

Casting Practice

Spinning Gear

Open-face reel: Hold your rod at waist level with the reel below the rod. Hook the line with your forefinger and open the bail. Pull the rod tip back to your shoulder and quickly bring it forward. Release the line with your finger as the rod comes forward. While pointing the rod tip at your target, watch the line peel off the reel.



Closed-face reel: Hold your rod at waist level with the reel above the rod. Hold the button and quickly bring the rod tip back to your shoulder and bring it forward. Release the button as the rod comes forward. While pointing the rod tip at your target, watch the line peel off the reel.



Fly Fishing Gear

The overhead cast is two casts in one, a back and forward cast. Timing and rod speed determines how far you can cast.

Back Cast

- **Tension**-Strip your line off of the reel and out of the tip of the rod. Hold your rod parallel to the ground at chest height with no slack in the fly line.
- **Acceleration**-Lift the rod back and overhead, moving your hand and rod upward.
- **Stop**-Come to an abrupt stop, which allows the rod to unload and create the loop that will carry your fly and send the line in the direction of your rod tip.



Forward Cast

The forward cast begins where the back cast ends. The abrupt stop overhead will send the fly line behind you and provide the tension to start the forward cast. To complete the cast, accelerate your hand and rod forward to the starting position, coming to an abrupt stop. The rod will unload and carry the line towards your target.

