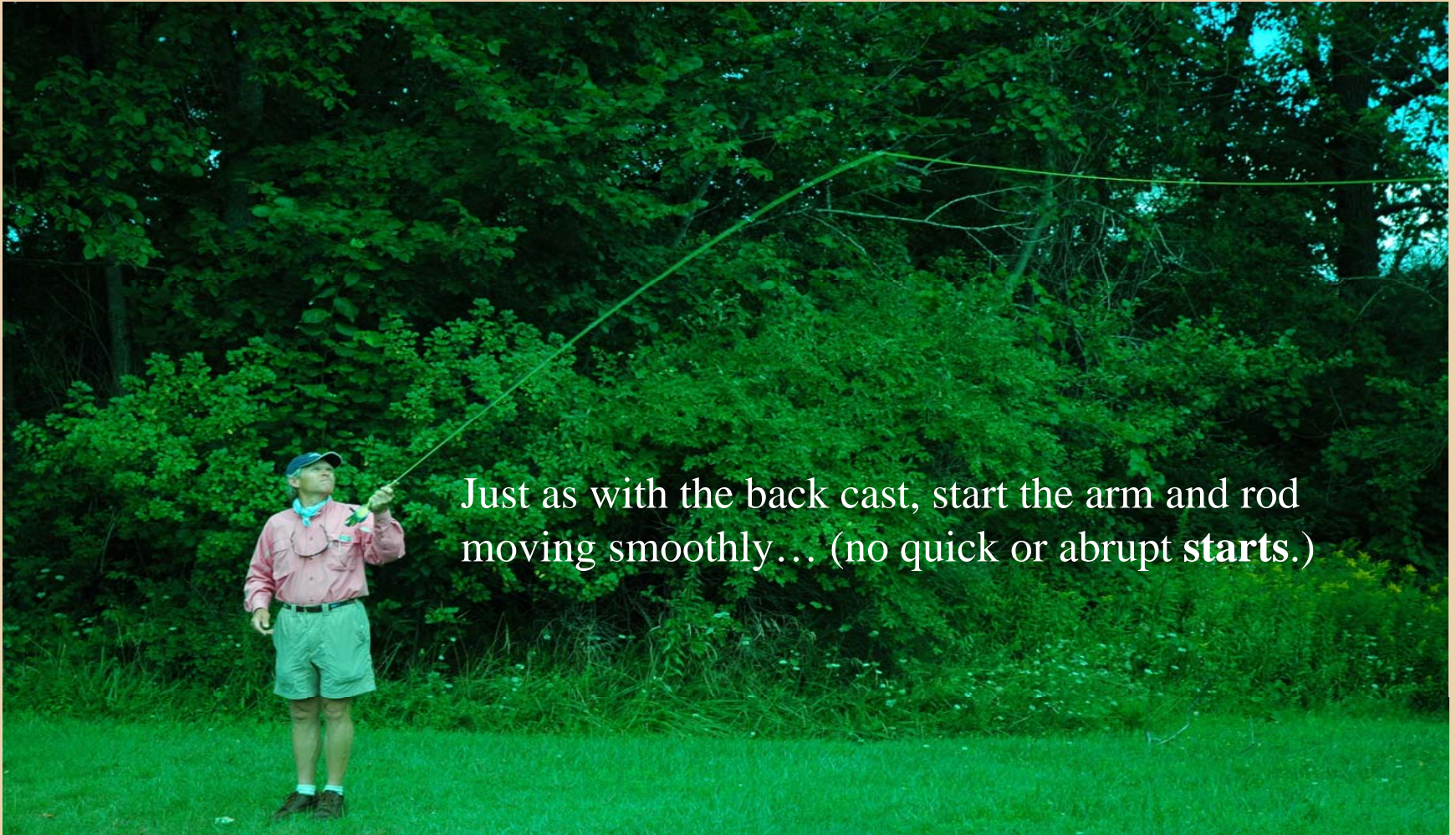
Back cast

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



Teaching Fly Casting

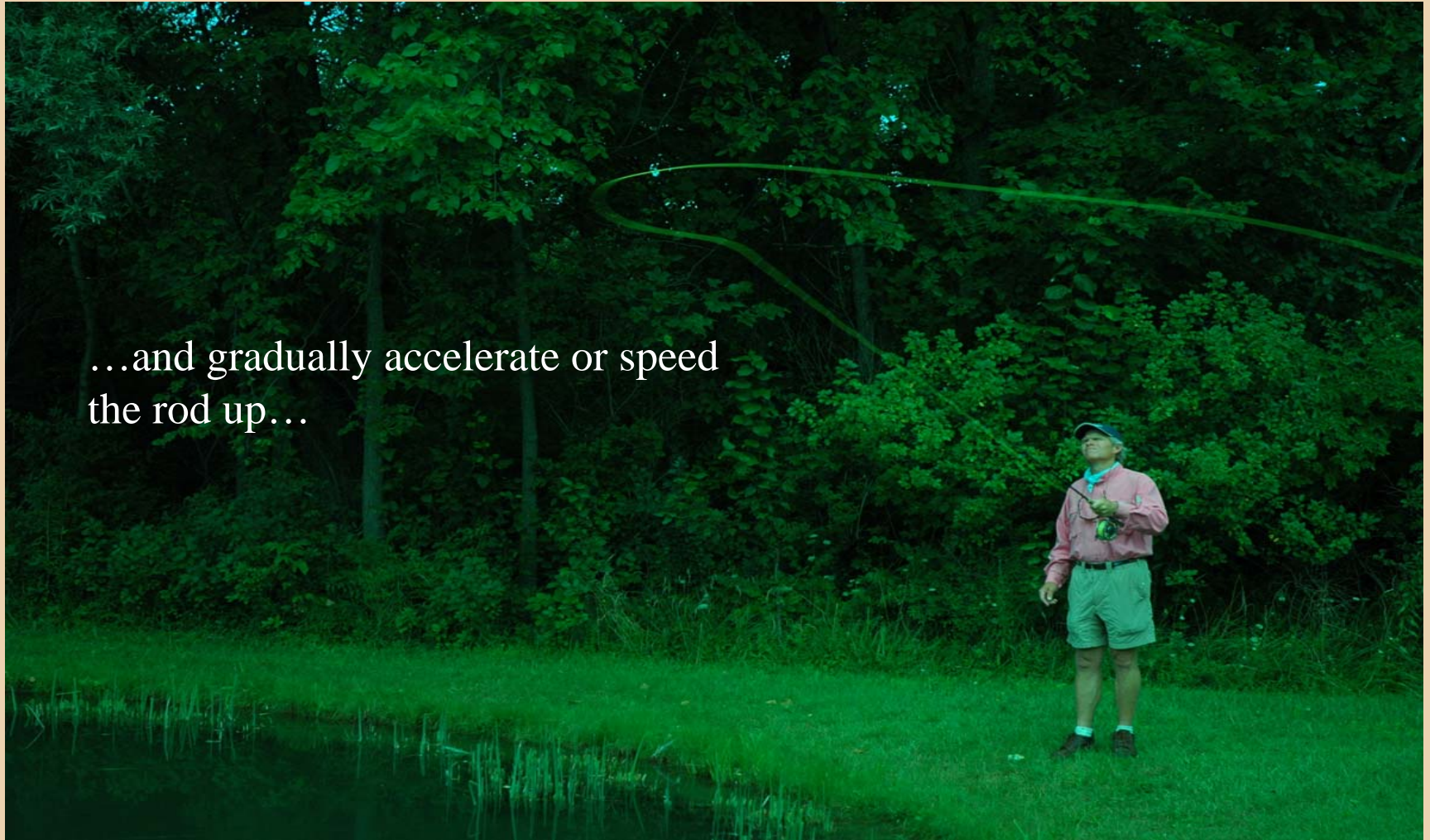
Forward cast



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

Teaching Fly Casting

Forward cast



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

Teaching Fly Casting

Forward cast



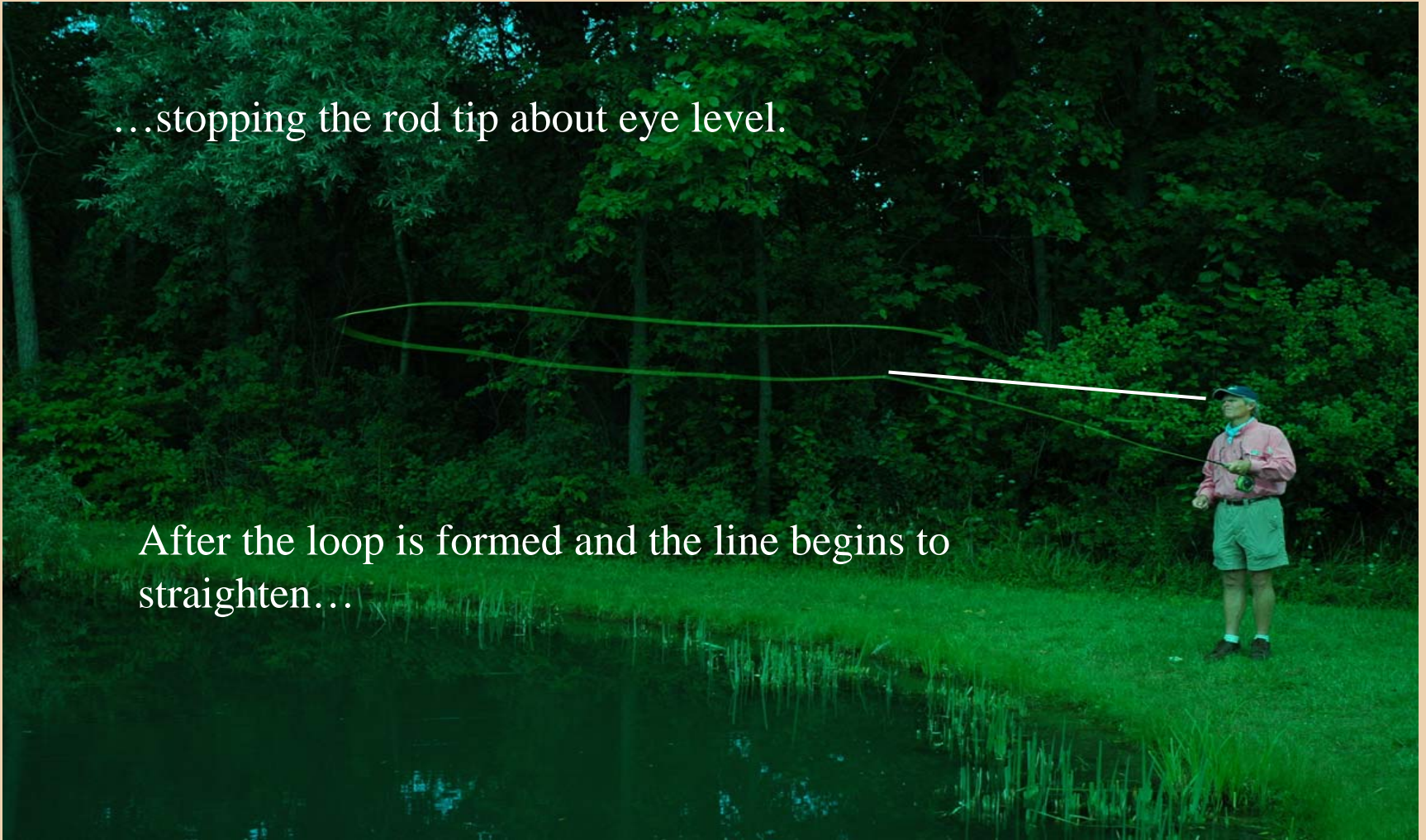
...to an abrupt stop...

Teaching Fly Casting

Forward cast

...stopping the rod tip about eye level.

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



Teaching Fly Casting

Forward cast

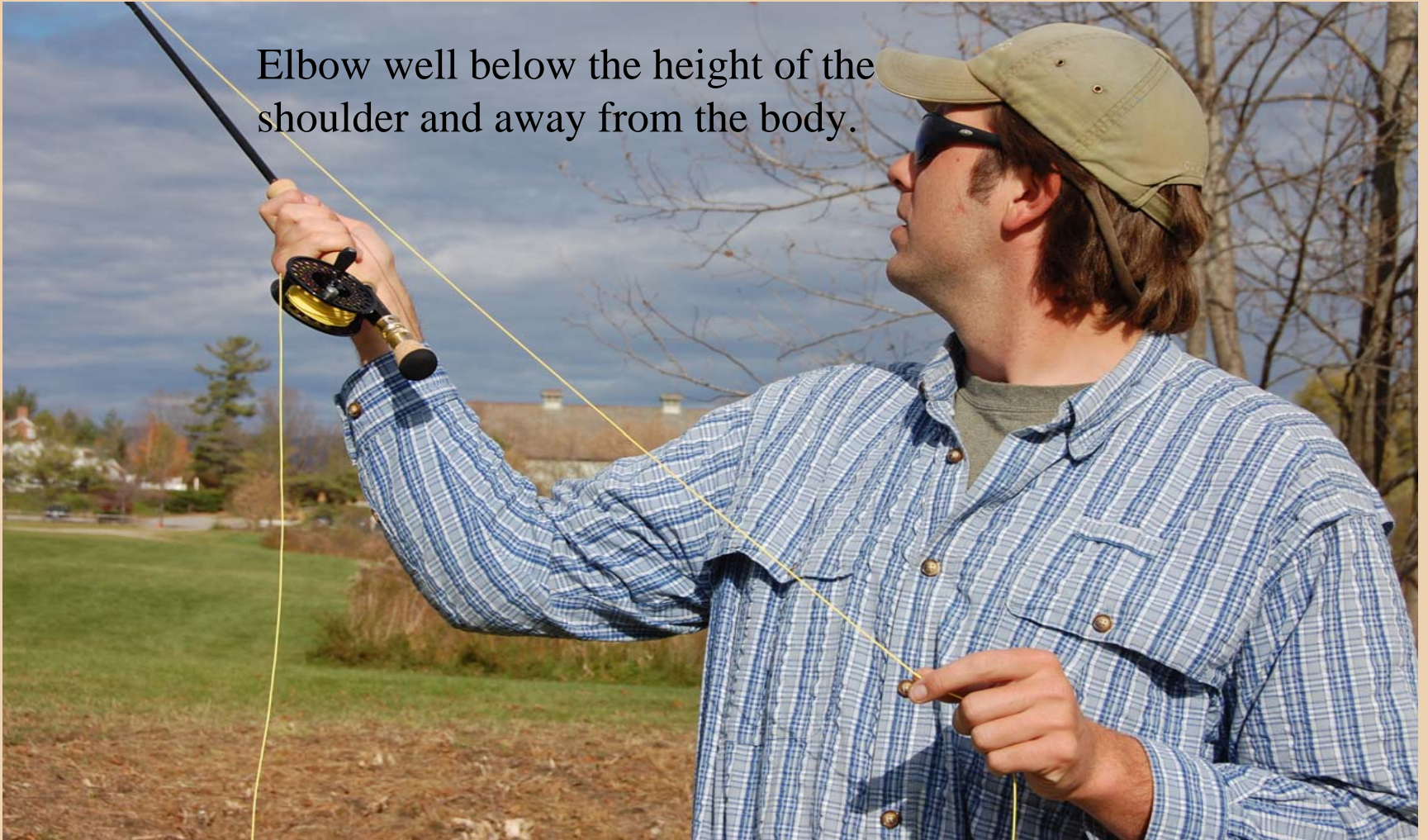
...lower the rod tip to the fishing position.



Teaching Fly Casting

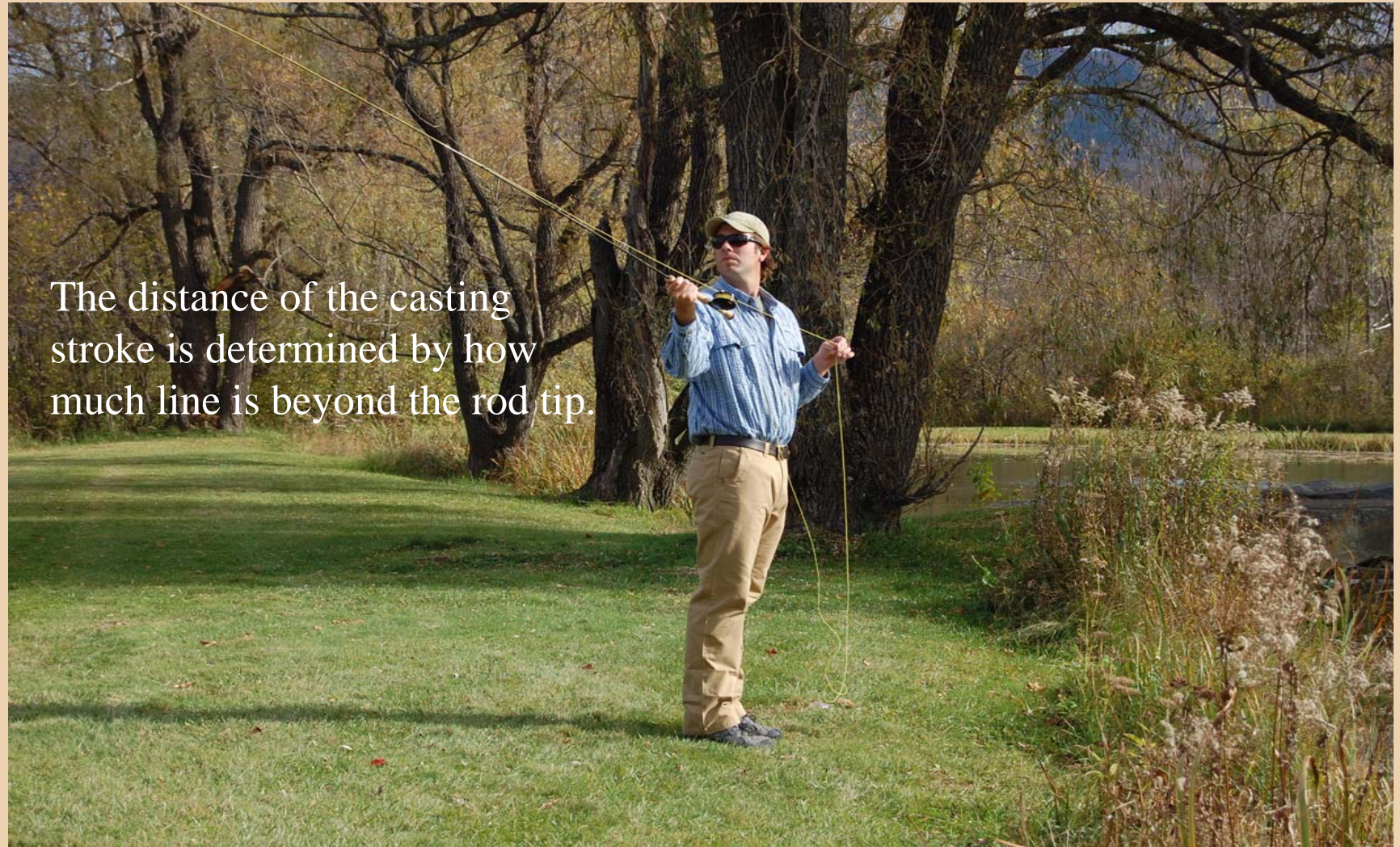
Arm position

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



Teaching Fly Casting

Arm position



The distance of the casting stroke is determined by how much line is beyond the rod tip.

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 In Front the Client



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

Mechanics of the Casting Stroke

If you have the time to work with your client's casting on grass, try this teaching technique.

Separate the back and forward casts.

This will help casters understand...

- The timing of the acceleration-to-the-stop move.
- Rod-path movement (straight line.)
- The direction the line travels in relation to the direction the rod tip travels.

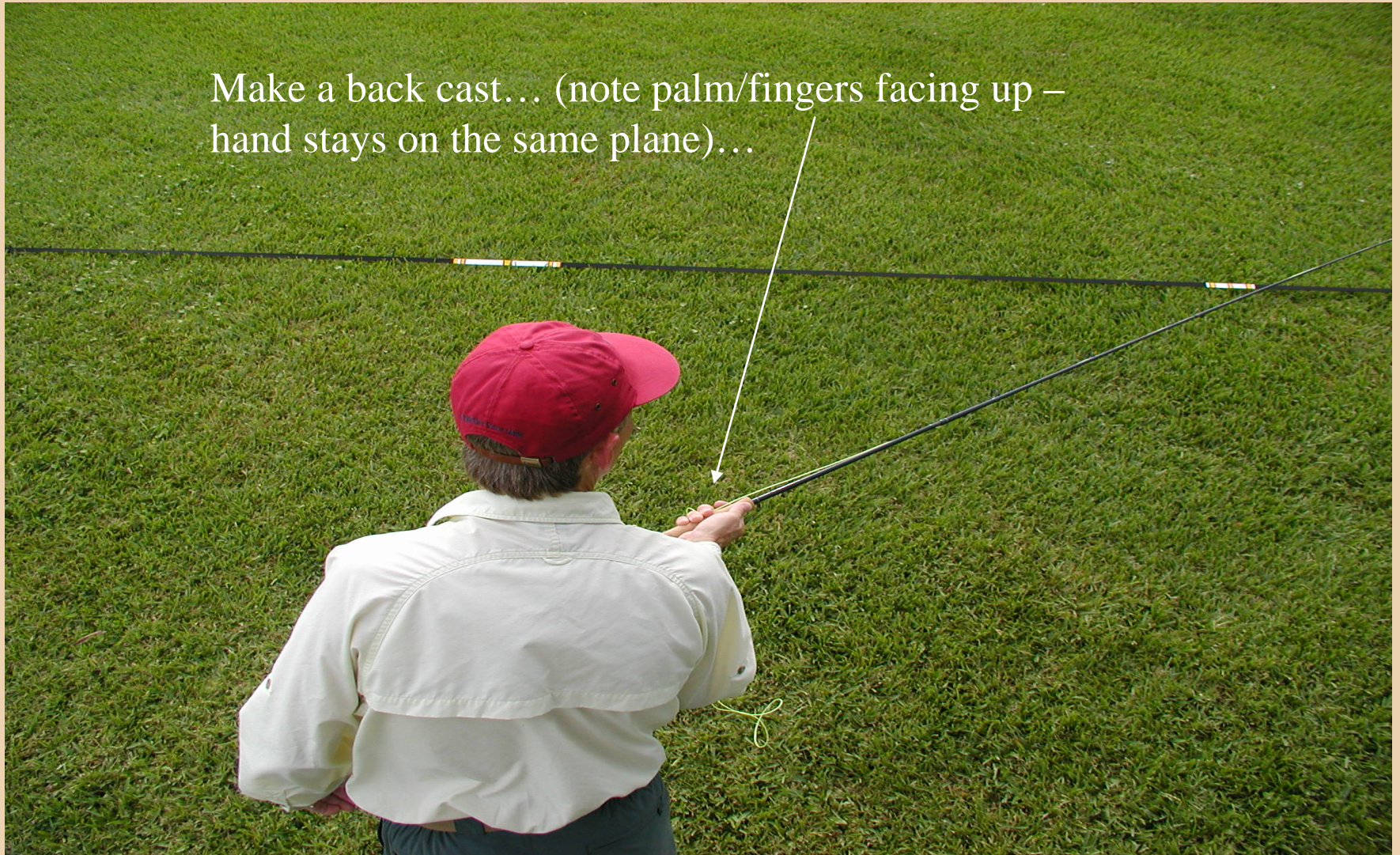


Mechanics of the Casting Stroke

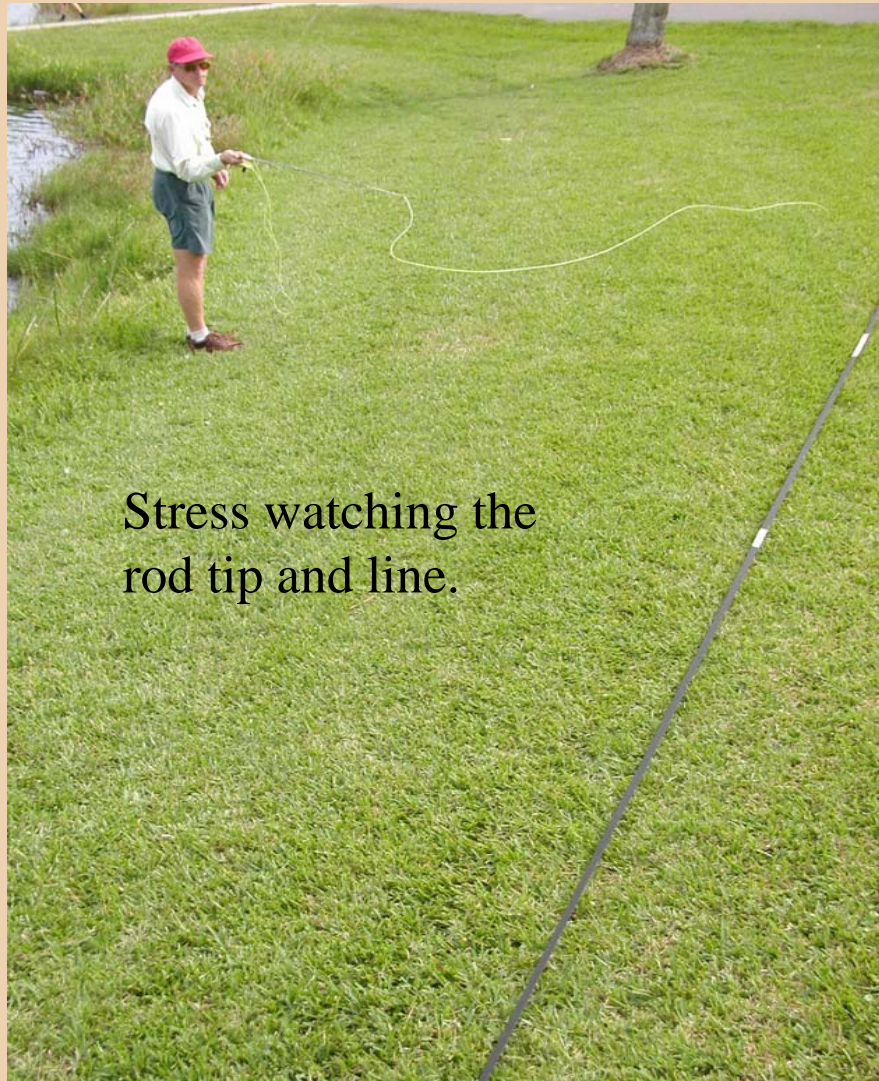
With 25 or 30 feet of fly line beyond the rod tip and fly rod held at a low angle (caster watching the rod tip)...

Mechanics of the Casting Stroke

Make a back cast... (note palm/fingers facing up – hand stays on the same plane)...

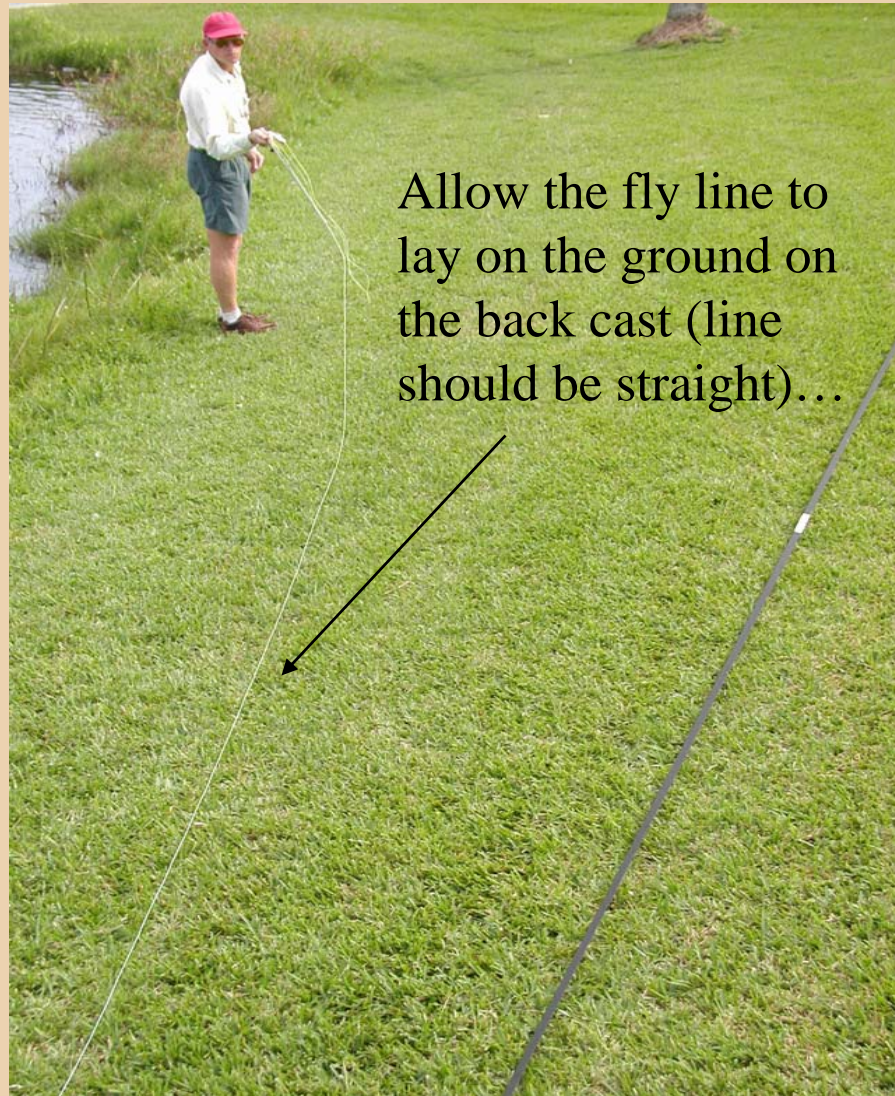


Mechanics of the Casting Stroke



Stress watching the
rod tip and line.

Mechanics of the Casting Stroke



Mechanics of the Casting Stroke



Make a forward cast, again allowing line to lay on the ground (line should be straight.)

This drill is very visual and gives your client a great idea on how to let the fly rod work for them!

Mechanics of the Casting Stroke



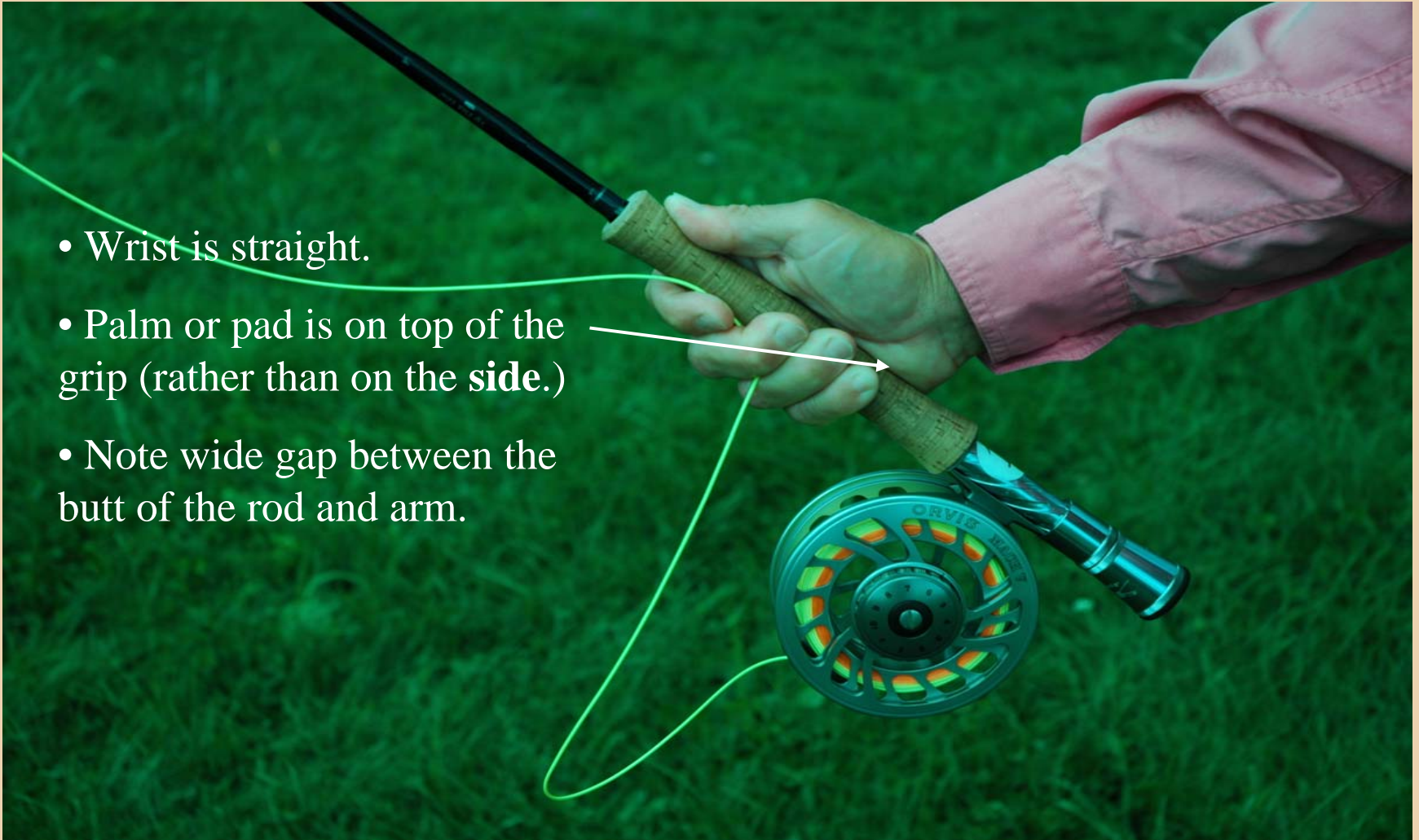
- After the separation of the back and forward cast drill... have your client cast at a normal angle, keeping the line from touching the ground on the back cast (same casting motion – higher rod/arm angle.)

Common Casting Mistakes and How to Make Corrections

Common Casting Mistakes and Corrections

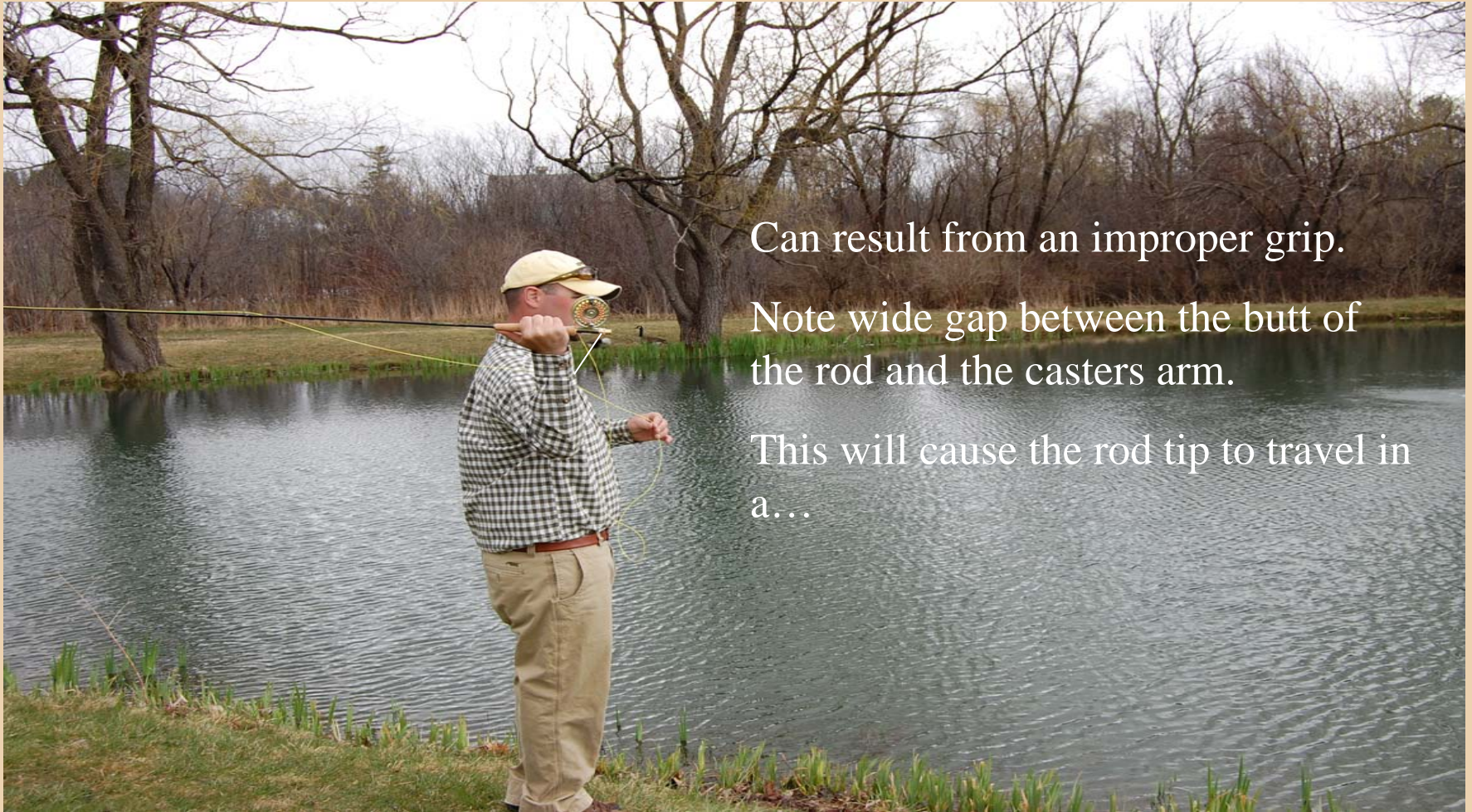
Improper grip

- 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 and Corrections

Too much wrist



Can result from an improper grip.

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

This will cause the rod tip to travel in a...

Common Casting Mistakes and Corrections

Too much wrist



...down-and-back position.

Common Casting Mistakes and Corrections

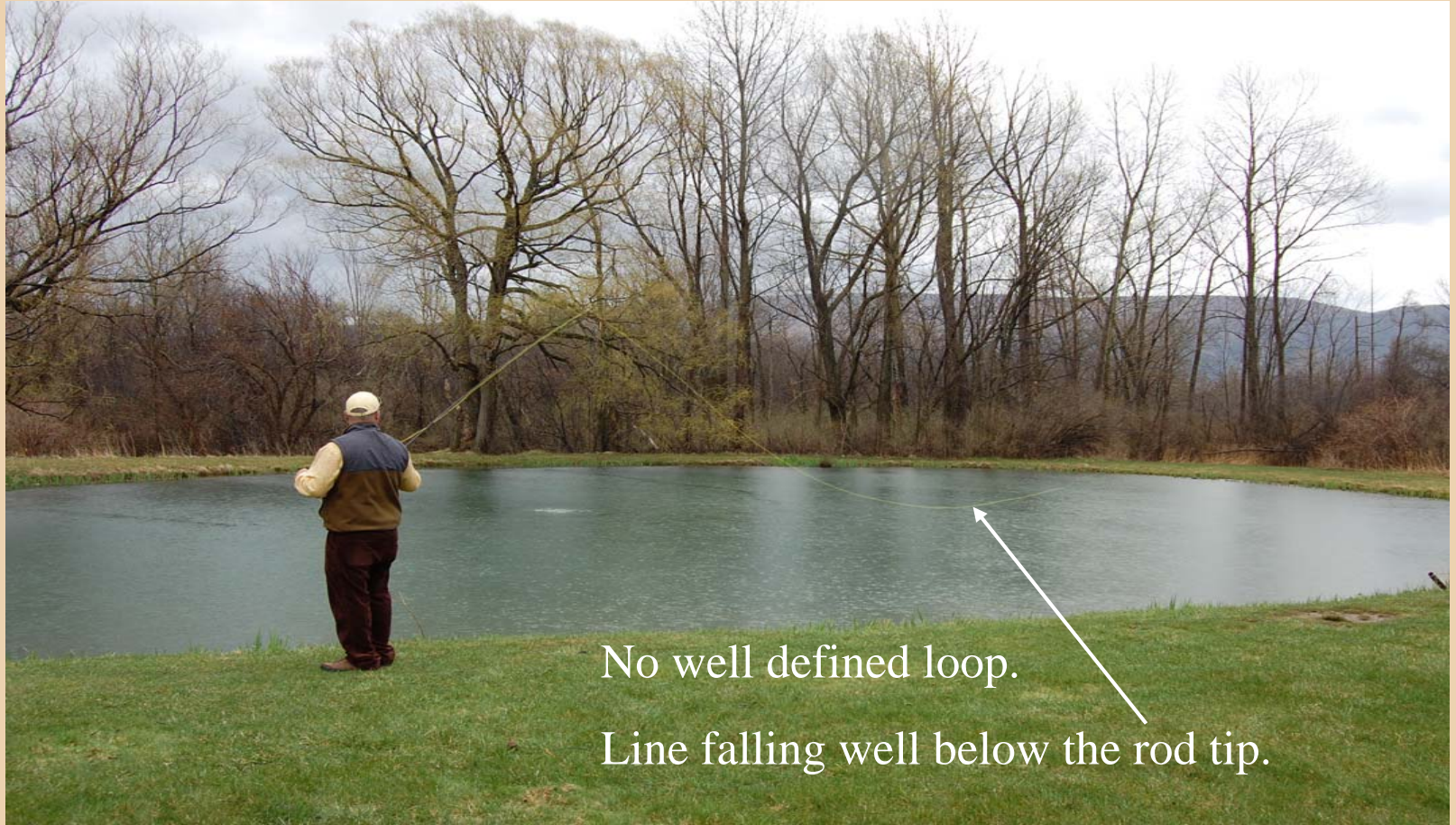
Too much wrist – Remedy



- Ask your client to **straighten** their wrist during the speed-up-to stop move, rather than “breaking” the wrist.

Common Casting Mistakes and Corrections

Poor line speed



No well defined loop.

Line falling well below the rod tip.

Common Casting Mistakes and Corrections

Tips for improving line speed



- More “**aggressive**” speed-up-to-a-stop.
- **Watch** the rod tip come to a **complete stop**.
- Apply a firm **wrist-snap**.
- **Stop-and-lock** (the wrist.)

Common Casting Mistakes and Corrections

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 and Corrections

Extending or “throwing” the arm/rod on the forward cast



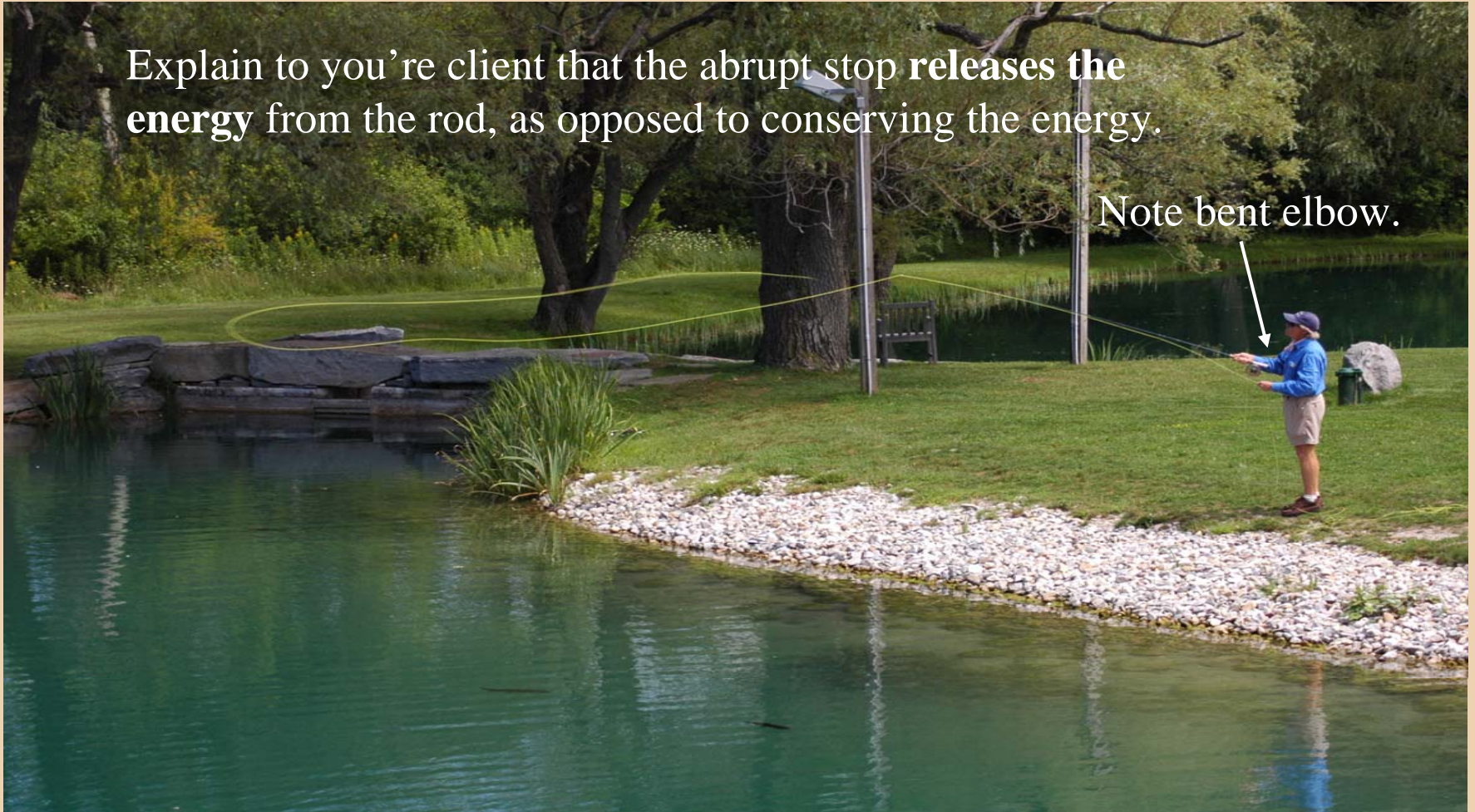
...causing the loop to break open.

Casting Mistakes and Corrections

“Throwing” the rod on the forward cast – Making corrections

Explain to you're client that the abrupt stop **releases the energy** from the rod, as opposed to conserving the energy.

Note bent elbow.



Common Casting Mistakes and Corrections

“Sweeping” the rod on the back and...



Common Casting Mistakes and Corrections

...forward cast.



Common Casting Mistakes and Corrections

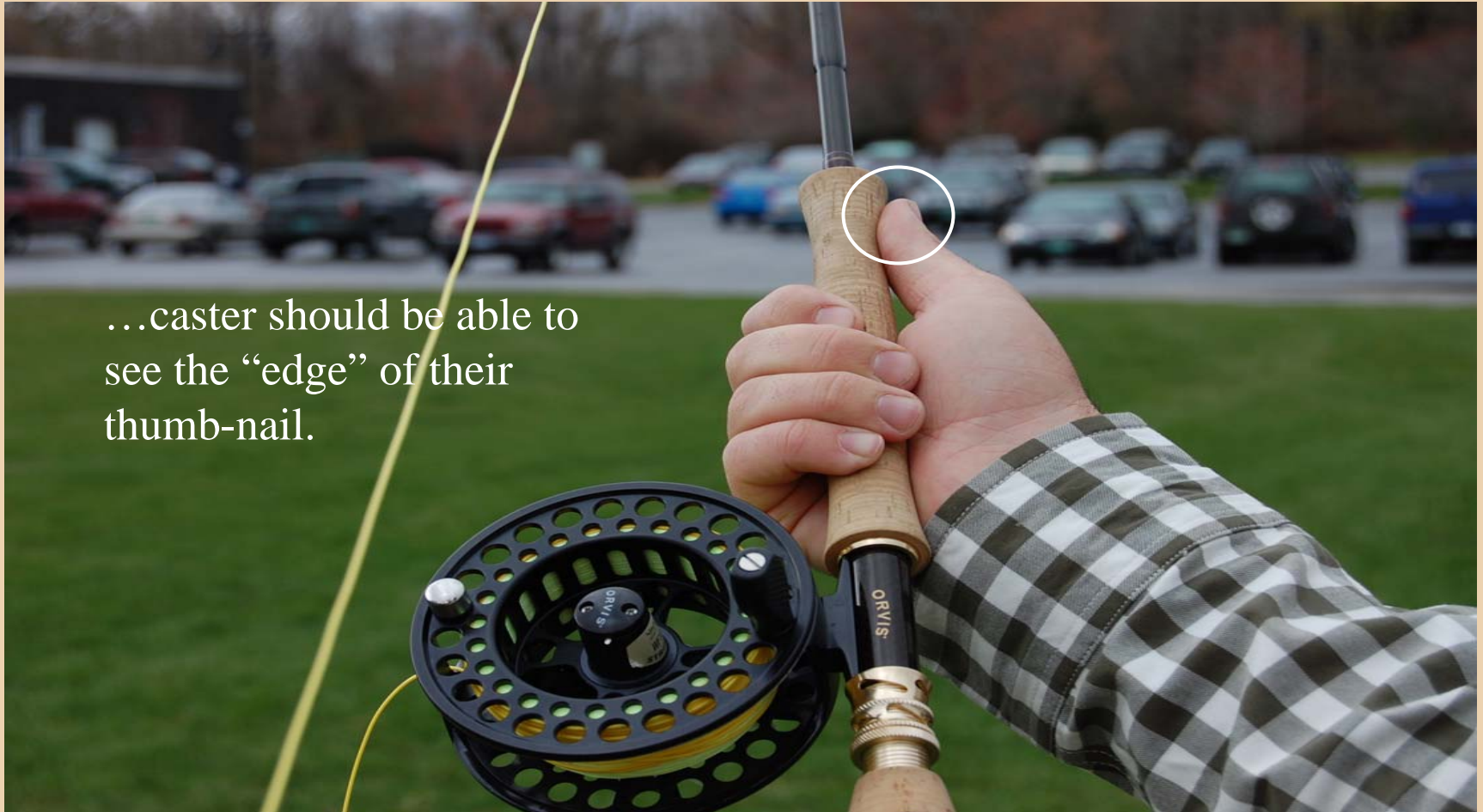
“Sweeping” – Making corrections



Caster should not be able to see the “face” of their thumb-nail...

Common Casting Mistakes and Corrections

“Sweeping” – Making corrections



Casting Mistakes and Corrections

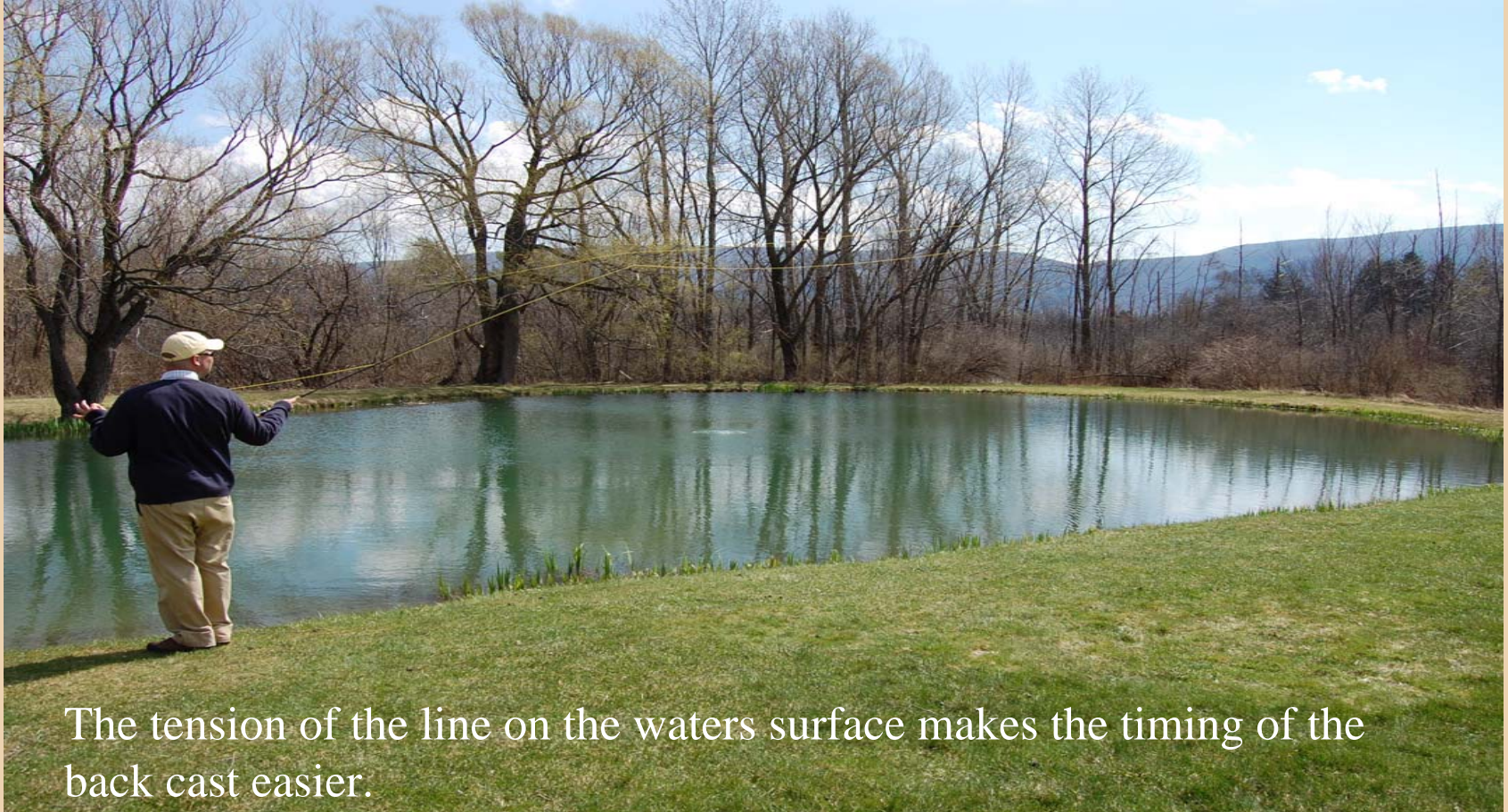
“Sweeping” – Making corrections



- Rod tip should move in a straight path, stopping at eye-level.

Common Casting Mistakes and Corrections

Timing and line-speed on the back cast is great!...



The tension of the line on the waters surface makes the timing of the back cast easier.

Common Casting Mistakes and Corrections

...but not so great on the forward cast.



Common Casting Mistakes and Corrections

Improving the forward cast

Clip off the fly and have the client make a back cast onto the water...



Common Casting Mistakes and Corrections

Improving the forward cast.



...then make a forward cast. Your client can now feel the same sensation on the forward cast as he/she does on the back cast. Take time to try this, it works!

Common Casting Mistakes and Corrections

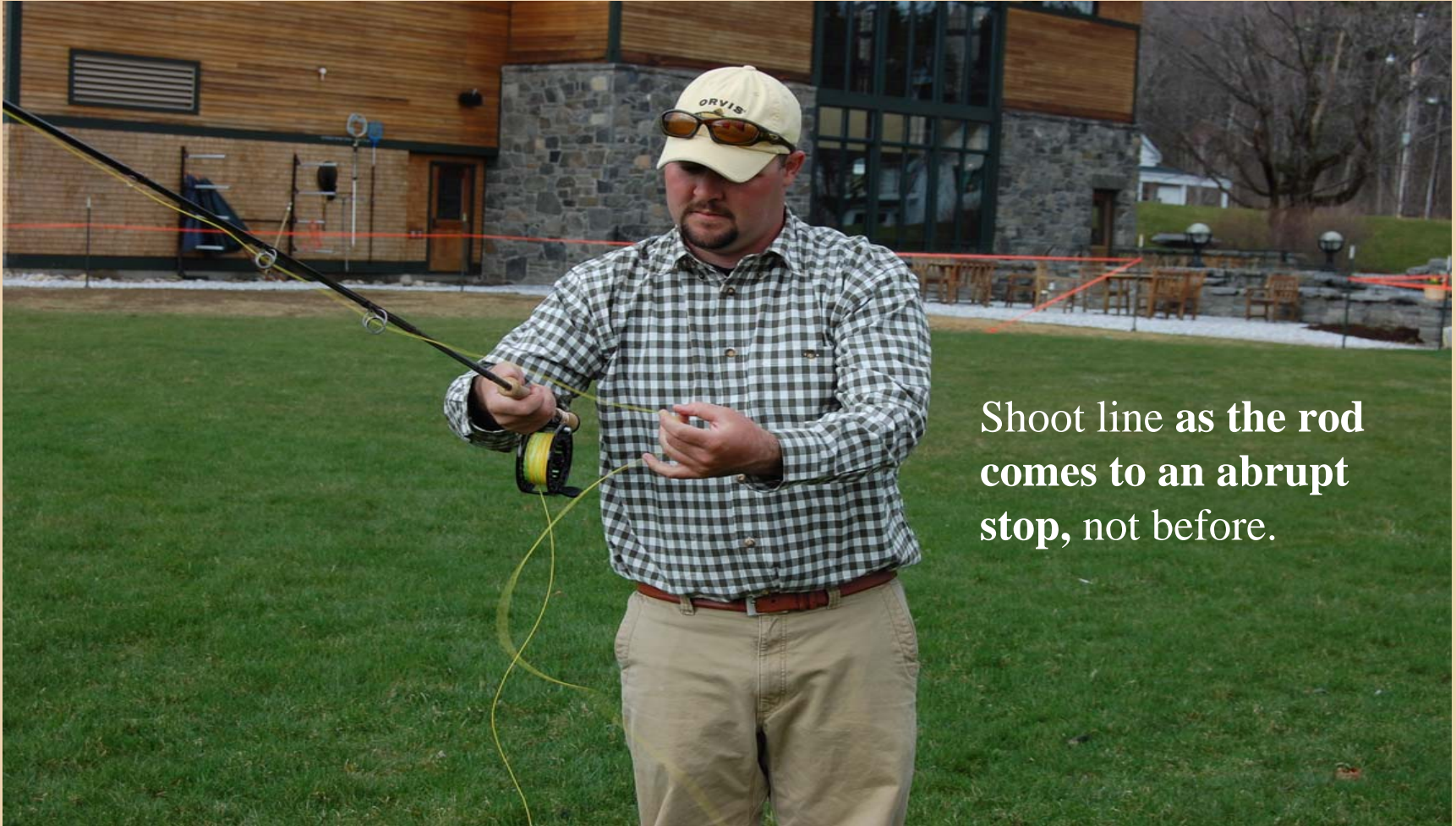
Shooting line too soon (can sometimes be hard to detect)



Slack line between the line-hand and stripper guide are indications client is shooting line too soon.

Common Casting Mistakes and Corrections

Shooting line too soon - Making corrections



Shoot line as the rod comes to an abrupt stop, not before.

Common Casting Mistakes and Corrections

“Slapping” the line on the water during a roll cast



Note disturbance on the water, and low rod position.

Casting Mistakes and Corrections

Improving the roll cast



Bring the arm/rod back, letting the line drape beyond the casters shoulder...

Line in contact with the water.

Common Casting Mistakes and Corrections

Improving the roll cast



Stop the rod tip high – about eye-level – letting the line un-roll over the surface.

Common Casting Mistakes and Corrections

Tailing Loops

Tailing loops are caused when the rod travels in a concave motion between the back and forward cast.



Casting Mistakes and Corrections

Tailing loops – Making corrections

Smooth.... Gradual.... Acceleration.... To an abrupt stop

The **fastest** portion of the acceleration to-an-abrupt-stop move occurs when the rod/hand reaches a point just beyond half-way between the back and forward cast.



Casting Mistakes and Corrections

“Creeping” (very common yet easy to miss)



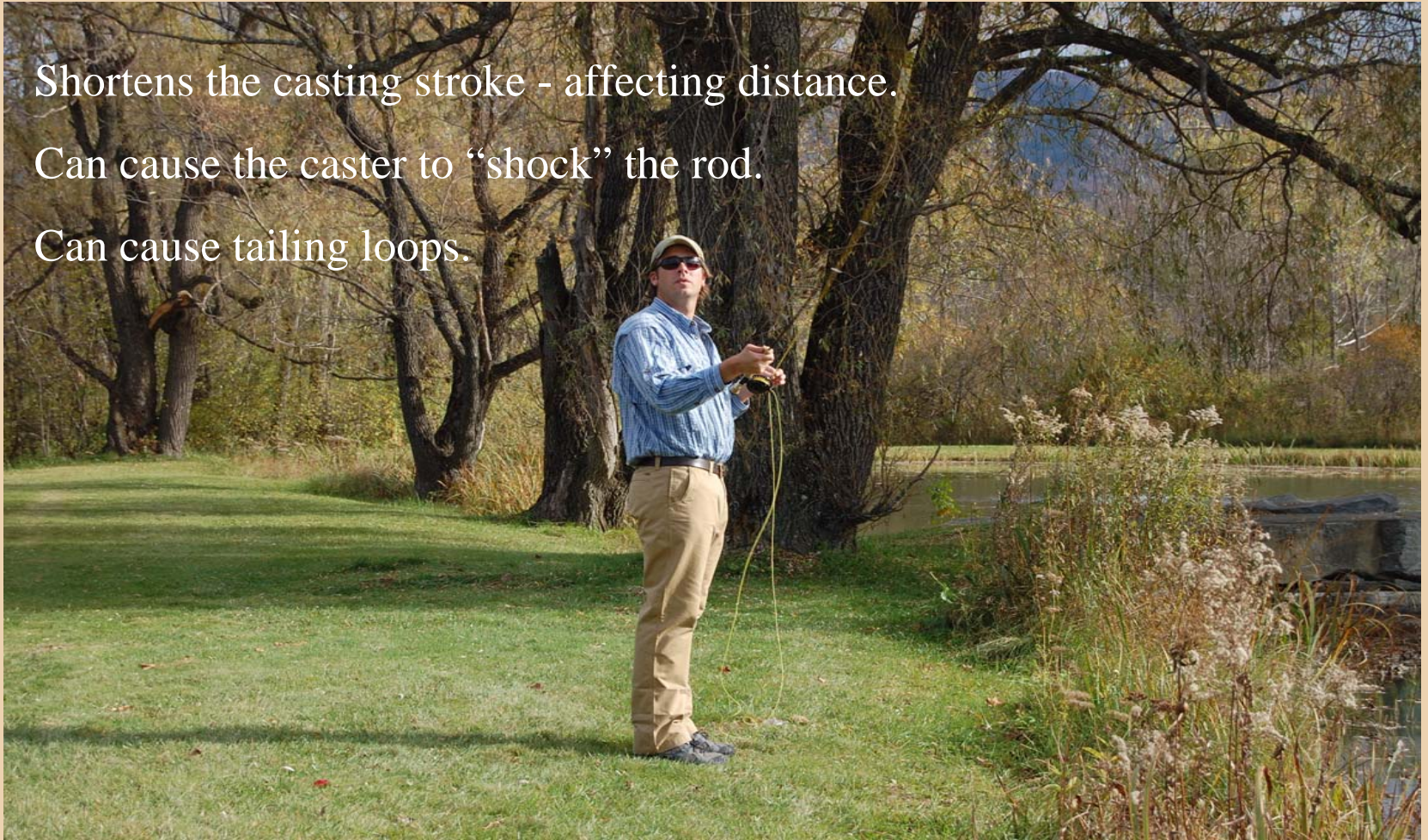
Casting Mistakes and Corrections

“Creeping”

Shortens the casting stroke - affecting distance.

Can cause the caster to “shock” the rod.

Can cause tailing loops.



Casting Mistakes and Corrections

“Creeping” – Making corrections

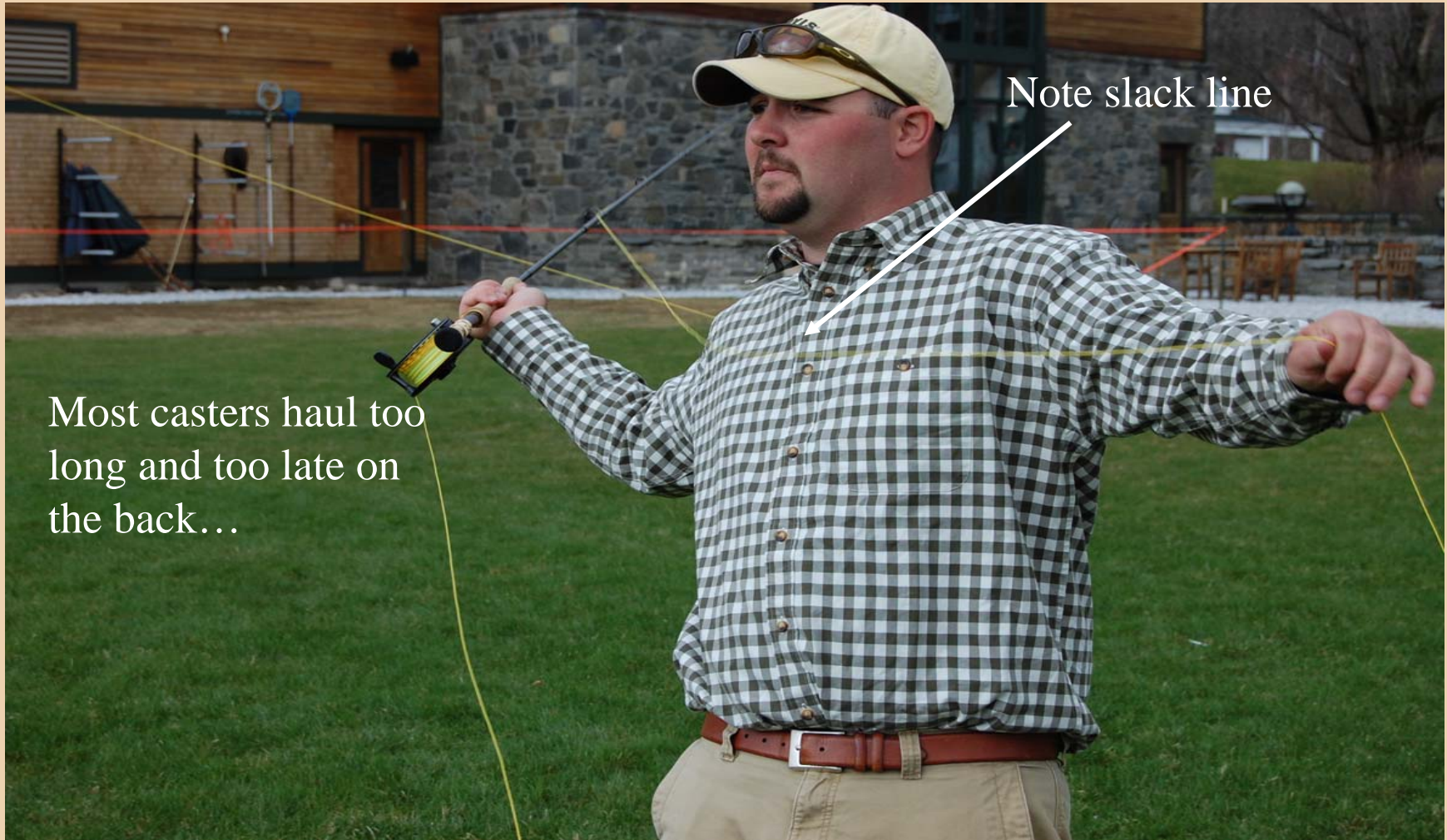


Watch the rod tip.

Ask your client to **watch** the rod come to a stop and don't move the rod until ready to start the forward cast.

Casting Mistakes and Corrections

Double haul



Most casters haul too long and too late on the back...

Casting Mistakes and Corrections

Double haul



...and forward cast.

Common Casting Mistakes and Corrections

Double haul – Timing the hauls



Keep the hauls short (18 – 24 inches.)

Hauls should coincide with the acceleration-to-a-stop move, on the back...

Casting Mistakes and Corrections

Double haul – Timing the hauls



...and forward cast.

Line should always be under tension between the line hand and stripper guide.

Specialized Casts



Windy Conditions

Cross-wind (coming from dominate side) – Cross-body cast



Windy Conditions

Cross-body cast



Casting with the rod tilted over the opposite shoulder.

Windy Conditions

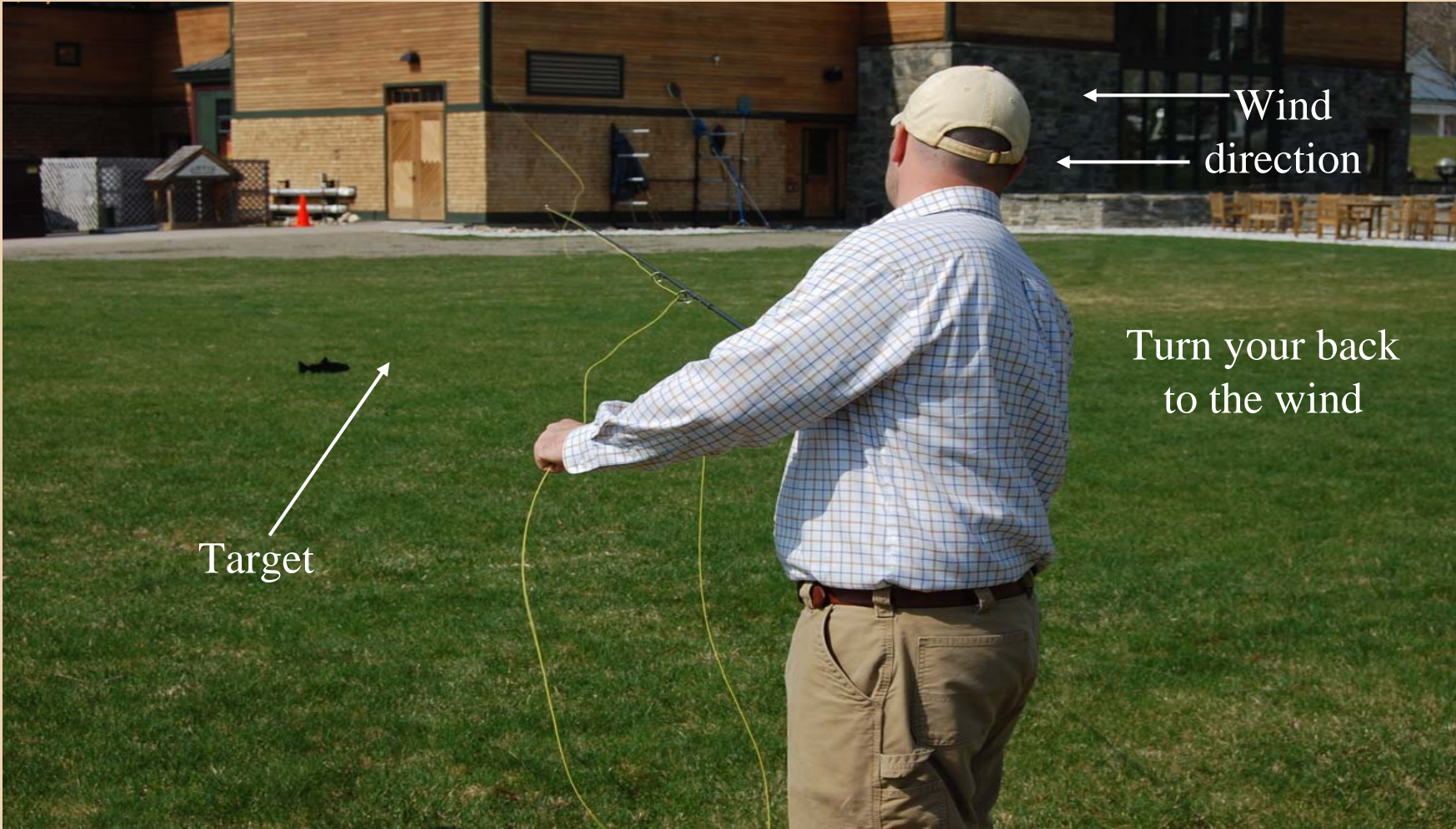
Cross-body cast – Tips



- Casting hand should stay on the same plane.
- Caster should be able to see the back of their hand.

Windy Conditions

Back-hand cast



Windy Conditions

Back-hand cast



Allows for more range of motion for longer casts.

Windy Conditions

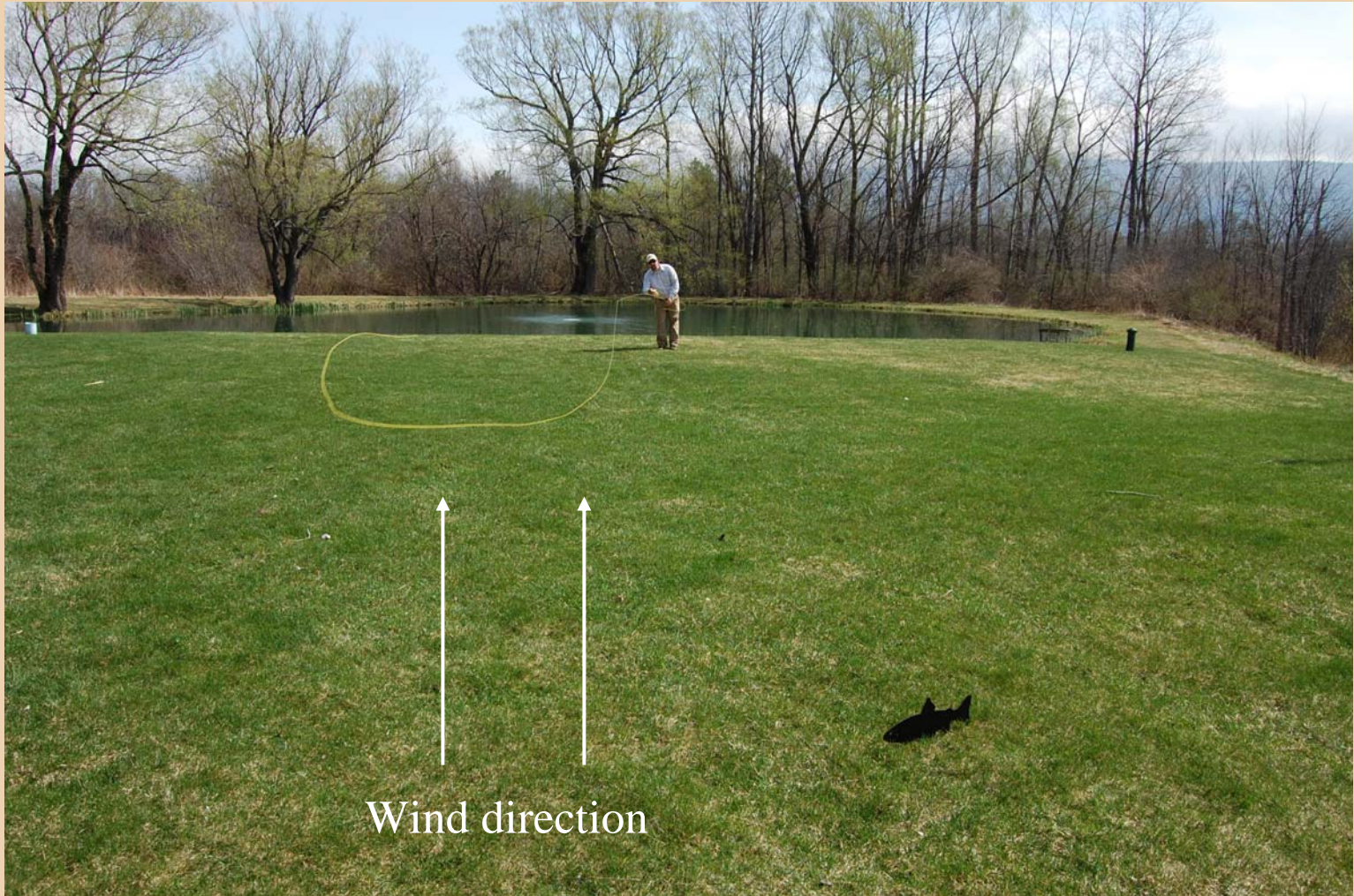
Back-hand cast – Tips



- Casting hand should remain on the same plane.
- Thumb on top on the back cast.
- Thumb on bottom (or slightly to the side) on the forward cast.

Windy Conditions

Head wind – Low-angle cast



Wind direction

Windy Conditions

Low-angle cast



Typically there will be less wind close to the surface.

Windy Conditions

Low-angle cast – Tips



- Rod tip and hand should travel in a straight plane.
- Same casting motion as your normal stroke, just lower angle.

Special Presentation Casts

Cross-stream presentation – Reach cast



As the loop forms on the forward cast and before the line touches the water, caster reaches – in this case upstream – with arm and rod.

Special Presentation Casts

Down-stream presentation – Parachute cast



Accelerate and stop the rod high on the forward cast.

As the line straightens, gently pull the rod back with your arm, then lower the rod with the speed of the current.

Casting Mistakes and Corrections

In conclusion

- Positive attitude.
- Even on a slow day, if your client feels like he/she's casting has improved, the trip will be a success.
- Keep it simple (never use big words when small words will do.)
- Let the tackle do most of the work!



The End



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