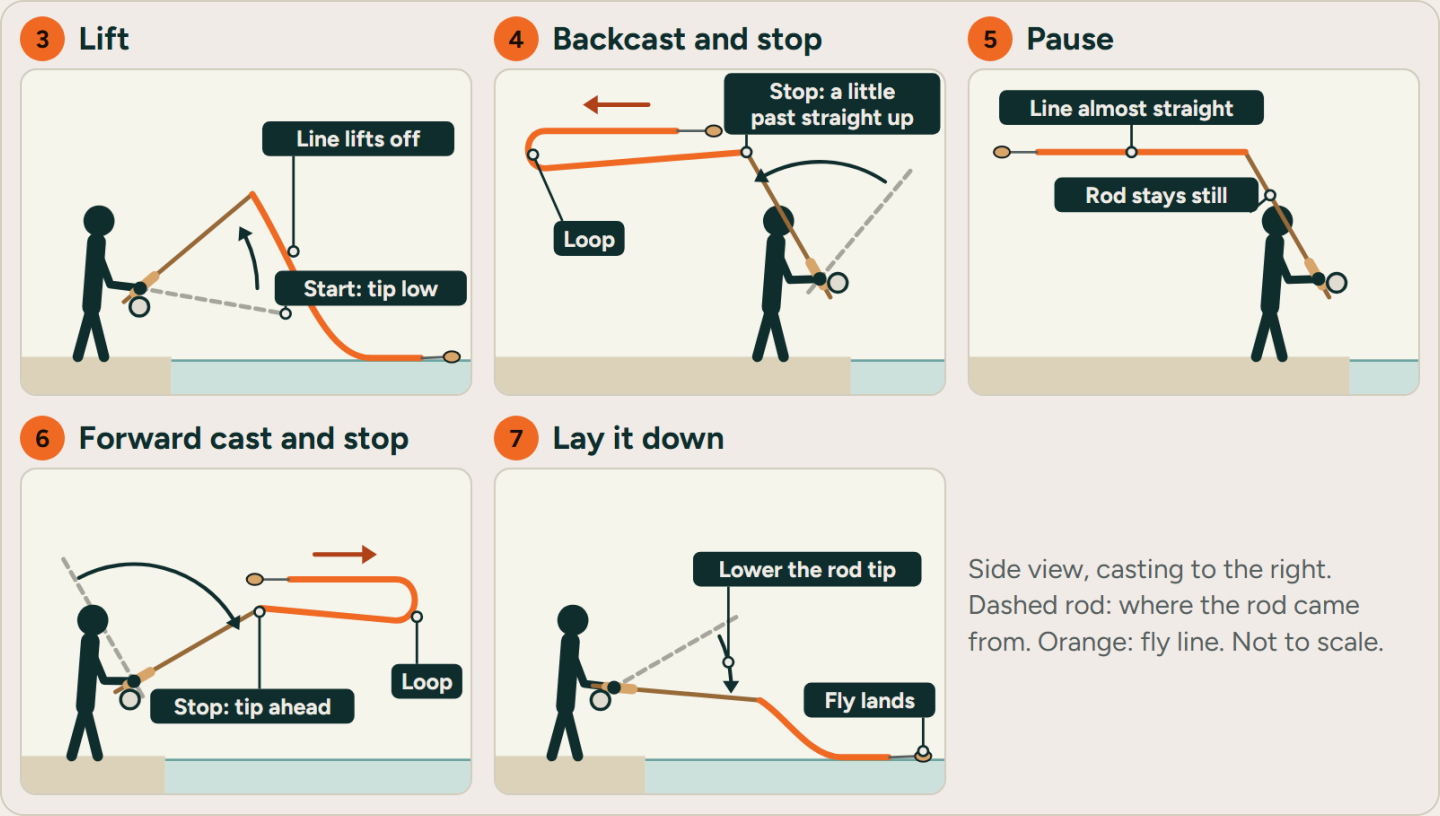
HOW DO I CAST A FLY ROD?

Start with the rod tip low and some line out in front of you. Lift the line off the water, cast it back and stop the rod a little past straight up, then pause while the line straightens behind you. Cast forward, stop the rod with the tip ahead of you, and lower it as the line lays the fly down.



The overhead cast, steps 3 to 7, side view. A diagram, not to scale. Diagram: Fly Findr

THE OVERHEAD CAST SEVEN STEPS

1. Hold the rod	Hand on the cork grip above the reel, thumb on top. Your other hand holds the line between the reel and the first ring.
2. Line out	Face the target, room behind you. Pull fly line out past the tip, a little more than the rod's length to start.
3. Lift	Rod tip low, line straight. Raise the rod until the line comes off the water or grass.
4. Backcast	Speed the rod up smoothly backward and stop it a little past straight up, about 1 o'clock.
5. Pause	Hold still and watch the line. Line almost straight: now cast forward.
6. Forward cast	Speed the rod up smoothly forward and stop it, tip ahead of you, about 10 o'clock. Aim above the target.
7. Lay it down	As the line straightens, lower the rod tip. Pin the line under a finger of your rod hand.

FAULTS AND FIXES

Fly can hit the ground behind	The rod went too far back. Stop it a little past straight up. Many teachers have you move your forearm and keep your wrist fairly firm (step 4).
A crack like a whip	Usually forward too soon. Wait until the line is almost straight (step 5). Check the fly.
Line piles up in front	Stop higher and aim above the target, then lower the rod (steps 6, 7).
Line slips out	Keep hold of it in your other hand (step 1).

The clock. A teaching convention: picture a clock face beside you, with 12 straight overhead and 9 in front of you. **To practice,** tie on a tuft of yarn instead of a fly, and wear glasses (common practice). These steps are casting method, not study findings.

flyfindr.co/learn/how-to-cast-a-fly-rod

The full guide: each step in detail, the loop, two common faults drawn, and false casts. Sources: see the guide.

FREE TO PRINT AND SHARE