

In getting ready to practice the Roll Cast:

Remove 6 metres of **floating line** from your reel **onto the water**. (The roll cast cannot be executed satisfactorily on grass).

Then:

- Trap the line under the forefinger of the rod hand.
- Rod faces forward, at or below horizontal.
- Lift the rod to about the 10 o'clock position, then swing it around the outside of your body until it is about the 2 o'clock position.
- The rod hand is at eye level.
- Once this position is reached **a slight pause is necessary** to form the **D-loop**: and the line hangs behind the rod.
- There must be two or three meters of line on the water.

The Roll Cast

- The **accelerated** forward cast, **or power stroke**, is delivered in a **slightly upward** direction to 10 o'clock; **stop**; then the rod is lowered to horizontal position.
1. Cast to the left of the line on the water.
 2. Make the stroke crisply and aim upwards to ensure success.
 3. The forward cast action will force the rod to bend.
 4. The line will extend fully in the air before falling to the water surface.
 5. The roll cast depends on fast acceleration and you can safely use wrist action.

This cast is good for:

- Dealing with a heap of line on the water in front of you.
- Casting if there is shrubbery close behind you.
- Changing the direction of your casting.
- Casting in very windy conditions.

When you go to the river, practice the following for ten minutes:

- ten Roll Casts
- then ten Basic Casts
- then ten False Casts
- then repeat these.

Visit www.flyfish-scotland.com/roll_casting.htm for more details on this cast.