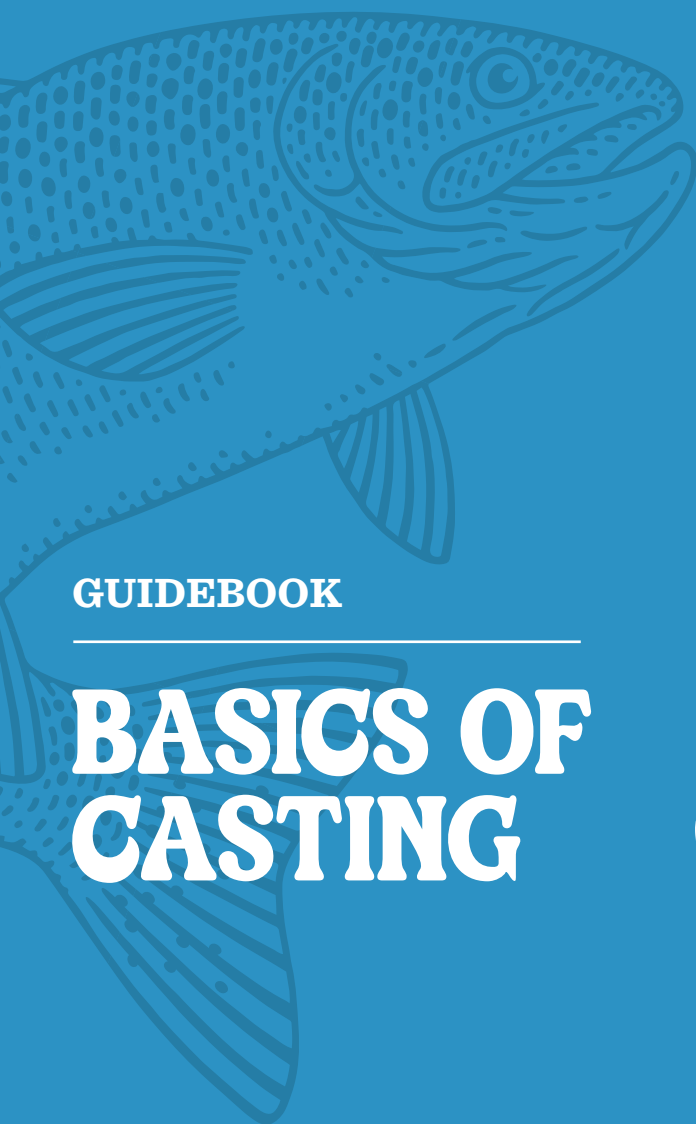

LEARN TO FLY FISH

WITH **POSTFLY**



GUIDEBOOK

BASICS OF CASTING

First Cast

A white silhouette of a fishing rod, oriented vertically and pointing downwards. The rod is positioned on the right side of the cover, partially overlapping the large title text.

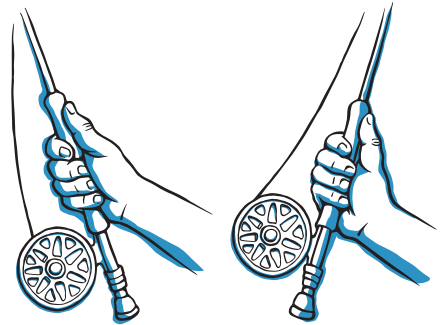
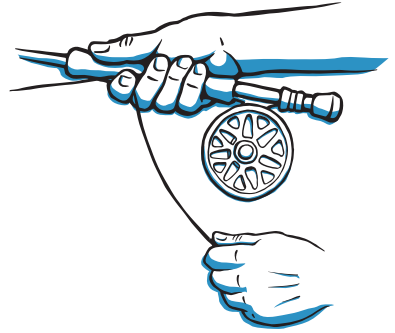
BASICS OF CASTING

We know what you're thinking...a scene from *A River Runs Through It*? You'll get there someday but to start, there are two fundamental and basic types of casting to get your feet wet: The Roll Cast and The Overhead Cast. In both cases, timing is

everything. The rod should do most of the work (not your arm, wrist, or some other body part). Now let's practice in a field before jumping in the river... or not!

THE ROLL CAST

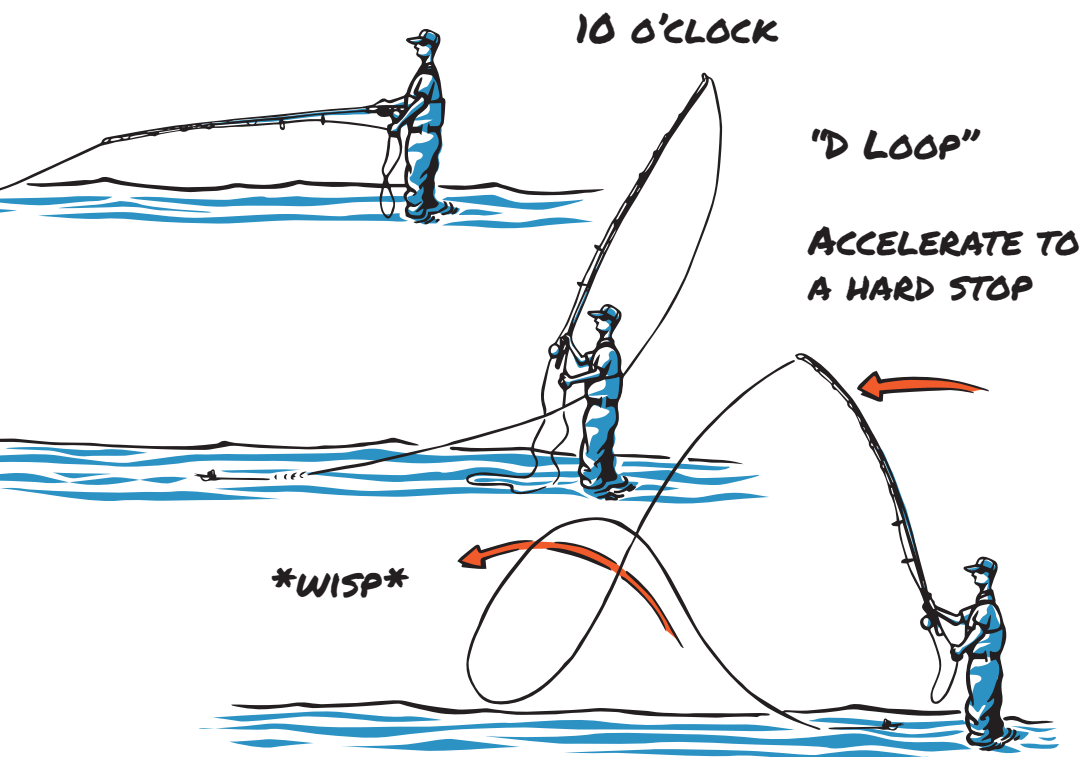
This is a type of fly cast that you'll use time and time again and dare we say is the easiest to learn. It is especially useful in wading scenarios where you're surrounded by brush, trees, and banks. Trust us, your fly will find anything and everything to get stuck on. With a roll cast, there's no false casts or back casts involved meaning less tangles and fly line management.



THE MECHANICS

1. Rod Hand - hold the rod comfortably like you were giving a thumbs up
2. With your other hand, pull out about 20ft of line in front of you.
3. Keep your rod tip pointed down towards the water. With your elbow close by your side, gently raise your rod hand high to about ear level and ~1 o'clock (basically vertical) lifting the line off the water. Hold for a second here. This will create a "D" loop in your fly line to your side.
4. In one fluid motion accelerate your rod forward with a quick thrust to a hard stop at about 10 o'clock in the exact direction you want your fly to land. With this single fluid motion, you should see your line unroll a head of you. When done right, the line looks like it rolls over the water with a *wisp* sound as it cuts through the air.
5. Your fly is now in the water ready to fish with this quick pick up and put down cast. "Wait, what about my other hand?" Your other hand should just be loosely cradling your excess fly line when you start and complete your cast.





Practice this motion over and over again until you start to gain confidence and become more comfortable. The ah-ha moment will come.



View additional online content and watch a video on the roll cast.

Link can be found in the back of this book.



THE BASIC OVERHEAD CAST

This type of fly cast looks more like the typical picturesque casting: tight loops, pretty presentation, the whole sha-bang.

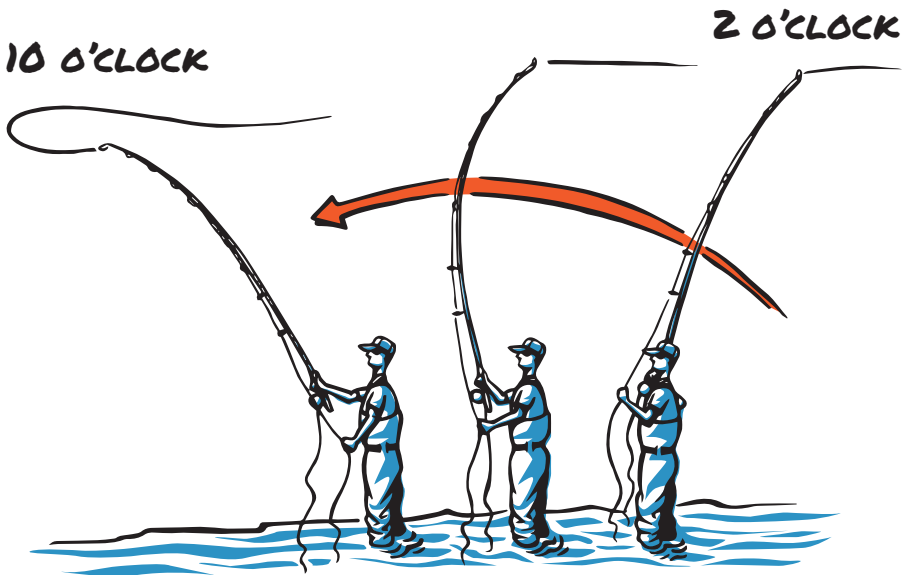
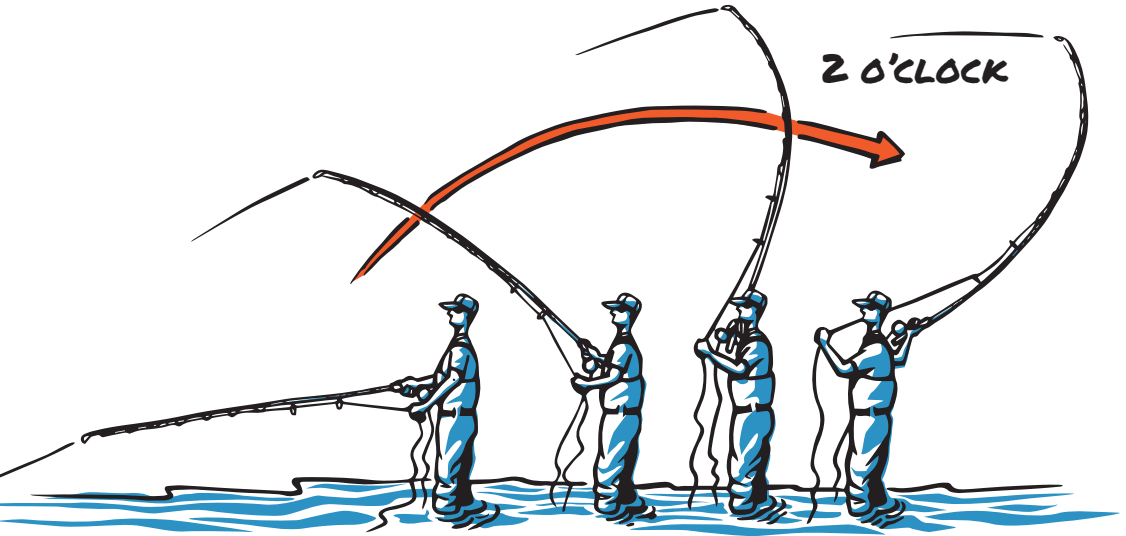
Start with picking a target. Make sure there is enough room behind you before starting your cast. Remember, the line will travel about as far behind you during your back cast as the distance between you and your target.

THE MECHANICS

1. Give the line 5-6 good pulls to let some line out of the reel. The amount of line you pull out at this stage will determine the maximum length of your cast. Start out with a shorter amount of line (~20ft sounds about right) and work your way up.
2. Make sure your fly is in the water (or on grass) without much slack. For right handers, hold the line lightly in your left hand right next to and almost touching your rod hand.
3. **Rod Hand** - hold the rod comfortably like you were giving a thumbs up.
4. **Backcast** - with your elbow close by your side, lift the rod back over your head with a quick acceleration and hard stop at 2 o'clock with your right hand while keeping your left hand stationary. You don't have to muscle it. It's more of a quick snap. This "loads" your rod. You'll feel the rod "stretching" to lift the fly line off the water and into the air.



5. Pause for 1 second while the line sails behind you. As the line travels backwards you will feel the line in your left hand begin to pull. Loosen your grip on the line without letting go completely and you will feel the line slide out of your left hand. This is what enables the cast to get longer with each false cast.

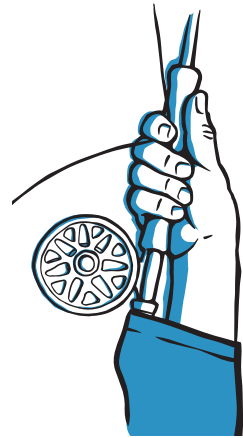


6. **Forward Cast** - Then, with the same, quick acceleration, thrust the rod forward with a hard stop at 10 o'clock and watch the line sail in front of you. As the line travels overhead, release a little bit more line from your left hand. Wait 1-2 seconds for the line to travel the full distance. The longer the line is that you are casting out the longer the pause. Timing is key when you are learning your front and back cast so try slowing down the acceleration or speeding it up until you find a sweet(er) spot. It takes time, practice, and patience before it "clicks" but guess what, it eventually always does!
7. **False Cast** - Repeat again with the back cast, releasing more line from your left hand. This back and forward motion is called false casting. It helps you find your timing, distance, and presentation of the fly. For most anglers this occurs 2-3 times. It's OK to look back behind you as you pause to watch the line "unfold." Eventually this will become second nature.
8. **"Lay it down"** - a fun term anglers love to say. During your final forward cast lower your rod initiating your line to unfold and straighten. There is a tendency to want to "throw" your final cast using too much arm. Remember - the rod does the work! Not those big fishing muscles.



PRO TIP!

- Try not to break your wrist much. A trick when first learning how to cast is to tuck the butt of the rod into your shirt sleeve and keep your thumb pointed to the sky. This will force your wrist to remain still when casting and reduce the probability of “limp wringing it.”
- Try a water load. This when about 20ft of line is out in front of you on the water before starting your back cast. By bringing your rod up and back to 2 o'clock you're creating a natural “load” and rhythm of the rod.



TUCK IT IN



View additional online content and watch a video the overhead cast.

Link can be found in the back of this book.





Scan the QR code for additional educational videos & digital content to increase your fly fishing IQ.

