

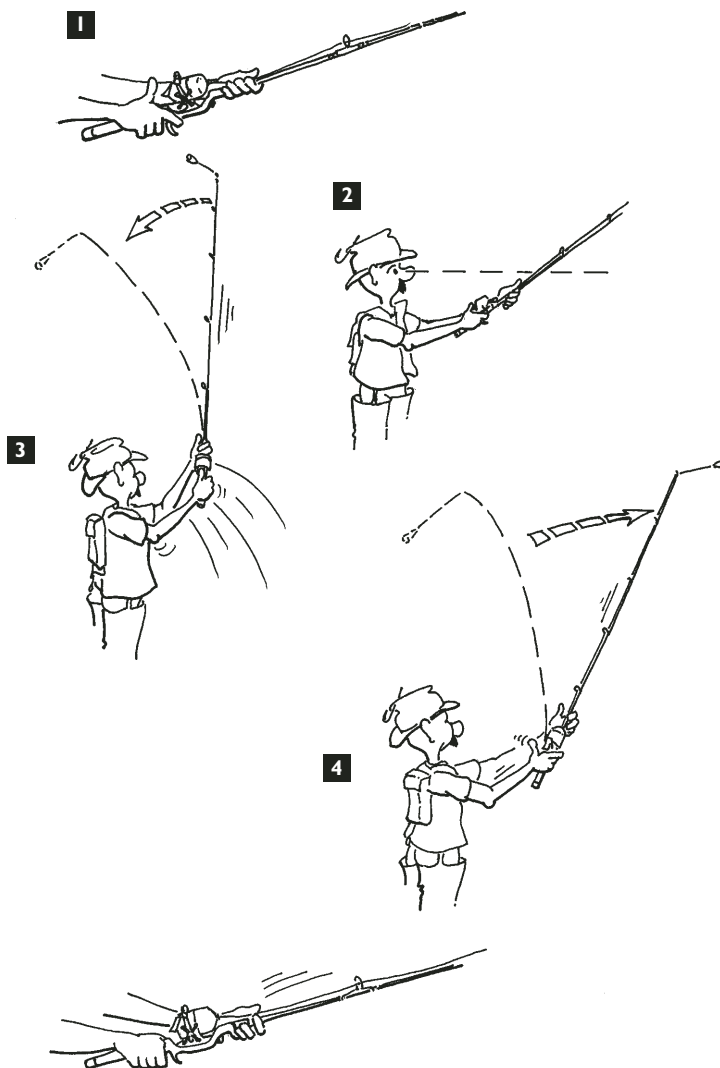
Spincasting

A spincasting reel has a button that you push with your thumb to release the line.

1. Grasp the rod's handle or pistol grip with one hand. Push the reel's thumb button down and hold it in.
2. Face the target area with your body turned to a slight angle, about a quarter turn. Aim the rod tip toward the target, about level with your eyes.
3. Swiftly and smoothly bend your arm at the elbow, raising your hand with the rod until it almost reaches eye level. When the rod is almost straight up and down, it will be bent back by the weight of the practice plug. As the rod bends, move your forearm forward with a slight wrist movement.
4. When the rod reaches eye level, release the thumb button.

If the plug landed close in front of you, you released the thumb button too late. If the plug went more or less straight up, you released the thumb button too soon.

SPINCASTING



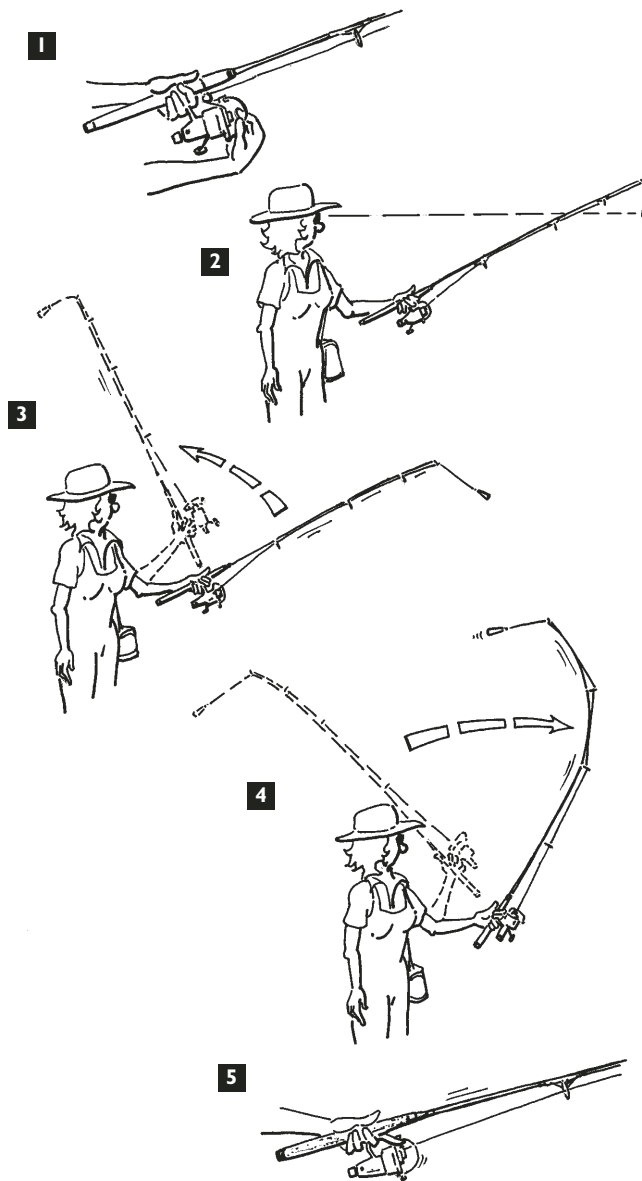
Spinning

With a spinning reel, you use your finger to release the line.

1. Grasp the rod's handle, placing the reel "stem" that attaches the reel to the rod between your middle fingers. Extend your forefinger to touch the spool cover. Open the reel's bail with your other hand.
2. Face the target area with your body turned at a slight angle, about a quarter turn. The arm holding the rod handle should be closest to the target. Aim the rod tip toward the target at about eye level.
3. Swiftly and smoothly, using just one motion, bend your casting arm at the elbow and raise your forearm so that your hand is almost at eye level.
4. When the rod is almost straight up and down, it will be bent by the weight of the practice plug. As the rod bends, move your forearm forward with a slight wrist movement.
5. When the rod reaches eye level, straighten your forefinger to release the line.

If the plug landed close in front of you, you straightened out your index finger too late. If the plug went more or less straight up or behind you, you straightened your index finger too soon.

SPINNING



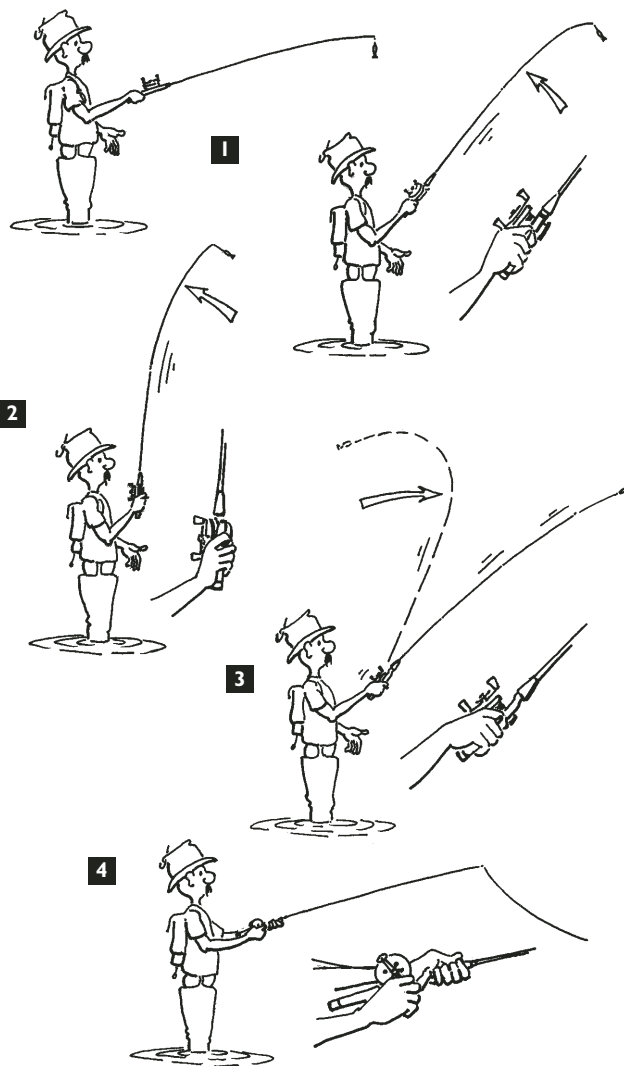
Baitcasting

The baitcasting reel has a button either on the top right-hand side of the reel or a “thumb” button behind and center of the spool that you push with your thumb to release the line.

1. Grasp the rod's pistol grip or handle with one hand. Push the reel's thumb button down and move your thumb on the spool. Release the line so that the casting plug falls to the ground. Adjust the spool tension knob (located on the side of the reel) so that the spool stops when the plug hits the ground. It may take a couple of times to accomplish this and adjust it correctly. This will reduce the reel from backlash when cast. Backlash occurs when momentum from the cast allows the spool to keep rotating causing line to ball up once the plug hits the water or ground.
2. Face the target area with body turned at a slight angle, about a quarter turn. Aim the rod tip toward the target, about level with your eyes.
3. Swiftly and smoothly bend your arm at the elbow, raising your hand with the rod until it almost reaches eye level. When the rod is almost straight up and down, it will be bent back by the weight of the practice plug. As the rod bends, move your forearm forward with a slight wrist movement.
4. When the rod reaches eye level, release your thumb off the spool. As the practice plug hits the ground, place your thumb back on the spool to reduce backlash.

If the plug landed close in front of you, you released your thumb too late. If the plug went more or less straight up, you release your thumb too soon.

BAITCASTING



Fly rod casting

Casting with a fly rod and reel is different than casting a lure or heavy bait. With spincasting, spinning and baitcasting, the weight of the bait or lure and any added weight pulls the line behind it to the target. Fly lures are light and have little weight and you cast the line to bring the lure to the fish. Lay your rod down and measure out 20 to 25 feet of line from the tip of the rod. Do not have a fly tied on for practice; tie on a piece of bright colored yarn.

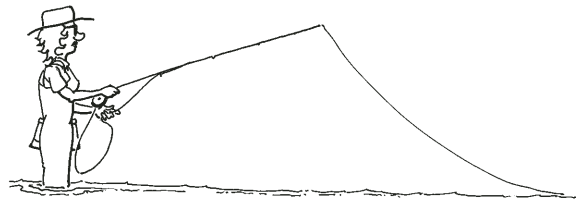
1. Grasp the rod as though shaking hands with it. Your thumb should be on top of the grip. Using this grip, the line will go in the direction your thumb points.
2. With your elbow at your side and bent at a 90° angle, point your rod in front of you. Cock your wrist slightly. Do not bend your wrist as you would with the other 3 methods.
3. Lift your forearm smoothly, bringing the rod straight up and back. Keep your wrist cocked.
4. When the rod reaches just past 12 o'clock, stop moving your forearm. Snap your wrist back.
5. Your line should form a nice tight loop in the air behind you.
6. As the loop opens and the line becomes nearly straight behind you (don't rush it), begin your forward cast.
7. Push your forearm back in the direction you started and down to about a 45° angle (10 o'clock). End with a snap of the wrist in the direction of the target. Lower the rod slowly and smoothly toward the surface of the water.

Line should drift down gently. If the line splashes, either you have aimed too low or the forward cast was not delivered in one smooth action.

FLYCASTING

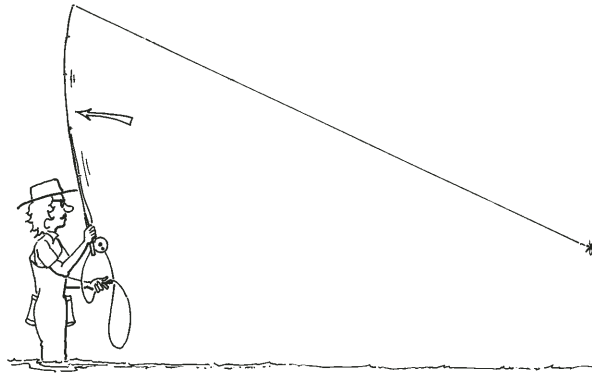
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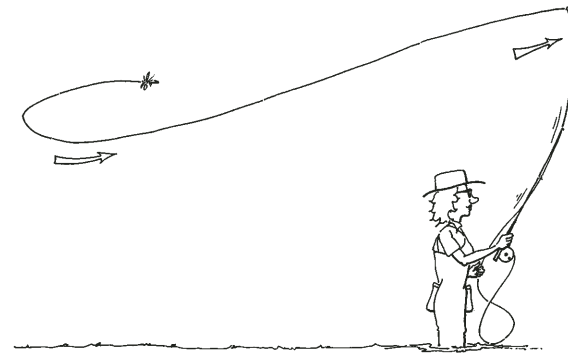
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