



## FLY BY NIGHT - FLY CASTING PROGRAM



### Fly Casting Program –Session 1

- Basic fly fishing equipment.
- Preparation – assembling your rod and reel, threading the line, checking the leader, pulling off some line and getting it ready to cast.
- Casting the line, not the fly.
- Loop shape - casting loops on the ground - smooth concrete, tiles or plastic sheet/tarp.
- Casting on grass (2 lessons – then casting on water).
- The “lift off” - watching the waterfall at the bridge.
- The “stops” – forward and back.
- Casting wide and narrow loops.

### Fly Casting Program –Session 2

- False casting 6 metres of line, backwards and forwards - forward-facing stance and open stance (slightly sideways) remember to watch the loops - practice both wide and narrow loops and practice the "feel" of the cast.
- Shooting (casting) line once you have 5 metres of line out of the rod tip.... remember hard stop (back), hard stop (fore), final fore-cast “stop and drop” (the rod tip follows the line down as it lands on the water).
- Casting a straight line along a rope.
- Accuracy 4 metres, 6 metres, 8 metres to targets.
- Accuracy - leaf picking.
- Change of direction to rising fish.

### Fly Casting Program –Sessions 3 and 4

- Roll cast off grass and water.
- Dealing with wind.
- Casting off the wrong shoulder.
- Snake cast.
- 10 metre cast.
- Troubleshooting and revision.
- Leaders, knots and streamcraft.

### Remember:

- The longer the line, the longer the pause (look out for whip-crack and casting knots).
- Hard stop front and back, never let the line go slack.

### Five rules:

1. No slack line. It's your worst enemy - stay in touch with your line - your line will do whatever the rod tip tell it to do (within reason) - as long as there's no slack line!
2. Rod tip travels in a straight line path (and so therefore does your hand) - normally parallel to the ground, just a little higher on the back cast than the front cast (ask someone to watch and tell you if your hand is travelling in a straight line – ask them to hold a rod alongside your casting hand to guide it along the straight line path).
3. The longer the line (out from the rod tip) the longer the stroke (the distance the hand moves front to back when false casting).
4. The longer the line, the longer the pause (the time it takes for the casting loop in the line to fully unroll).
5. The right amount of power at the right time - steady lift off, smooth acceleration, hard stop.

### Particular things to watch out for:

- Too much wrist.
- Not a hard enough stop on the back cast.
- Don't let the rod tip 'describe' an arc – either vertically or horizontally.
- Too far back on the back cast.
- Any of these things can cause your loops to drop and lose momentum with the risk of catching in the scrub behind you, and/or not properly unrolling in front of you.