

## Practice Guidelines

It is recommended you read the various items listed under “Casting Notes”, including “Casting Faults and Corrections” published on the Club web site [www.huttvalleyangling.org.nz](http://www.huttvalleyangling.org.nz) before commencing your casting practice. Check out when the next Club Casting Session is – Experienced club members will help you with your casting during these sessions.

At the foot of this document there are books and DVD’s we recommend you read or view.

If you have time to practice all the casting styles contained in the section it is recommended you practice them in the order listed below. If you are practicing on grass don’t practice the Roll Cast.

Ensure you pause between each cast and review what has happened to each cast (e.g. did the line curve to the right or left, did you hit the ground behind you, or did the line not straighten out fully etc). This will help ensure you don’t practice bad habits.

It will help your casting if you place a piece of wood or some other object about ten metres in front of you to check your accuracy whilst casting.

Don’t practice for more than say twenty minutes.

It helps to practice casting with a friend if possible – they can watch your casts and may be able to offer guidance if faults appear.

**Helpful Tip:** Use a brightly coloured line if possible during practice as you will be able to see what your line is doing more easily.

## **The Roll Cast**

1. Focus on slowly raising your line and forming the D loop: then accelerating forward.

## **The Basic Cast**

*Put about eight metres of line onto the water/grass.*

1. Do six casts focusing on keeping your rod tip low to the ground/water before each cast – ensure the line is straight in front of you, and strip any slack line in before commencing each cast.
2. Do six casts focusing on your acceleration: Think about the acceleration made on your back cast with your rod hand; slowly at first and continue to increase the speed until reaching twelve o’clock THEN STOP. The majority of the acceleration takes place near the end of the stroke (ensure: you don’t bend your wrist; your thumb is straight up).

3. Do six casts watching your line during the forward cast and back cast to ensure: you are making tight loops; that the line is straightening out behind you before you commence the forward cast.
4. Do six casts watching the line and leader straighten out as they land on the ground/water. If the line curves to the left or right check that you are keeping the rod tip on the same plane during the forward and back casts.
5. Finally think about the size of the casting stroke: Short line, short stroke; long line long stroke. The key to a good loop formation is to match the size of the casting stroke to the amount of bend in the rod (and the length of line being cast) – try to maintain a near straight line path of the rod tip throughout the entire casting stroke.

### **The False Cast**

1. Use this practice time to change the direction of your cast – allow your line to drift downstream and as you commence your back cast start changing the direction of your cast so you can get back to casting upstream with as few false casts as possible.
2. Do six practice casts extending line to help you to cover a sighted fish when you are doing the “real thing”.

Note: Keep the number of false casts to a minimum when fishing.

### **Shooting Line**

1. On the forward cast focus on releasing the line at the 10 o’clock position.
2. Practice shooting short lengths of line until you become more accomplished with this action.
3. Ensure your line has been cleaned with “line dressing” to get the line running through your rod rings as smoothly as possible.

### **The Single Haul**

1. Focus on pulling the line down as described to ensure you get your timing correct.

### **The Double Haul**

1. Focus on the timing of the pull with the line hand, and ensuring both hands are operating in unison.

## **Recommended reading and DVD viewing:**

### Books:

“Starting Smarter, Fishing for Trout” by Tony Bishop (library ref 228)

“How to Teach yourself fly casting” by Mike Weddell (library ref 98)

### DVD's

“Fly Casting for beginners” featuring Michael Evans (library ref 342)

“Dynamics of Fly Casting” featuring Joan Wulff