

PUBLIC SCHOOLS, DULUTH, MINNESOTA

RECREATION DEPARTMENT

OVERHEAD CAST

As a matter of review to those who were present at the first two sessions and to acquaint those who are present for the first time with work already covered, an attempt will be made to outline and explain the fundamentals of the overhead cast. The overhead cast is considered the fundamental cast. Once it is learned one can cast at any angle.

We will take up each step of the cast in order. We will assume that the rod is assembled and that 25 to 30 feet of line is stripped from the reel and extended out in front of the caster.

THE GRIP

The rod should be gripped with thumb pointed toward tip of rod. This position of thumb gives better control and is also less fatiguing. Avoid wrapping thumb around rod as is done in the so called baseball grip.

THE PICK-UP

The tip of the rod is slowly raised to the position of a 45° angle. This not only gives caster control of the line but also enables the caster to get proper height to the back cast by starting at this point. Start the back cast from this point by snapping rod up to vertical position.

THE BACK CAST

The rod really should move backward less than 45 degrees from pick-up of line at start of back cast to vertical position or point where rod is checked. This is very important. Too often the back cast is begun from horizontal position of rod. A properly executed back cast insures a good forward cast.

PAUSE

A slight pause is necessary at the end of the back cast to permit the line to practically straighten out behind the caster. This pause is very brief and, of course, varies with length of line, wind resistance, and power put into the back cast.

FORWARD CAST

After the slight pause mentioned in the preceding paragraph, the forward cast is begun. Not much power is necessary on the forward cast. Rod is checked above horizontal position to allow fly to light first.

IMPORTANT THINGS TO KEEP IN MIND

1. Keep elbow close to side in order to avoid bringing arm action into the cast.
2. All action is supplied by the wrist.
3. Strive for a high back cast. A high back cast gets you into less trouble and insures a fine forward cast.