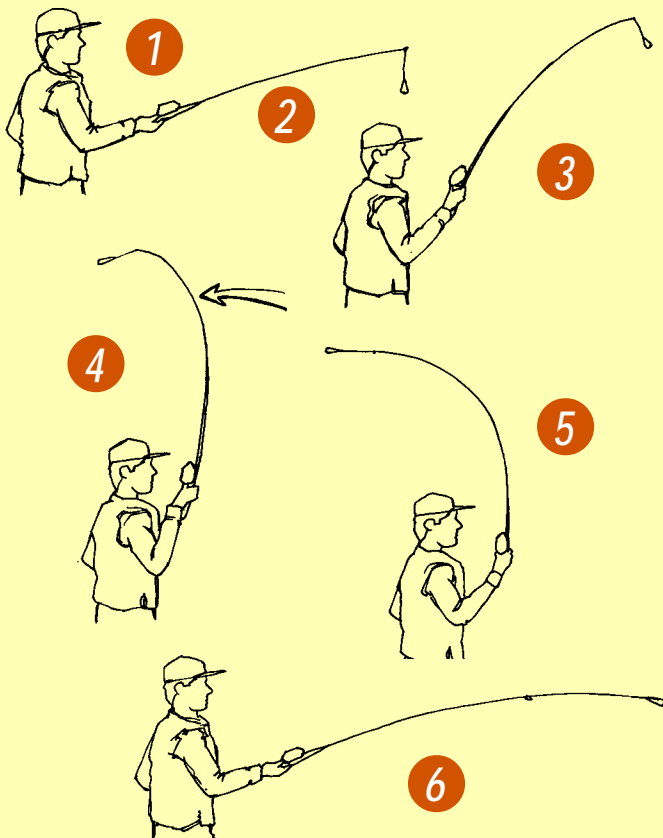


Casting Basics

Casting is an important fishing skill. Like any skill, the only way to get better is to practice. Don't coaches and teachers say "Practice makes perfect"? Do you follow these steps in making overhead and sidearm casts?

Overhead Cast

1. Reel in slack line, so the lure or hook is three to six inches from the rod tip.
2. Point the rod tip toward the target.
3. Quickly pull the rod straight back, and stop the rod when it's above you, at the 1 o'clock position.
4. Immediately start the rod forward.



5. When the rod is at the 10 o'clock position, release the line. When using a spincasting reel, lift your thumb off the button. If you are using spinning gear, lift the finger off the line pinched between the finger and handle.

6. Be sure to keep the rod tip pointed at the target until the lure or bait reaches it. This is called "follow-through."

Fixing Your Cast

- Does your cast go *splat*, and fall short of the target? You have let go too late! Try letting go earlier.
- Does your cast go straight up above you and fall short of your target? Then you have let go too soon. Try letting go a little later.

Sidearm Cast

1. Reel in slack line, so that the lure or hook is three to six inches from the rod tip.
2. Point the rod tip toward the target.
3. Quickly swing the rod back to your side, and stop when the rod is just behind you.
4. Quickly swing the rod forward.
5. Release the line as the rod swings forward.
6. Be sure to keep the tip pointed at the target until the lure or bait reaches it (follow-through).

Fixing Your Cast:

- Does your cast go to the left of the target? Then you released the line too late if you are casting with your right hand. If you cast with your left hand, then you released early.
- Does your cast go to the right of the target? Then you released the line too early if you are casting with your right hand. If you cast with your left hand, then you released late.