

Fly Casting Lessons Made Simple!

with FFF Virtual Graphic Illustrations

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I think of two important factors that really matter when I cast a fly rod and line. They are extremely critical when delivering the fly so it gets to the target.

The first is **how well you can load or bend the rod**. This is caused by the amount of acceleration and power you apply coupled with the weight and mass of the fly line that resists against the rod tip. Hauling will also help you more with loading the rod deeper for more power and line speed to achieve long distances.

The second is the **shape of your loop**. This is the vehicle that drives the fly line forward to your target. The path of your rod tip is most responsible with determining the shape of your loop. The loops shape and path of the rod tip may need to vary depending on your fishing situations.

To master the factors mentioned above there are (5) five basic *Casting Essentials* that you must remember and practice. All 5 works together to achieve the ultimate cast! I recommend that you first focus on each one separately while practicing and put them together as you go along. The essentials are as follows:

1. The Elimination of Slack Line:

http://www.virtualflycasting.com/Graphics/Flash/5E_Slack.swf

This is critical for loading your rod properly and maximizes the rods full potential.

2. Proper Acceleration of the Fly Rod:

http://www.virtualflycasting.com/Graphics/Flash/5E_Acc.swf

You must have a continuously smooth speed up throughout the casting stroke with the power phase beginning at 90 degrees from the target to an abrupt stop.

3. Straight Line Path of the Rod Tip:

http://www.virtualflycasting.com/Graphics/Flash/5E_SLP.swf

It's critical to form a narrow loop. SLP combined with the rod tip dropping slightly at the end of the casting stroke results in a narrow loop. This will travel further, have better accuracy and control and be less wind resistant.

4. Your Casting Stroke

http://www.virtualflycasting.com/Graphics/Flash/5E_Arc.swf

Varies with the length of line being casted.

5. Pause

<http://www.virtualflycasting.com/Graphics/Flash/Pause.swf>

Good timing is critical and will also vary depending on length of line casted.

For more details and explanation go to:

<http://www.virtualflycasting.com/essentials.htm>

Some Final Comments and Tips:

One of the biggest issues I see with students after taking lessons is they do not understand the 5 basic essentials needed for good casting mechanics but fail to immediately incorporate them into their casting style. I blame this on old muscle memory which will take time to overcome. If you remember the 5 essentials while practicing the old bad habits will eventually change. Practice should be in your backyard or in a park so you can concentrate on your casting. It won't happen while you're fishing!

Also another major issue is rod selection. You must consider the rod's action type vs. casting style. They must be matched properly to achieve good casting form and mechanics for your body type. The faster the rod action the better reflexes and coordination you must have.

I believe that the backcast is 75% responsible with achieving good casting. Always watch your back cast to see what is going on until you have the feel.

Use your shoulder and body more to cast the rod than wrist and elbow.

Most of the casting faults I have observed are:

1. Floppy wrist causing wide open loops. Rod tip not in a straight line path
2. Lack of line speed and rod loading which introduces slack.
3. An erratic application of power while accelerating inducing slack.

My point here is if you are conscious of what I have mentioned above it may help improve your casting.

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