

The Basic Cast

- Begin by practicing on grass.
- Attach a small piece of knitting wool to the end of the leader (about the size of your little finger nail).
- Extend about 6 to 8 metres of line (plus the leader) and lay straight on the ground in front of you.
- When holding the rod the grip should be similar to that used when holding a hammer. The thumb is on the top or side of the rod grip, it doesn't matter as long as it feels comfortable.
- Trap the line under the forefinger of the rod hand.
- The stance is not critical, but should be comfortable.

Basic Back Cast

1. Rod is held horizontally, pointing in the direction the cast is to be made.
2. Your wrist should be down so that the rod tip is slightly lower than your hand.
3. Slowly raise your forearm ***without any movement of the wrist.***
4. When the rod gets to about 45 degrees ***snap up the wrist*** so that your thumb is pointing straight up in the air. (it is easier to think of this action as an ***up cast*** rather than a back cast).
5. STOP.

The elbow has risen a little during this movement of the hand and forearm, but no more than 3 to 6 centimetres (an inch or two for the old timers).

The rod starts at the horizontal and stops just beyond the vertical, in one movement (some people refer to this position as the twelve o'clock position).

Basic Forward Cast

To make the forward cast the movements of the back cast are simply reversed.

1. Pull down with your arm and **snap your wrist forward: Stop**
2. Follow through with the rod until it is back where it started.

The whole movement is fluid and smooth. The wrist and shoulder joints are all involved in the action.

Handy Tips

Practice for no more than ten minutes.

When practising make one cast at a time, don't run one cast into another.

Pause between casts and make sure the rod is in the correct position to start the next cast.

Go through the back cast in your mind before attempting it, and concentrate on one particular aspect of each cast.

CASTING NOTES

Hutt Valley Angling Club

Don't just cast with the wrist; make sure the arm starts the movement. (The forearm initiates the movement of the back and forward casts, and the wrist provides the speed).

On the forward cast flick forward and follow through. Don't push, as this stops the line from straightening.

If the line goes up in the air and then dribbles in coils onto the grass, you have taken the rod too far back on the back cast.

Remember, if the line doesn't extend properly it isn't the rod's fault – it's yours, and you'll need to change something to make it better.

When casting on the water for the first time it is easier to cast downstream, as the current keeps the line straight.

Interesting fact

You will catch more fish within nine metres of your feet than you ever will outside that distance. Shorter casts also make it easier to present a straight line and leader to the fish!