

The Single Haul

The line hand grips the line as the rod starts to rise for the back cast, and is positioned alongside the rod hand. As the rod gets to about 45 degrees, you start to snap up your wrist, and *the line hand is accelerated downwards* thirty centimetres.

The line then turns over at the back and a normal forward cast is made.

If you wish to *shoot line* when using a single haul, hold the line hand in the “down” position until the forward cast commences, *then the line hand releases its hold on the line.*

Note:

- The pull down of the line hand increases the rod flex, and the force applied produces greater line speed.
- A higher back cast can be made using the single haul.
- Practicing the single haul can be done on grass or water, but the full benefit of the single haul is apparent on water.
- With more experience you can “lift” more line from the water with a single haul.

The Double Haul

The double haul has one haul on the back cast, and one on the forward cast.

As in the single haul the line hand holds the line near the rod hand at the commencement of the back cast. As the rod gets *to about 45 degrees,* you start to snap our wrist, and *the line hand is accelerated downwards* about thirty centimetres

We now depart from the single haul technique as we change action with our line hand.

As soon as the downward movement has been completed *the line hand rises again,* still with a firm grip on the line, *until it is close to the rod hand and in front of your face.* The final part of the back cast is to let the rod tip drop back a little on the completion of the upward wrist snap of the rod hand.

As the rod hand begins its downward movement at the start of the forward cast the line hand pulls slowly down on the line. When the *rod hand wrist snap is applied the line hand completes its downward movement with a snap. (If shooting line the line is released at this point).*

If the double haul has been performed whilst false casting, the line hand holds onto the line and rises up to the start position again, alongside the rod hand, ready to repeat the whole cycle.

Note:

- If distance is your aim a shooting head line needs to be used.

CASTING NOTES Hutt Valley Angling Club

- Don't exaggerate the rod hand action (ie the basic cast action) when the line hand is brought into play. This should be avoided; the same rod hand action should be maintained as in the basic overhead cast.
- **There are three points to be noted in overcoming slackness in the line.**
 1. First of all do not exaggerate the upward drift of the rod hand. Bringing the line hand up to chin level is enough to make a good haul on the forecast.
 2. Secondly do not rush the upward drift of the line hand.
 3. Thirdly it is much easier to get the upward drift using a shooting head or with a sinking line
- To get maximum distance when shooting line, you must complete the final downward haul, and the hand should be still moving downwards as the line is released. If the line hand starts to rise before the release is made the whole line has begun to slow down and an inferior shoot is made.
- When shooting line make sure you strip off sufficient line from the reel and let it lie at your feet before commencing the double haul. Don't try to "extend" line from the reel during false casting.

Google "double haul fly cast" and watch Mel Kreiger and others double haul; 'letsflyfish.com' also provides very detailed instructions on the double haul cast. Watch the club video "Fly casting for beginners" by Michael Evans – the first thirty seconds are great.