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All students learn through the use of their visual, auditory, and kinesthetic muscle movements. So, we must use these three modalities in our teaching.

The DIRECTED TEACHING method does that. The Instructor can be seen by all the Students, the Students hear the Instructor giving concise simple one or two key directions (single words or phrases--), while they are experiencing the feel or the motion of the rod in hand.

The Instructor must be able to see all the Students as the instruction is being given.  
*The Students must be able to see the Instructor's casting-arm.*

The Instructor will use his/her rod while instructing—VISUAL Input.  
*The Student can see what the Instructor's hand, arm, and rod are doing while he/she is following the directions.*

The Instructor will use clipped words or short phrases while instructing.  
(Examples--Elbow up, Stop hard, Rod tip down to water) AUDITORY Input.  
*The Student must hear these words consistently as work progresses.*  
*They respond to the clipped words quickly—their concentration is not broken.*

The Instructor will direct the teaching of a skill while using his/her hand or rod.  
*The Student will be using their hand, arm or rod as the Instructor is directing--MUSCLE MOVEMENT Input.*

The Instructor will be using ALL THREE OF THE MODALITIES simultaneously.  
*The Student has the benefit of having ALL THREE MODALITIES with which to learn.*  
*The Student will be using his/her rod nearly 100% of the time!*

The Instructor will build a foundation by presenting one thing at a time developing a skill from simple to complex.  
*The Student will gradually build his/her foundation through repetition as his skills develop.*

The Instructor MUST know the material well enough to be able to watch the Student as both Instructor and Student work.  
*The Student will benefit from the Instructor's evaluation and input.*

The Instructor evaluates as Student proceeds. If there is confusion, STOP, go back to the place the student has been able to perform—Use different CLIPPED words to say the same thing—Give the student a good deal of silence so he/she can assimilate what was said.  
*The Student returns to his comfort zone and gradually works on the next task with a positive attitude.*

The Instructor tells the Student **ONLY** the **CORRECT** way to do something.

Clip your words—“Stop abruptly.” “Make that tip work.”

*The Student then knows what to do—rather than wondering at a later time what you said.*

The Instructor upon seeing an incorrect technique being used—

Say—“Whoops” or “Whoa!”

Then—Either say the appropriate correct clipped words with their rhythm **OR**

Use arm movements beside the Student saying the appropriate words.

*The Student falls into the rhythm and movements.*

The Instructor should make **ONLY** one correction at a time—And then be quiet.

*The Student can focus fully on that task without being disrupted.*

The Instructor should always be positive—“You’re cast is improving.”

“You’re getting that stroke down.” “Raise that elbow a bit, Good.”

*The Student will gain confidence.*

The Instructor should stand beside a Student when he/she is showing the student a task so that the Student sees the Instructor’s hands in the same perspective as they see their own hands.

*The Student will learn much faster if the task is not backwards or upside down!!!!*

The Instructor begins **EACH** lesson with a review of all material covered.

*The Student will be demonstrating ALL of the tasks to date.*

The Instructor ends **EACH** lesson with a quick review—today’s work covered.

--what to expect next week.

*The Student will be satisfied and looking forward to next week.*

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Size of facility is the first requirement to evaluate—Along with the availability of water. If grass is all that is available, roll casts work fine with a grass leader. (see Glossary)

The Students line up on pink lines (tape placed on ground) with ample room for them to move their rods (with line trapped in rod hand) during the **DIRECTED TEACHING** phase. **ALL** of the Students **MUST** be able to see the Lead Instructor's rod arm from the side if at all possible. He/She is also in front of and to the side of the Students even if the Instructor has to be in the water! **AND** the Lead Instructor **MUST** be able to see **ALL** of the Students as they are working. The **DIRECTED TEACHING** takes place in this configuration.

The Lead Instructor leads the Directed Teaching with the Assistant Instructors spaced equally apart ready to help any Student. The Lead Instructor is watching the Students as He/She is using the Multi-Sensory Method in **DIRECTING** the Students.

**THE STUDENTS ARE ABLE TO SEE AND HEAR THE LEAD INSTRUCTOR AS WELL AS FEEL WHAT THE ROD IS DOING—(MULTI-SENSORY)**

**THE PRACTICE PHASE** takes place on a dock, bulkhead, or grass. The Students stand on orange tape placed on the ground where there is enough room for a good backcast and forward cast. The Lesson Plans were written for a park where half of the students worked on grass and the other half on water. Half of the water practice time is given to each group. Starting on Lesson 3, 30 inch targets (made with  $\frac{3}{4}$  inch PVC pipe) are randomly placed 25 to 40 feet on the grass in front of the orange line.

The Assistant Instructors work with the Students during the Practice Phase. **DIRECTED TEACHING** can be used by the Assistant Instructors at any time on an individual basis or with a group.

The **HELP CARD** is a valuable tool in maintaining consistency with the “what” and “how” we, as a team, teach the Students. A **HELP CARD** is given to each Assistant Instructor a week in advance. The **CARD** describes what is forthcoming in **THAT** lesson and has suggestions on how to help the Students.

At the end of the each lesson there is a **SUMMARY OF DAY AND TIP OF THE WEEK.**

**PLUS** we gather to learn one knot! The knot kit contains two different sizes of cord for each student, very large line for the Instructors (so the Students can see better), and a picture of the specified knot.

One more suggestion—Name tags work wonders—Large print—placed on the shoulder of the Student's casting arm. All the Instructors should have a name tag and be identified as an Instructor.

COMMENTS TO INSTRUCTORS ©2009 Margaret Van Natter

- 1—We'll be talking about some of the comments on sheet—
- 2—As most of you already know, I'm using a multi-sensory Approach—visual, auditory & kinesthetic--
- 3—Progressing from simple to complex in skills--  
The skills being reviewed each lesson prior to introducing  
A new skill—
- 4—The above review gives the students a basis for self-correction—
  
- 5—CLIP YOUR WORDS—SHORTEN YOUR SENTENCES—  
“Elbow up,” “Check thumb,” “Elbow down,” etc.
- 6—CLIP WORDS to tell students what they are doing correctly--  
Students will remember a few clipped words and will  
stay on task—builds confidence!
  
- 7—Make one correction at a time—Let student focus fully on  
that task without being distracted--
- 8—Upon seeing a student using the wrong technique, say—  
“Whoops or Whoa”  
Then use the appropriate CLIPPED words or  
Use arm movements beside them saying the appropriate  
CLIPPED WORDS—multi sensory!
- 9—Always be positive—“your cast is improving”, “You're getting  
that stroke,” etc.
  
- 10—Stand at each end of pink line or lines and bulkhead during  
**(DIRECTED TEACHING)**. Watch students and  
be ready to help as needed!

Give out cards at end of session-- \_\_\_\_\_

GLOSSARY ©2009 Margaret Van Natter

Clipped words----Say as few words as possible—this allows Students to focus fully on task without his/her concentration being disrupted—

Clipped phrases----Use as few words as possible to explain--

Directed Teaching----The Instructor uses his/rod while instructing—VISUAL Input—

The Instructor uses Clipped words or short phrases while instructing—

AUDITORY Input—

The Student will be using his/her hand, arm, and/or rod in unison with the

Instructor as the instructions are given—KINESTHETIC--

ALL THREE OF THE MODALITIES BEING USED SIMULTANEOUSLY –

Grasp----Holding line usually with Line Hand to execute line-handling task—

Hard Stop----Stopping rod hard enough that the wrist and hand reflex back—  
actually bouncing back a short distance—

From the technical standpoint—the act of stopping and /or  
reversing the rod's movement causing the tip to speed up according to the  
physical laws of a tapered spring--

Help Card----Suggestions for the Assistant Instructors work with the Students.

Line Hand----The hand that controls the line as the Rod Hand works the rod—

Make the Tip Work----Make the tip of the rod bend when stopping the rod—

Multi-Sensory----The Instructor simultaneously using all three Modalities—visual, auditory, &  
kinesthetic when Instructing the Students—

Rod Hand----The hand that is used to cast the rod—

Trap Line----Secure line with Rod hand--

Trap Line & Leader----Secure both the line coming off reel & the line &/or leader out of  
the rod tip—Used when Students are “dry casting” in unison with Instructor--

BEGINNERS FLY CASTING

COURSE OUTLINE—2009 ©2009 Margaret Van Natter

1<sup>st</sup> WEEK (All Casting Classes

at the Green Lake Casting Pier)

**EQUIPMENT**—Prepare for

Casting

—Learn Vocabulary

Fly Rod

Fly Lines

Reels

Leaders

Tippet

Yarn Fly

Eye Protection—

Hat & Glasses

**BASIC SKILLS**

Stance

Grip

Rod Hand

Line hand

Shake Out Line

Trap line

Stiff Wrist

Reel In Line

Roll Cast

2<sup>nd</sup> WEEK

Review

Back Cast

Forward Cast

Pickup & Laydown

Arbor Knot

3<sup>rd</sup> WEEK

Review

False Cast

Improved Clinch Knot

4<sup>th</sup> WEEK

Review

Line Hand

Shooting Line

Double Surgeons Knot

5<sup>th</sup> WEEK

Review

Vertical to Horizontal

Side Arm

Off-shoulder

Barrel/Blood Knot

6<sup>th</sup> WEEK

Review  
Lengthen or shorten line  
while False Casting  
Perfection Loop Knot

8<sup>th</sup> WEEK ©2009 Margaret Van Natter

Review  
Off-Shoulder Roll Cast  
False Casting—On-Shoulder  
to Off-Shoulder—Back & Forth

Back Hand Cast

7<sup>th</sup> WEEK

Review  
Line Handling  
Changing line direction  
While False Casting  
Casting Plane  
Figure-Eight Knot

Seated/Boat Casting  
FINALE

Practice Reminder—ROLL CAST (on water)

With about 30 feet of line—rod pointed toward water--  
Slowly raise your casting hand to eye level—rod tip at the  
1:30 position—slightly tilted out—  
Line should fall behind you –  
Lower elbow while at the same time thrusting your  
hand out—accelerating to a firm stop at about  
9:00 o'clock —make that rod tip work!  
Continue to lower rod tip toward the water!

Practice Reminder—PICKUP & LAYDOWN (grass or water)

With about 30 feet of line—Closed stance--Thumb on top —  
Stiff wrist—Roll Cast to straighten line--  
Rod pointed toward water—Raise elbow and hand upward to  
eye level—accelerating to an abrupt stop at 12:00 o'clock.  
Your thumb should be STRAIGHT UP--  
Wait a second or two for the line to roll out behind you.  
Start lowering elbow and thrusting your hand forward—again  
stopping the rod abruptly at about 9:00 o'clock.  
Continue to lower rod tip toward the water or grass.  
Enjoy seeing your line roll out!

Practice Reminder—FALSE CAST (grass or water)

With about 30 feet of line—Closed stance—Thumb on top  
Stiff wrist—Roll Cast to straighten line--  
Trap line—Raise hand, gradually increasing speed, to eye level—  
STOPPING ABRUPTLY AT 12:00 O'CLOCK—  
Wait—for line to roll out in back—  
Lower elbow while thrusting hand forward-- STOPPING ABRUPTLY  
AT THE 10:00 O'CLOCK POSITION  
Wait for the line to roll out in front—  
Immediately raise your hand to eye level for a second  
back cast—wait for line to roll out—begin & finish the final  
forward cast and laydown your line on the water.

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**DIRECTED TEACHING—LESSON 1—SHAKE OUT LINE—ROLL CAST--2009**

Have Instructors--available at 6:00 p.m. to help students with equipment--

Setting up the rod as well as naming the parts of the rod & reel—

Have students line up on pink tape and bulkhead—Greet students—Introduce Instructors--

**INSTRUCTION: (DIRECTED TEACHING)**

Stance – closed stance (feet side by side, most likely with rod-side foot slightly in front)

Grip—Thumb on top—

Rod hand—check for left-handed students

Line hand

**SHAKING OUT LINE--**

Strip off 15 strips of line from reel—let it drop onto dock or grass--ends up to be about 30 feet

of line

Grasp line in line hand—hold firmly beside rod hand

With a stiff wrist and movement from elbow—move your rod to the right (about a foot)—stop firmly—

loosen line-hand grip to allow line to slide out through the rod tip--

Now move the rod to the left-- stopping firmly—loosen that line-hand grip & watch the line go out--

**REPEAT--**As you continue to shake the line out--watch your rod tip bend –moving your line—

Which hand are you using to turn the spool on the reel? Place the OTHER hand on the rod with the line from the reel between fingers—reel in slowly guiding the line onto the spool evenly with tension—

**ROLL CAST—HOLD ROD IN LINE HAND--**

Check your stance and grip-

Pretend that you are holding your rod in your ROD hand—thumb on top--

Raise hand up to eye level—you will see your thumb out of the corner of your eye--

Keep your wrist stiff--

Imagine that your rod tip is at 1:30 p.m.

Now lower your elbow while at the same time thrusting your hand out like you are setting a cup

on the table—

Stop abruptly at about 9 o'clock—make that rod tip work!

Continue to lower rod tip toward water—

**REPEAT SEVERAL TIMES—HAND ONLY—TEACHER DIRECTING THE STUDENTS THROUGH PROCEDURE—(DIRECTED TEACHING)**

**WITH ROD IN ROD HAND—(DIRECTED TEACHING)**

Shake out approximately 10 feet (5 or so strips—TRAP LINE & LEADER—under finger of ROD HAND--

Rod tip should be pointing toward water—

Raise rod slowly so that you see that thumb at eye level—

Look at your rod tip—it should be at about 1:30 p.m.—

Tip your rod tip slightly away from your body--

Think about how you brought your elbow down & your hand forward—

And stopped the rod abruptly to make the tip of the rod work

EVERYONE BRING THAT ELBOW DOWN-----THRUST FORWARD—

STOPPING ABRUPTLY--

Rod tip on down to the water—

REPEAT THREE TIMES WITH LINE & LEADER TRAPPED (**DIRECTED TEACHING**)

WHY DO WE LEARN A ROLL CAST?

To straighten out line on top of water for a good pickup--

To cast when you are standing in front of bushes or trees--

To raise a weighted line to the surface of the water before casting—

STUDENTS DIVIDE INTO TWO GROUPS—ORANGE LINE, BULKHEAD & DOCK--

Strip 20 feet (MORE) from reel—10 or 12 strips—Shake out all line--

*ROD IN ROD HAND—LINE TRAPPED—*

BEGIN PRACTICING THE ROLL CAST--

SUMMARY OF DAY

TIP OF THE WEEK

NEXT WEEK—PICKUP & LAYDOWN

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Lesson 1—HELP CARD--2009      SHAKE OUT LINE & ROLL CAST

Greet students—Select 5 or so to help—  
Review their equipment using proper names—  
Gather on Pink Lines & Bulkhead—Stand behind your students—  
Help students as needed--

#### INSTRUCTION—BY LEAD INSTRUCTOR

Stance – Closed stance  
Grip—Thumb on top – or -----  
Rod hand  
Line hand  
Strip off 15 strips of line—about 30 feet—on grass or into water!  
Trap line with ROD hand so no more line will go out—  
Grasp loose line in LINE hand—hold firmly beside ROD hand--  
Shake out line--with a stiff wrist move rod back & forth—  
Reel In—watch reel—use LINE hand to facilitate a smooth line onto reel—

#### ROLL CAST—

Hold rod in LINE hand—ROD HAND ONLY will practice first--  
Check stance and grip--  
Raise ROD hand up so that you see your thumb out of the corner of your eye—  
    Rod tip should be at the 1:30 position—  
    Keep a stiff wrist—  
Lower your elbow while at the same time thrusting your hand out—  
Stop abruptly at about 9 o'clock--make that rod tip work!  
Continue to lower rod tip toward water—  
Repeat several times—

#### WITH ROD IN ROD HAND

Shake out approximately 10 feet from your reel—**TRAP LINE & LEADER--**  
Rod tip should be pointed toward water--  
Raise rod slowly so that you see that thumb!—  
Rod TIP will be pointed to 1:30 o'clock--  
Make certain that the line is outside the rod—away from your body--  
Lower your elbow while at the same time thrusting your hand forward—  
Stop hard at 9:00—making the rod tip work--

#### DIVIDE INTO TWO GROUPS TO PRACTICE

Strip off 20 (MORE) feet of line—Shake out all line—  
**ROD IN ROD HAND—LINE TRAPPED—**

BEGIN ROLL CASTING—

SUMMARY OF LESSON

NEXT WEEK—PICKUP & LAYDOWN  
ARBOR KNOT

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DIRECTED TEACHING—LESSON 2—PICKUP & LAYDOWN--2009

Students line up on bulkhead or pink lines—Or other designated lines--

**CAUTION—FOR SAFETY—ALL STUDENTS' LINES & LEADERS MUST BE TRAPPED**

**WHEN STUDENTS ARE ON THE PINK LINES & BULKHEAD--**

**REVIEW—(DIRECTED TEACHING)**

SHOW ME—

How to stand—

How to hold the rod—

Where your thumb will be—

How to strip line—5 STRIPS and shake it out—

TRAP LINE & LEADER--

Position your rod to begin a roll cast—rod pointed at water

Bring rod up to 1:30 position , line to outside of rod—Stiff wrist--

Start your elbow down, increase speed, thrust forward--stopping sharply at 9:00—

Rod tip on down to water--

LINE & LEADER STILL TRAPPED—

Do 3 of your best roll casts—Watch the rod tip—Raise your Line hand if you saw the rod tip work—

UNTRAP LINE & LEADER—ONLY IF THERE IS ENOUGH SPACE--

Do 3 of your best roll casts—

NEW MATERIAL--PICKUP & LAYDOWN—Basic Overhead Cast (**DIRECTED TEACHING**)--

PLACE YOUR ROD IN YOUR LINE HAND--

BACKCAST—Again, closed stance, thumb on top, stiff wrist,

Elbow close to body.

With Rod hand reach out in front of you as if to grasp a cup of coffee from table--

Pretend the rod is in your hand pointing to the water—

Beginning slowly and increasing speed, raise hand to eye level—

Up-Up-Up

STOP ABRUPTLY with thumb straight up (12:00 o'clock)—

Let's do that again with just our hand—

Up-Up-Up-----STOP HARD

Check to see that your thumb is straight up—can you see it?

From this 12:00 o'clock position we'll start our Forward cast—

FORWARD CAST—HAND ONLY—(**DIRECTED TEACHING**)

SLOWLY TOGETHER—Stiff wrist—Gradually increasing speed—

Elbow Down—Down—STOP HARD—9 o'clock—

We gradually increase speed as we move our hand out, ready to set that coffee cup back

onto the table—

Rod tip (thumb) pointed down to the water—

LET'S PUT THE BACKCAST & FORWARD CAST TOGETHER—

BACKCAST—Up—Up—Up—STOP HARD—Wait-----  
FORWARD CAST—Elbow Down—Down—STOP HARD—9 o'clock—  
Rod tip on down to the water—

AGAIN—BACKCAST—Up—Up—Up—STOP HARD—12:00 o'clock—Wait-----  
FORWARD CAST—Elbow Down—Down—STOP HARD—9 o'clock—  
Rod tip on down to the water—

Why do we wait at the end of the Backcast? To wait for the line to straighten out in back before we

begin our Forward cast—

DIRECTED TEACHING—LESSON 2—PICKUP & LAYDOWN—PAGE 2

WITH ROD IN ROD HAND (LINE & LEADER TRAPPED)

ALL TOGETHER NOW –

Up—Up—Up--STOP—WAIT----Check your thumb—And rod tip—12:00  
oclock—

Stiff wrist—Start slowly—increase speed—  
Elbow Down—Down—STOP—9:00 o'clock--  
Rod tip on down to the water—

AGAIN—WATCH YOUR ROD TIP MOVE WHEN YOU STOP—

Up—Up—Up—STOP—WAIT—  
Elbow Down—Down—STOP—9:00 o'clock—  
Rod tip on down to water—

AGAIN-- REPEAT ABOVE—

BREAK INTO TWO GROUPS—BULKHEAD & DOCK—ORANGE LINE—

*DIRECTED TEACHING—(Optional on docks)*

We'll be doing a backcast & letting the line drop behind you—

We want you to feel that abrupt stop—

EVERYONE TOGETHER—FOLLOW MY DIRECTIONS—

Shake out 10 strips of line—about 20 feet—**ROD IN ROD HAND—LINE**

**TRAPPED—**

Roll cast to straighten your line—

Up—Up—Up—STOP---

Let the line fall behind you—

Did you feel that “stop”?

NOW TURN AROUND—leave a little space between you—

You need to straighten your line—So, roll cast your line out—It may take a couple tries!

EVERYONE TOGETHER—ANOTHER PICKUP—Same as above—Letting the line fall behind you—

Up—Up—Up—STOP HARD---

Did you feel the STOP?

LET'S PUT THIS TOGETHER—SHAKE OUT 5 MORE STRIPS OF LINE—ABOUT 10 FEET—

ROLL CAST THE LINE OUT STRAIGHT—YOU MAY HAVE TO DO TWO ROLL CASTS—

BACKCAST—Up—Up—Up—STOP—Wait—

FORWARD CAST—Elbow Down—Down—STOP—9:00 O'CLOCK—

Rod tip down to water—

AGAIN—ROLL CAST—

BACKCAST—Up—Up—Up—STOP—Wait—

FORWARD CAST—Elbow Down—Down—STOP—9:00 o'clock—

Rod tip down to water—

AGAIN--SAME AS ABOVE--

PRACTICE ON BOTH LAND & WATER----ROLL CAST – PICKUP & LAYDOWN—

We'll switch places at half time—so everyone gets a chance to cast on water—

SUMMARY OF DAY

TIP OF THE WEEK

NEXT WEEK—FALSE CAST

IMPROVED CLINCH KNOT

ARBOR KNOT AT END OF SESSION

Students line up on bulkhead or pink lines—

*CAUTION—FOR SAFETY—ALL LINES & LEADERS MUST BE TRAPPED*

**WHEN STUDENTS ARE ON PINK LINES & BULKHEAD—**

REVIEW—(**DIRECTED TEACHING**)—“SHOW ME”—

Stance, holding rod, thumb placement, etc.—

Shake out 5 strips of line—**TRAP LINE & LEADER—**

Basic roll cast—raise arm, thumb eye level, rod tip at 1:30 o'clock, line outside rod,

Elbow down, stiff wrist, thrusting hand forward, stop hard—Rod tip on down to water—

**LINE & LEADER STILL TRAPPED—**Do 3 good roll casts—watch rod tip work--

PICKUP & LAYDOWN—Basic Overhead Cast—(**DIRECTED TEACHING**)—

**BACKCAST—ROD HAND ONLY—(ROD HELD IN LINE HAND)**

Hand in front of student as if to grasp a coffee cup from table—9:00 o'clock—

Gradually increasing speed, raise thumb to eye level—**STOP ABRUPTLY—**

This routine will be repeated several times—

**FORWARD CAST—ROD HAND ONLY—**

Move Elbow down & hand forward increasing speed—stopping hard—

Rod tip on down to water—Your hand should be in position to begin again—

With **ROD HAND (LINE & LEADER TRAPPED)—**

**BACKCAST & FORWARD CAST PUT TOGETHER—**

Up—Up—Up—**STOP—**12:00 o'clock—**WAIT—**

Stiff wrist, elbow down—down—**STOP ABRUPTLY—**9:00 o'clock—

Rod tip on down to water—

**ROUTINE REPEATED SEVERAL TIMES AS NEEDED--**

DIVIDE INTO TWO GROUPS—**BULKHEAD & DOCK AND ORANGE LINE—**

**SHAKE OUT 10 strips of line (about 20 feet of line)—**

**ROD IN ROD HAND—LINE TRAPPED--**

**BACKCAST ONLY (DIRECTED TEACHING)--**

The line will be dropping behind the student—

The students will then turn around & repeat the backcast—letting it drop behind. Check thumb, rod tip straight up, etc.

Repeat as needed—

**PUT ALL TOGETHER—ROLL CAST—**

**BACKCAST—(PICKUP)--**

**FORWARD CAST—(LAYDOWN)—**

**PRACTICE BEGINS—A COMBINATION ROLL CAST, PICKUP & LAYDOWN—**

**(OVER)**

__IF__	__ANALYZE—POSSIBLE SUGGESTIONS—
Trouble with timing (Backcast)-- (Forward Cast)--	Say—"Up, Up, Up,--STOP—WAIT" Say—"Down, Down,--STOP— On down to the water"—
Rod goes back past 1:00 o'clock on Pickup--	Thumb and rod straight up-- Stiff wrist--
Line drops in back--	Make a harder stop on backcast-- Stop rod straight up-- Speed up the backcast-- Raise thumb to eye level-- Start forward cast a little sooner--
Line collapses on Forward cast--	Make a harder stop at 9:00 o'clock-- Bring in some line--
Leader doesn't straighten out--	Really make the tip work-- Bring in some line--

NEXT WEEK—IMPROVED CLINCH KNOT

DIRECTED TEACHING—LESSON 3—FALSE CAST—2009 ©2009 Margaret Van Natter

Students line up on bulkhead, or designated line (pink lines)—

REVIEW—(**DIRECTED TEACHING**)

We have worked on the Roll Cast and the Pickup & Laydown—A brief review—

SHOW ME—Self Analysis

**TRAP LINE & LEADER** in your **ROD HAND**—**STIFF WRIST**—

Bring the rod tip up to the 1:30 o'clock position as if to start the roll cast—

Bring your elbow down—thrusting out a bit—stop your rod tip about 9:00 o'clock for a good Roll Cast—

Where is the rod tip pointed as we start the pickup & laydown?—

Where do we stop the rod on the pickup?—

Where do we stop the rod on the forward cast?—

Did you remember to take the rod tip on down to the water?—

Wave your Line hand!—

Make a back cast only—

Up—Up—Up—STOP—WAIT—

Check where your thumb is—Now check your rod tip—Where is it pointed?—

Did the rod tip work?—

Did you raise your elbow?—

Could you see your thumb?—

Bring your rod to starting position again—

Make a backcast only—

Now make a good forward cast—

Down—Down—Down, STOP—

On down to the water—

Did you stop at about 9:30 o'clock?—

Now put it together—BACKCAST, --STOP,--WAIT,--FORWARD CAST—STOP--

Rod tip on down to water--

FALSE CAST—(**DIRECTED TEACHING**)

*ROD IN LINE HAND with LINE & LEADER trapped—HAND ONLY--*

Complete a backcast—STOP AT 12:00 o'clock—WAIT for the line to straighten out behind you—

Complete a forward cast—STOP at 10:00—WAIT for the line to straighten out in front of you--

NOW—Do another backcast—Stopping at 12:00—WAIT—

Another forward cast—Stopping at 10:00—WAIT—

Once again--Another backcast—STOPPING & WAITING—

THE LAST FORWARD CAST—stopping at 9:00 o'clock—

Rod tip on down to the water--

REPEAT IF NEEDED--

**ROD IN ROD HAND WITH LINE & LEADER TRAPPED—**  
LET'S PUT THIS ALTOGETHER—

Rod tip to water—  
Up—Up—Up—STOP—(12:00 o'clock)--WAIT—  
Elbow down—down—STOP (10:00 o'clock)—WAIT--  
Up—Up—Up—STOP—WAIT—  
Elbow down—down—STOP—WAIT—  
Up—Up—Up—STOP—WAIT—  
Elbow down—down—STOP--  
Rod tip down to water--

REPEAT ONCE AGAIN--

WHY? We use false casting when: we are changing line direction—

Lengthening & shortening the fly line--

Drying out our dry flies—so that they will float better—

BREAK INTO TWO GROUPS AS DIRECTED—ORANGE LINE—BULKHEAD & DOCK--

DIRECTED TEACHING—LESSON 3—FALSE CAST—2009--

PAGE 2

STUDENT PRACTICE—Strip & shake out about 30 feet of line (10-15 strips) onto the ground or water—

**ROD IN ROD HAND WITH LINE TRAPPED--**  
REMEMBER TO ROLL CAST TO STRAIGHTEN YOUR LINE --

PRACTICE THE ROLL CAST, PICKUP, TWO FALSE CASTS, THEN LAYDOWN--

-

SUMMARY OF DAY--

TIP OF THE WEEK--

NEXT WEEK—USE OF LINE HAND—SHOOTING LINE—

IMPROVED CLINCH KNOT AT END OF SESSION--

Lesson 3 –HELP CARD—2009 FALSE CAST ©2009 Margaret Van Natter

Greet Students – As Students arrive suggest they practice the roll cast &, pickup & laydown. We will be using the lawn again this week—

REVIEW—“SHOW ME”—(**DIRECTED TEACHING**)

*TRAP LINE & LEADER in ROD HAND—*

Bring the rod tip up to the 1:30 o'clock position as if to start the roll cast—

Bring your elbow down, thrusting out a bit—stop your rod tip about 9:00 o'clock for a good Roll Cast—

Where is the rod tip pointed as we start the Pickup & Laydown?—

Where do you stop the rod on the pickup?—

Where do we stop the rod on the Forward Cast?--

Did you remember to take the rod tip on down to the water?—

Wave your line hand!—

Make a Backcast only—

Up—Up—Up—STOP—WAIT—

Check where your thumb is—now check your rod tip—Where is it pointed?--

Did you raise your elbow?—

Could you see your thumb?—

Bring your rod to starting position again—

Make a good pickup—WAIT-- AND

a Laydown—DOWN—DOWN—STOP—

On down to the water—

Did you stop the Rod Tip at 9:00 o'clock?—

Make your best Pickup & Laydown—

*Make suggestions, corrections, or favorable comments to each student—*

FALSE CAST—

*ROD IN LINE HAND WITH LINE & LEADER TRAPPED--*

Raise hand, increasing speed, to eye level—Rod tip should be pointed to 12:00 o'clock--STOP ABRUPTLY--

WAIT—for line to roll out in back

Lower elbow—STOPPING rod tip ABRUPTLY at 10:00 o'clock--

WAIT for line to roll out in front--

Raise hand again to eye level-- thumb up—STOPPING ABRUPTLY—WAIT--

Again lower elbow—stop rod tip at the 10:00 o'clock position—WAIT--

Once again, repeat raising the hand and lowering the elbow stopping abruptly at 9:00 o'clock--

Continue on down to the water—

*ROD IN ROD HAND WITH LINE & LEADER TRAPPED--*

REPEAT THE DIRECTIONS ABOVE--

BREAK INTO TWO GROUPS AS DIRECTED—

*Continued on back of card—*

Lesson 3—HELP CARD—2009

Page 2

(DIRECTED TEACHING) FALSE CASTING IN UNISON—

STRIP & SHAKE OUT ABOUT 30 FEET OF LINE--

*ROD IN ROD HAND WITH LINE TRAPPED--*

Roll Cast to straighten line out--

Backcast-----Up—Up--Up—STOP at 12:00 oclock—WAIT--

Forward Cast-----Elbow down--down—STOP at 10:00 o'clock – WAIT--

Backcast-----Up—Up--Up—STOP at 12:00 o'clock—WAIT--

Forward Cast-----Elbow down--down—STOP at 10:00 o'clock—WAIT--

Backcast-----Up—Up--Up—STOP at 12:00 o'clock—WAIT--

Forward Cast-----Elbow down--down—STOP at 9:00 o'clock—

Laydown-----Rod tip on down to the water—

REPEAT THE DIRECTIONS ABOVE—Once or twice—as needed--

-

STUDENTS BEGIN PRACTICE--THE ROLL CAST, PICKUP,  
TWO FALSE CASTS, THEN LAYDOWN--

IMPROVED CLINCH KNOT AT THE END OF SESSION--

--IF--

--SUGGEST—

Rod goes back past 1:00 o'clock  
on pickup

Thumb & rod straight up,  
stiff wrist--

Hold your hand where student  
should stop rod while he casts--

Line drops in back

Make a harder stop on backcast--  
Stop thumb and rod straight up--  
Speed up the backcast--  
Raise thumb to eye level--  
Begin forward cast sooner--

Line collapses on forward cast

Make harder stop at 10:00 o'clock--  
Shorten line--

Leader doesn't straighten out Really snap the tip--

NEXT WEEK—USE OF LINE HAND—SHOOTING LINE  
DOUBLE SURGEONS KNOT

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DIRECTED TEACHING—LESSON 4—USE OF LINE HAND – SHOOTING LINE--2009

*ON BULKHEAD & DOCK*

LEAD INSTRUCTOR--Walk by each student commenting on one positive aspect of their casting—

Stance, hand placement, stiff wrist, elbow close to body, thumb & rod stopping abruptly straight up, waiting for the backcast, bringing the elbow down, thrusting out slightly, snapping tip of rod about 10:00 o'clock on the forward cast, (9:00) if following down to water.

GROUP THE STUDENTS INTO GROUPS OF THREE AS YOU GO—

Since it is impossible to see ourselves as we cast, it is beneficial to have someone tell you what you are actually doing--while the Observers become more familiar with the details of casting. Your group of three will critique each other—Take turns--1 casting—2 watching --The 2 Observers share & make suggestions & positive comments--watching for all the things we have been learning –(LISTED ABOVE)--Instructors are ready to help as needed to make the exercise go smoothly—

**THE CASTER ONLY SHOULD SHAKE OUT 20 STRIPS OF LINE—THEN MAKE A ROLL CAST, A PICKUP & LAYDOWN, THEN A PICKUP WITH 2 FALSE CASTS & LAYDOWN—REEL IN THEIR LINE AND BE READY TO LISTEN TO THE 2 OBSERVERS SHARE THEIR SUGGESTIONS & POSITIVE COMMENTS. YOU ARE AN OBSERVER NEXT—BE POSITIVE—THEN ON TO THE NEXT CASTER.**

*BACK TO THE PINK LINE AND BULKHEAD—(DIRECTED TEACHING)*

—WE ARE GOING TO MAKE THAT LINE HAND WORK TODAY—WE'LL BE SHOOTING LINE!

*REEL IN LINE—JUST THE LEADER OUTSIDE ROD TIP--*

*TRAP LEADER IN ROD HAND—GRASP LINE IN LINE HAND, JUST IN FRONT OF THE REEL--*

**THE TWO HANDS WILL MOVE TOGETHER THROUGH THE PICKUP & LAYDOWN (ABOUT 6 INCHES APART)--**

BACKCAST—WAIT—FORWARD CAST—JUST AS THE ROD ABRUPTLY STOPS, LOOSEN GRIP ON LINE HAND—THIS WOULD ALLOW THE LINE TO SLIDE THROUGH YOUR FINGERS—

TRY THIS AGAIN CONCENTRATING ON COORDINATING THE HARD STOP ON THE FORWARD CAST WITH RELEASING THE LINE IN YOUR LINE HAND—**AGAIN AS NEEDED—**

*DIVIDE INTO TWO GROUPS—*

*(DIRECTED TEACHING)—On both land (orange line) & Sea (water)—*

SHAKE OUT ABOUT 20 STRIPS (40 FEET OR SO) ONTO THE GROUND OR WATER—STRIP IN ABOUT 8 FEET OF LINE CONTROLLING IT WITH ROD HAND FINGER LETTING LINE DROP TO THE GROUND—TRANSFER LINE FROM ROD HAND TO LINE HAND—GRASP IT FIRMLY, LEAVING LOOP BETWEEN REEL & LINE HAND—KEEP THE HANDS ABOUT 6 INCHES APART--

Rod Tip pointed to water--

Up, Up, Stop—Wait—

Down, Down, Stop abruptly, open fingers & Slip that line—

On down to the water--

STRIP IN THE 8 FEET OF LINE & SHOOT IT AGAIN—IF ALL THE LINE DOES NOT GO THROUGH THE GUIDES, KEEP TRYING! REPEAT INSTRUCTIONS AS NEEDED--

KEEP HOLDING THE LINE IN YOUR LINE HAND—THE DEFAULT POSITION FOR YOUR LINE HAND IS ABOUT 6 INCHES FROM YOUR ROD HAND WAITING AND EAGER TO WORK --

PRACTICE SEVERAL ROLL CASTS, PICKUP & LAYDOWNS, FALSE CASTS, & SHOOT SOME LINE!!

SUMMARY OF DAY

NEXT WEEK—OFF-SHOULDER—VERTICAL TO HORIZONTAL—SIDE ARM

BARREL/BLOOD KNOT

TIP OF THE WEEK

DOUBLE SURGEONS KNOT AT END OF SESSION

©2009 Margaret Van Natter Lesson 4 – HELP CARD—2009 USE OF LINE HAND --  
SHOOTING LINE

Observe students as they gather on dock and start casting. Check stance, thumb on top, stiff wrist, elbow close to body, thumb & rod stopping abruptly straight up, waiting for the backcast, stopping abruptly about 10:00 o'clock on the forward cast, (9:00) if following on down to the water.

REVIEW—Lead Instructor has designated Groups of 3 students each—One student in each group will cast while the other two watch, discuss, & share what they see—then change casters—They are to do a roll cast, a pickup & laydown,, then a pickup with two false casts & laydown—**INSTRUCTORS**—Step in & help if needed—stressing the basics we have been learning (listed above)-- Keep it POSITIVE--

**(DIRECTED TEACHING)**—Lead Instructor—  
SHOOTING LINE—USE OF LINE HAND

**REEL IN LINE—JUST THE LEADER OUTSIDE ROD TIP--  
TRAP LEADER IN ROD HAND—GRASP LINE IN LINE HAND, JUST  
IN FRONT OF THE REEL—**

Do a pickup—Stop abruptly—wait—forward cast—  
NOW STOP ROD ABRUPTLY & OPEN FINGERS ON LINE HAND—  
On down to the water—

REPEAT ABOVE—AS NEEDED—  
CONCENTRATE ON COORDINATING THE ABRUPT STOP ON FORWARD  
CAST & OPENING LINE HAND FINGERS—

DIVIDE INTO TWO GROUPS—

**(DIRECTED TEACHING)**—On both land (orange line) & sea (water)—  
Lead Instructors—

Shake out about 40 feet of line onto the water or ground—strip in about  
8 feet of line letting it hang between the reel & the rod hand—**GRASP THAT LINE  
FIRMLY WITH THE LINE HAND--**

DO A PICKUP--HANDS ABOUT 6 INCHES APART—LINE HAND HOLDING  
THAT LINE TIGHT—WAIT--NOW THE FORWARD CAST—WHEN  
MAKING THAT ABRUPT STOP, LET THE LINE SLIDE THROUGH THE  
FINGERS ON THE LINE HAND--ON DOWN TO THE WATER

PRACTICE SHOOTING SOME LINE-- AND—

It is good to vary the practice, so after the students have practiced shooting the line a few minutes, it would be good to ask individual students to show you a roll cast, pickup, false cast, & laydown. Then back to shooting line.

·  
Teach the Double Surgeons Knot at end of session--

(OVER)

--IF-- Student is having trouble with a certain skill	--SUGGEST— Have them back up to the last skill they are comfortable with and build on that For instance, if false casting is troublesome, do a couple of pickup and laydowns, then, try the false cast again, In other words, back to basics!
Rod goes back past 1:00 on pickup	Thumb & rod straight up-- Stiff wrist--
Line drops in back	Make a harder stop on backcast-- Stop thumb and rod straight up-- Speed up the backcast-- Raise thumb to eye level-- Begin forward cast sooner--
Line collapses on forward cast	Make harder stop at 10:00-- Shorten line--
If a curl develops at end of laydown	The rod tip must move in a straight line-- Wait longer for the backcast to roll out—

NEXT WEEK—OFF SHOULDER—VERTICAL TO HORIZONTAL—SIDE ARM  
BARREL/BLOOD KNOT

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DIRECTED TEACHING—LESSON 5—2009--OFF-SHOULDER, VERTICAL TO HORIZONTAL,

SIDEARM

REVIEW—TWO GROUPS—ORANGE LINE, BULKHEAD, & DOCK--

LEAD INSTRUCTORS--

*SHAKE OUT 30 FEET OF LINE*

Make you best roll cast, pickup & laydown, false cast several times, & shoot some line. Show us what you have learned!. Be sure to use your line hand at all times.

*REEL IN LINE EXCEPT LEADER—*

**(DIRECTED TEACHING)**—BACK TO THE PINK LINE & BULKHEAD--

*OFF-SHOULDER CAST—*

**LINE & LEADER TRAPPED IN ROD HAND**

If the wind blows the line into your body, you cast your line on the down-wind side—

WATCH MY ELBOW--what did it do?—How far? Went out from body 4 inches or so--

WATCH THE ROD TIP—what did it do?—How far? Went to other side of body--

NOTICE THAT MY WRIST IS STIFF--

WATCH AGAIN—FIRST MY ELBOW, THEN THE ROD TIP—

NOW, YOU TAKE YOUR ELBOW AWAY FROM YOUR BODY—ABOUT 4 INCHES—

BE SURE YOUR WRIST IS STIFF—TRY THAT AGAIN--

WHERE IS YOUR ROD TIP?

WITH THAT STIFF WRIST, MAKE EXACTLY YOUR BASIC CASTING PICKUP STROKE—YOUR THUMB WILL BE IN EXACTLY THE SAME PLACE—12:00 o'clock—YOU WILL SEE IT JUST IN FRONT AND BESIDE YOUR EYE—

STOP AT THE TOP OF YOUR STROKE AND LOOK AT YOUR ROD TIP—IT SHOULD BE ON

YOUR OFF-SHOULDER--

BRING YOUR ROD TIP BACK TO THE WATER—ROLL CAST IF NECESSARY--STIFF WRIST?—

DO ANOTHER OFF-SHOULDER PICKUP & LAYDOWN—WAS YOUR WRIST STIFF?—WAS YOUR THUMB IN THE CORRECT PLACE?—CHECK WHERE THE ROD TIP IS--

ONCE AGAIN—

NOW DO TWO BASIC PICKUP & LAYDOWNS—BACK TO DOING TWO OFF-SHOULDER

PICKUP & LAYDOWNS—SIMPLY STATED—STIFF WRIST—MOVE YOUR ELBOW OUT ABOUT 4 INCHES—BASIC SHORT-STROKE CAST--

### **VERTICAL TO HORIZONTAL (SIDEARM)**

*TRAP LINE & LEADER IN ROD HAND—*

DO A REGULAR PICKUP & LAYDOWN—THIS IS YOUR BASIC OVERHEAD STROKE—

WE ARE GOING TO BE DOING VARIATIONS OF THIS BASIC STROKE—

TILT ROD AWAY FROM BODY—30 DEGREES OR SO—KEEP YOUR ELBOW IN—STIFF WRIST—

ROD TIP TO WATER

RAISE ELBOW AS YOU DO FOR YOUR REGULAR PICKUP—YOUR ROD TIP WILL BE SLANTED 30 DEGREES OUT FROM YOUR BODY—YOU CAN SEE YOUR THUMB FROM THE CORNER OF YOUR EYE—12:00 o'clock--

MAKE YOUR FORWARD CAST FROM THIS POSITION—

DIRECTED TEACHING—LESSON 5—2009

Page 2

USING EXACTLY THE SAME STROKE-- MAKE ANOTHER PICKUP & LAYDOWN—NOW TIP THE ROD TIP OUT 45 DEGREES--DO ANOTHER PICKUP & LAYDOWN—KEEPING ELBOW IN—MAKE CERTAIN THAT YOU ARE STOPPING YOUR ROD ABRUPTLY AT 12 O,CLOCK—

NOW TRY A PICKUP & LAYDOWN WITH THE ROD TIP AT 90 DEGREES--

YOU WILL USE THESE SIDEARM CASTS A GREAT DEAL IN FISHING. USING THE CAST KEEPS THE FLY & LINE AWAY FROM THE BODY—AWAY FROM OTHERS IN BOATS, ETC.--YOU ALSO USE IT TO GET UNDER BUSHES—ALONG BANKS & DOCKS, UNDER THE WIND, ETC--

DIVIDE INTO TWO GROUPS—ORANGE LINE, BULKHEAD & DOCK--

STUDENT PRACTICE--

*SHAKE OUT 30 FEET OF LINE--*

**PRACTICE OFF-SHOULDER & VERTICAL TO HORIZONTAL (SIDEARM)—BE SURE TO USE YOUR LINE HAND—**

**THEN PRACTICE SEVERAL ROLL CASTS, PICKUP & LAYDOWNS, FALSE CASTS, & SHOOT SOME LINE—**

*BACK TO OFF-SHOULDER & SIDEARM--*

SUMMARY OF DAY

NEXT WEEK—LINE HANDLING—SHORT/LONG CASTS  
PERFECTION LOOP KNOT

TIP OF THE WEEK

BARREL/ BLOOD KNOT AT END OF SESSION

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Lesson 5—HELP CARD—2009 – OFF-SHOULDER—VERTICAL TO HORIZONTAL—  
(SIDEARM)

STUDENTS ON ORANGE LINE & BULKHEAD—

*SHAKE OUT 30 FEET OF LINE—*

*AN INSTRUCTOR DIRECTING IN EACH AREA—*

The review will be the students making their best roll cast, pickup & laydown, false cast, & Shooting line. Watch for the basic short stroke, etc. Put in your suggestions as needed—

*REEL IN LINE EXCEPT LEADER—*

*STUDENTS GATHER ON PINK LINE & BULKHEAD AREA—*

*TRAP LINE & LEADER IN ROD HAND—*

**OFF-SHOULDER CAST (DIRECTED TEACHING)**

DO A REGULAR PICKUP & LAYDOWN—THIS IS YOUR BASIC SHORT-STROKE CAST—

If the wind blows the line into your body, cast your line on your down-wind side—

This is a vaariation of the BASIC SHORT-STROKE CAST—

WATCH MY ELBOW—WHAT DID IT DO?—HOW FAR?

WATCH MY ROD TIP—WHAT DID IT DO?—HOW FAR?

WATCH AGAIN—FIRST MY ELBOW, THEN MY ROD TIP—

ROD TIP TO WATER—

STIFF WRIST—MOVE ELBOW AWAY FROM BODY ABOUT 4 INCHES—

LOOK AT YOUR ROD TIP ON THE DOWN-WJND SIDE—WAS YOUR WRIST STIFF?—

TRY THAT AGAIN—WHERE IS YOUR ROD TIP?—

MAKE EXACTLY YOUR BASIC PICKUP—STOP—YOUR THUMB WILL BE IN THE SAME PLACE—YOU WILL SEE IT JUST IN FRONT AND BESIDE YOUR EYE—

CHECK WHERE YOUR ROD TIP IS—OFF-SHOULDER? (12:00 o clock)

NOW YOUR LAYDOWN STROKE—ON DOWN TO THE WATER---

DO ANOTHER OFF-SHOULDER PICKUP & LAYDOWN—CHECK ELBOW, WRIST,

THUMB, & ROD TIP—REPEAT AS NECESSARY—

NOW DO TWO BASIC PICKUP & LAYDOWNS, BACK TO DOING TWO OFF-SHOULDER

PICKUP & LAYDOWNS—SIMPLY STATED—STIFF WRIST, MOVE YOUR ELBOW OUT---

BASIC SHORT-STROKE CAST—

**VERTICAL TO HORIZONTAL (SIDEARM)** Another variation of the Basic Short-Stroke—

TILT ROD TIP AWAY FROM YOUR BODY—30 DEGREES OR SO—KEEP YOUR ELBOW IN—

STIFF WRIST—

ROD TIP TO WATER—

RAISE ELBOW AS YOU DO FOR YOUR REGULAR PICKUP—STOP ABRUPTLY AS

ALWAYS—YOUR ROD TIP WILL BE SLANTED 30 DEGREES OUT FROM YOUR BODY—

YOU CAN SEE YOUR THUMB FROM THE CORNER OF YOUR EYE---

MAKE YOUR FORWARD CAST FROM THIS POSITION—

(OVER)

AGAIN—STIFF WRIST—

Up, Up, Up—STOP ABRUPTLY at 12:00 o'clock—WAIT—

Down, Down, Down—STOP SHARPLY---

ON DOWN TO THE WATER—

NOW MOVE ROD TIP TO 45 DEGREES—PICKUP & LAYDOWN—

DO IT AGAIN AT 90 DEGREES—PICKUP & LAYDOWN—

THIS CAST IS VERY USEFUL—UNDER BUSHES, ALONG BANKS, KEEPING THE FLY & LINE AWAY FROM YOUR BODY, OVER SIDES OF BOATS, UNDER THE WIND, ETC.

**DIVIDE INTO TWO GROUPS—ORANGE LINE, BULKHEAD & DOCK—  
EACH STUDENT WILL NEED MORE ROOM TO PRACTICE THE SIDARM—**

STUDENT PRACTICE—**SHAKE OUT 30 FEET OF LINE—**

**PRACTICE OFF-SHOULDER & VERTICAL TO HORIZONTAL (SIDARM)—**

**BE SURE TO USE YOUR LINE HAND—**

**THEN PRACTICE SEVERAL ROLL CASTS, PICKUP & LAYDOWNS, FALSE CASTS, & SHOOT SOME LINE—BACK TO OFF-SHOULDER & SIDARM—**

THE BARREL/BLOOD KNOT will be taught at the end of session—

--IF--

Student is having trouble with a certain skill--

--SUGGEST—

Have them back up to the last skill they are comfortable with and build on that. For instance, if false casting is troublesome, do a couple of pickup & laydowns. Then, try the false cast again. In other words, back to basics!

If hand crosses chest on off-shoulder cast--

Review basic forward cast—  
Keep stiff wrist—  
Move elbow out from body—  
Have student look for thumb beside eye—

Line drops in back--

Make a harder stop on backcast—  
Stop thumb & rod straight up—12:00 o'clock  
Speed up the backcast—  
Raise thumb to eye level—  
Begin forward cast sooner—

Line collapses on forward cast

Make harder stop at 10:00—  
Shorten line—

If a curl develops on the laydown--

The rod tip must move in a straight line—  
Wait longer for the backcast to roll out—

NEXT WEEK—LINE HANDLING—SHORT/LONG CASTS  
PERFECTION LOOP KNOT

©2009 Margaret Van Natter DIRECTED TEACHING—LESSON 6—2009—  
LENGTHEN/SHORTEN LINE WHILE FALSE  
CASTING

REVIEW—SHOW ME—

Roll cast, false cast, pickup & laydown, off-shoulder cast—

**(DIRECTED TEACHING)**—Our first job—to strip line from your reel as you false cast---

*STRIPPING LINE OFF OF REEL WHILE FALSE CASTING—*

*Trap line & Leader in Rod Hand--Line Hand close to Rod Hand—(Default Position)*

Rod tip to water—

PICKUP--As you do a pickup, your Line Hand moves downward --stripping line off reel--

FORWARD CAST—Shoot the line letting it slip through your Line Hand fingers as your Line Hand returns to Default Position--

Repeat several times--

**DIVIDE INTO TWO GROUPS—ORANGE LINE & BULKHEAD--**

**Untrap line—About 10 feet of line out of the rod tip—**

**Grasp line in Line Hand (default position)**

Rod tip to water--

PICKUP—Rod Hand starts pickup—Line Hand strips line downward from reel during pickup--

LAYDOWN—Shoot Line Out—Line slips through the fingers of Line Hand--Line Hand moves back to default position—If all the line didn't shoot, shoot again--Roll cast to get your line straight—

Repeat again—PICKUP--strip line downward with Line Hand--

FORWARD CAST—Shoot line—Line Hand back to Default Position—

**(DIRECTED TEACHING)—CAST WITH STUDENTS--SAY THE FOLLOWING TO SET A RHYTHM---- PICKUP—“STRIP OFF”**

**FORWARD CAST—“SHOOT LINE”**

**LAYDOWN—“ON DOWN TO WATER”**

Continue doing this until you get out about 40 feet of line--

**REEL IN & REPEAT --Several times as needed**

**(DIRECTED TEACHING) LET'S FALSE CAST INSTEAD OF DOING LAYDOWNS---**

**Rod tip to water--**

**PICKUP—“STRIP OFF”**

**FALSE CAST “SHOOT LINE”**

**BACKCAST—“STRIP OFF”**

**FALSE CAST—“SHOOT LINE”**

**BACKCAST—“STRIP OFF”**

**LAYDOWN—“SHOOT LINE”**

**“ON DOWN TO WATER”**

**ETC.**

**REEL IN LINE TO ABOUT 10 FEET—REPEAT AS NEEDED--  
ON LAST REPEAT, HAVE STUDENTS STRIP LINE IN LEAVING ON GROUND  
NEAR FEET--**

### **LENGTHENING LINE THAT IS AT YOUR FEET OR IN THE WATER**

**LINE HAND CLOSE TO Rod Hand (Default Position)**

Rod tip to water--

**FIRST PICKUP**—The Line Hand in Default Position grasps the line preparing to let line slip through fingers on the Forward cast—

**FORWARD CAST**—Rod Hand executes a forward cast—Line hand slips 2 or 3 feet of line as the rod tip makes that abrupt stop—You must be in control of the line at all times—You can always take another false cast to get back into the rhythm—Line Hand stays in the Default position—

**BACKCAST**—The Line Hand controls the line & prepares to slip the next 2 or 3 feet on the Forward cast--

**FORWARD CAST, ETC.**

**DIRECTED TEACHING—Lesson 6—2009**

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**(DIRECTED TEACHING)—**

**PICKUP—“HOLD LINE”**

**FORWARD CAST--“SHOOT IT”**

**BACKCAST—“HOLD LINE”**

**FALSE CAST—“SHOOT IT”**

**“BACKCAST”—“HOLD LINE”**

**LAYDOWN—“LAYDOWN”**

**“ON DOWN TO THE WATER”**

**ETC.**

**SHORTENING LINE WHILE FALSE CASTING—**

**FIRST PICKUP**--Line hand reaches toward first guide, grasps line and strips downward during pickup. Trap line with rod hand index finger. Complete backcast.

**FORWARD CAST**—Rod Hand traps the line and begins forward cast—Line Hand grasps the line near the back of the Rod Hand preparing to bring in more line on the next backcast--

**BACKCAST**—Rod Hand begins the Backcast as Line Hand strips downward again—the Rod Hand letting the line slide under finger—

**FORWARD CAST**—Rod Hand traps line—Rod Hand now executes the next forward cast, while the Line Hand returns to Default position (near Rod Hand) grasping the line to prepare for the next backcast--

**(DIRECTED TEACHING)--**

**PICKUP—“STRIP IN”--**  
**FORWARD CAST—“FALSE CAST”--**  
**BACKCAST—“STRIP IN”—**  
**FORWARD CAST—“FALSE CAST”--**  
**BACKCAST CAST—“STRIP IN”--**  
**LAYDOWN—“LAYDOWN”--**  
**“ON DOWN TO THE WATER”**

PRACTICE LENGTHENING & SHORTENING LINE—THEN GIVE THE STUDENTS A  
BREAK BY DOING A SIMPLE PICKUP & LAYDOWN, OFF-SHOULDER, OR OTHER  
CAST!

**WE MAY NEED TO GO BACK AND VISIT THE BASIC CASTING STROKE AS WE PROGRESS  
THROUGH THIS EXERCISE—!**

SUMMARY OF DAY

NEXT WEEK—MORE LINE HANDLING  
FIGURE-EIGHT KNOT  
TIP OF THE WEEK

PERFECTION LOOP--

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Lesson 6 –HELP CARD-- 2009      LENGTHEN/SHORTEN LINE WHILE FALSE  
CASTING

REVIEW—SHOW ME—Roll cast, false cast, pickup & laydown, off-  
off-shoulder cast--

**(DIRECTED TEACHING)**

*STRIPPING LINE OFF REEL WHILE FALSE CASTING—*

*Trap line & leader in Rod Hand--Line Hand close to Rod Hand—*

**(Default Position)**

Rod tip to water--

PICKUP--As you do a pickup, your Line Hand moves downward—stripping line off reel--

FORWARD CAST—Shoot that line out through line hand fingers as your Line Hand  
returns to Default Position

**DIVIDE INTO TWO GROUPS—ORANGE LINE & BULKHEAD—**

**Untrap line—About 10 feet of line out of the rod tip—**

**Grasp line in Line Hand (default position)**

Rod tip to water—

**PICKUP—“STRIP OFF”—**

**LAYDOWN—“LAYDOWN”--**

REPEAT SEVERAL TIMES—

**PICKUP—“STRIP OFF”--**

**LAYDOWN—“SHOOT LINE”--**

**“ON DOWN TO THE WATER”--**

NOW DO IT WHILE FALSE CASTING

Rod Tip to water--

**PICKUP—“STRIP OFF”--**

**FORWARD CAST—“SHOOT LINE”—**

**BACKCAST—“STRIP OFF”—**

**FORWARD CAST—“SHOOT LINE”—**

**BACKCAST—“STRIP OFF”—**

**LAYDOWN—“SHOOT LINE”---**

**“ON DOWN TO THE WATER”--**

REPEAT—Several times as needed—

ON LAST REPEAT, HAVE STUDENTS STRIP LINE IN LEAVING ON GROUND---

**LENGTHENING LINE THAT IS AT YOUR FEET OR IN THE WATER  
LINE HAND CLOSE TO ROD HAND (Default Position)**

Strip in line—letting it drop at your feet—leaving about 20 feet out of rod tip--

Rod tip to water--

PICKUP—The Line Hand in Default Position grasps the line preparing  
to let line slip through fingers on the Forward cast--

**FORWARD CAST—Rod Hand executes a forward cast—Line Hand slips**

2 or 3 feet of line as the rod tip makes that abrupt stop—You must be in  
control of the line at all times—You can always take another false cast to  
get back into the rhythm—Line Hand stays in the Default position—

BACKCAST—The Line Hand controls the line & prepares to slip the next  
2 or 3 feet on the Forward Cast—

**(DIRECTED TEACHING)—**

Rod Tip to water--

**PICKUP—“HOLD LINE”—**

**FORWARD CAST—“SHOOT LINE”—**

**BACKCAST—“HOLD LINE”—**

**FORWARD CAST—“SHOOT LINE”—**

**BACKCAST—“HOLD LINE”—**

**LAYDOWN—“SHOOT LINE”—**

**“ON DOWN TO THE WATER”--**

REPEAT SEVERAL TIMES

**OVER**

**SHORTENING LINE WHILE FALSE CASTING—**

**Line trapped under finger in Rod Hand—Line Hand close to Rod Hand—  
(default position)**

FIRST PICKUP—Line Hand reaches toward first guide, grasps line and strips downward—the line sliding under the index finger of the Rod Hand.during pickup. Complete backcast.--  
 FORWARD CAST—Rod Hand traps the line & begins forward—The Line Hand grasps the line near the back of the Rod Hand ready to bring in more line on the next backcast—  
 BACKCAST—Rod Hand begins the Backcast as Line Hand strips downward again—the Rod Hand letting the line slide under finger—  
 ETC.—

**(DIRECTED TEACHING)**

**Rod Tip to water--**

*PICKUP—“STRIP IN”—*

**FORWARD CAST—“FALSE CAST”—  
 BACKCAST—“STRIP IN”—  
 FORWARD CAST—“FALSE CAST”—  
 BACKCAST—“STRIP IN”—  
 FORWARD CAST—“LAYDOWN—”**

REPEAT SEVERAL TIMES—

Now practice a 20’ cast & a 40’ cast—lengthening and shortening the line while false casting. Check to see that the students are stripping the line properly. The student may practice other distances also, if so inclined—  
**ALWAYS USING the techniques we have been teaching. WE MUST BE CONSISTENT FOR THE STUDENTS!**

During their practice time, observe Student—Help as needed!

**PERFECTION LOOP AT END OF SESSION—**

--IF--

Student is having trouble with bringing in line while false casting

--SUGGEST—

Go back to the basic false cast and a shorter line. Take shorter strips on the backcast--the line will be easier to control.

Hand crosses chest during Off-shoulder cast.

Move elbow away from body about 4 inches keeping wrist stiff. You then make the basic cast with the thumb in the same upright position—they can see it out of their eye. Only the ROD crosses the body

Line doesn’t want to shoot.

Release line as you stop hard at 10:00  
 Check rod & rod tip in case the line is wrapped around it.

Line &/or leader collapse on forward cast

Really snap the tip.  
 Be sure that line is straightening out on backcast.

Using too much wrist

Have them place rod end into their sleeve.  
 OR get a strap from Peg or Bill—to help keep a stiff wrist!

NEXT WEEK—FIGURE-EIGHT KNOT--

©2009 Margaret Van Natter DIRECTED TEACHING--LESSON 7—2009 LINE  
HANDLING—CHANGING LINE DIRECTION

WHILE FALSE CASTING—  
**(DIRECTED TEACHING)**--GATHER AT BULKHEAD & PINK LINES—  
BASIC REVIEW—**TRAP LINE & LEADER IN ROD HAND**—  
ROLL CAST—PICKUP & LAYDOWN—FALSE CAST-- SHOOT LINE—OFF-  
SHOULDER—  
SIDEARM—STRIP LINE FROM REEL WHILE FALSE CASTING—STRIP IN LINE  
WHILE  
FALSE CASTING—SHOOT LINE THAT IS ON GROUND WHILE FALSE  
CASTING--

*INSTRUCTORS—WATCH STUDENTS FOR GOOD FORM—CORRECT AS NECESSARY—*

*THIS WEEK WE WILL LEARN TO CHANGE DIRECTIONS WHILE FALSE CASTING—*  
**(DIRECTED TEACHING)—LINE IN LINE HAND—LEADER TRAPPED IN ROD  
HAND—**

Spread out—leave about 6 feet between you and the next person—

*IN UNISON—*

MAKE YOUR BASIC CAST & FALSE CAST TWO TIMES—IN FRONT OF YOU--  
NEXT FALSE CAST—AIM YOUR ROD TIP ABOUT 10 DEGREES TO YOUR LEFT &  
FALSE CAST

2 TIMES

BACK TO CENTER FOR 2 FALSE CASTS—

THEN AIM ROD TIP 10 DEGREES TO YOUR RIGHT FOR 2 FALSE CASTS

BACK TO THE MIDDLE—TWO FALSE CASTS—LAYDOWN—

REPEAT ONCE OR TWICE AS NEEDED

DIVIDE INTO TWO GROUPS—ORANGE LINE , BULKHEAD & DOCK--

**(DIRECTED TEACHING)**

**STUDENTS ABOUT 10 FEET APART**

**Strip off 25 feet of line—shorter than usual—**

NOW REPEAT WHAT YOU JUST DID—**IN UNISON—FOLLOWING THE  
INSTRUCTORS TIMING—STARTING IN FRONT OF YOU—**

*IN FRONT—PICKUP—FALSE CAST—FALSE CAST—*

**LEFT—FALSE CAST—FALSE CAST—**

**FRONT—FALSE CAST—FALSE CAST—**

**RIGHT—FALSE CAST—FALSE CAST—**

**CENTER—FALSE CAST—FALSE CAST—LAYDOWN—**

**REPEAT AS NEEDED—**

**STUDENTS MAY CONTINUE TO PRACTICE ON ANY OR ALL OF THE DIFFERENT CASTS—**

**INSTRUCTORS—ASK STUDENTS TO CAST SOME OF THE FOLLOWING CASTS--**

--ROLL CAST—Complete 3 good roll casts—

--PICKUP & LAYDOWN—Complete 3 good pickup & laydowns—

--FALSE CAST—Pickup, do 3 false casts, then laydown—(Do 3 times)—

--SHOOT LINE—Pickup, false cast 2 times, then shoot line on the last false cast—(Do 2 times)—

Be sure they have enough line stripped out to shoot—

--OFF-SHOULDER—Complete a good pickup, 2 false casts, & laydown—Then do the off-shoulder cast,

Pickup, 2 false casts, & laydown—Do this routine 2 or 3 times—

--SIDEARM—Complete 3 good sidearm casts—

--STRIP LINE FROM REEL WHILE FALSE CASTING—

--STRIP IN LINE WHILE FALSE CASTING—LETTING IT FALL ONTO GROUND

--SHOOT LINE THAT IS ON GROUND WHILE FALSE CASTING—

Strip about 40 feet of line from your reel while false Casting—

Now strip in the line while false casting letting it fall to the ground—

Next, shoot the line out while false casting--

--CHANGE DIRECTIONS WHILE FALSE CASTING--

DIRECT STUDENTS TO DO A CAST OR TWO—IF A STUDENT IS UNSURE OF HOW TO COMPLETE THE TASK, DO A QUICK REVIEW OF WHAT THEY ARE HAVING DIFFICULTY DOING—

*INSTRUCTORS—REMEMBER—Thumb on top-- rod straight up on backcasts-- sharp stops which*

*result in good rod action—elbow up—elbow down—thumb in front of & to the side*

**of the eye on a backcast (even on the off-shoulder cast)—etc., etc.,--**

SUMMARY OF DAY—

NEXT WEEK—OFF-SHOULDER ROLL CAST  
FALSE CASTING—ON-SHOULDER TO OFF-SHOULDER—BACK &  
FORTH--  
SEATED CASTING  
BACK HAND CAST  
FINALE

TIP OF THE WEEK

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LESSON 7 HELP CARD—2009-- LINE HANDLING—CHANGING LINE DIRECTION  
WHILE FALSE CASTING----

**(DIRECTED REVIEW)**--GATHER ON BULKHEAD & PINK LINES—

**LINE IN LINE HAND—LEADER TRAPPED IN ROD HAND--**

BASIC TECHNIQUES—CORRECT STUDENTS AS NECESSARY

WATCH THE STUDENTS FOR GOOD FORM—CORRECT AS NECESSARY--

**(DIRECTED TEACHING)**—CHANGING DIRECTIONS WHILE FALSE CASTING

**LINE IN LINE HAND—LEADER TRAPPED IN ROD HAND—**

Students must have about 6 feet between them—Rod tip to water in center front—

IN FRONT— PICKUP—FALSE CAST—FALSE CAST—

LEFT ABOUT 10 DEGREES -- FALSE CAST--FALSE CAST—

BACK TO FRONT— FALSE CAST—FALSE CAST—

RIGHT ABOUT 10 DEGREES FALSE CAST—FALSE CAST—

CENTER FRONT-- FALSE CAST—FALSE CAST—LAYDOWN--

REPEAT AS NECESSARY

**DIVIDE INTO TWO GROUPS—ORANGE LINE, BULKHEAD & DOCK—**

**(DIRECTED TEACHING) STUDENTS ABOUT 10 FEET APART—**

Strip off 25 feet of line—shorter than usual—(SPACE IS LIMITED)

IN UNISON—REPEAT ABOVE ROUTINE--

Students may continue to practice on any or all of the different casts—

Instructors—Go behind students asking several of them at a time to

Execute 2 OR 3 of the following casts--

--ROLL CAST --PICKUP & LAYDOWN

--FALSE CAST --SHOOT LINE--

--OFF-SHOULDER --SIDEARM

--STRIP FROM REEL WHILE FALSE CASTING—

--STRIP LINE IN WHILE FALSE CASTING—

--SHOOT LINE WHILE FALSE CASTING—

--CHANGE DIRECTIONS WHILE FALSE CASTING

If students are unsure of something, do a quick review--

**And on down the list!**

**GIVE STUDENTS POSITIVE FEEDBACK!—**

**(OVER)**

--IF-- Hand crosses chest during OFF-SHOULDER CAST--	--SUGGEST-- Keeping wrist stiff, move elbow away from body. Make basic cast, checking the position of the thumb in the upright position. ONLY THE ROD crosses the body—
Using too much wrist--	Have student try a wrist lock— Ask Peg or Bill—
Line and/or leader collapse	Be sure that line is straightening out on backcast—  Have student shorten the line— The length of the line may be too long for the plane of the rod tip and line—  Really snap that tip—

NEXT WEEK—OFF SHOULDER CAST  
FALSE CASTING—ON-SHOULDER  
TO OFF-SHOULDER—BACK & FORTH  
BACK HAND CAST  
SEATED/BOAT CASTING  
FINALE

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DIRECTED TEACHING--Lesson 8—2009

OFF-SHOULDER ROLL CAST—  
FALSE CASTING ON-SHOULDER TO  
OFF-SHOULDER & BACK--  
SEATED/BOAT CASTING--  
FINALE—ROD & LINE CONTROL WHILE  
PLAYING A FISH

GATHER ON PINK LINES & BULKHEAD

(DIRECTED TEACHING)

Grasp line in Line Hand—Trap leader in Rod Hand—

**Complete Review--STANCE-- HAND POSITION—THUMB—ROD TIP—TIP SNAP—**

**AND USAGE OF EACH CAST--**

**Roll Cast**

**Pickup & Laydown**

**False Cast--Shoot Line**

**False Cast—Change Line Direction**

**False Cast—Lengthen & Shorten Line—Strip Line from Reel**

**False Cast—Sidearm**

**False Cast--Off-shoulder**

*OFF- SHOULDER ROLL CAST*

Show me your perfect pickup & laydown cast—**on-shoulder**—

Now show me your perfect pickup & laydown--**off-shoulder**--

Did you remember to move your elbow out & STIFF WRIST--

Do a roll cast—**on-shoulder**--

Now, raise your rod on the **off-shoulder** side preparing for a roll cast--

Check thumb—rod tip—would line be leaning away from body—ROLL CAST—

AGAIN PREPARE FOR OFF-SHOULDER ROLL CAST—Check thumb—

Rod tip—line—ROLL CAST—

REPEAT SEVERAL TIMES

*FALSE CASTING—ON-SHOULDER TO OFF-SHOULDER--*

**BACK & FORTH—**

Show me your perfect **on-shoulder false cast**—

Now show me your perfect **off-shoulder false cast**—

Now we're going to go **from on-shoulder to off-shoulder while false casting--**

STAY WITH MY RHYTHM—FALSE CAST ON-SHOULDER-- 2 TIMES—

STIFF WRIST—ELBOW OUT—FALSE CAST OFF-SHOULDER--2 TIMES—

BACK TO ON-SHOULDER--

REPEAT AS NEEDED--

**WIND IS THE CULPRIT HERE—IF A GUST COMES ALONG YOU HAVE  
THE KNOWLEDGE OF HOW TO DEAL WITH IT—**

**DIVIDE INTO TWO GROUPS—ORANGE LINE & BULKHEAD**

**Strip off 30 feet line--**

**AFTER PRACTICING THE ON-SHOULDER & OFF-SHOULDER ROLL CAST &**

**FALSE CASTING FROM SIDE TO SIDE—TAKE THIS OPPORTUNITY TO**

**REVIEW EACH CAST THAT WE HAVE TAUGHT—HAVE QUESTIONS?—ASK**

**AN INSTRUCTOR--**

TAKE YOUR TURN AT CASTING FROM THE BOAT (CHAIR)--

*YOUR BASIC 12:00 O'CLOCK SHORT-STROKE BACKCAST IS A MUST*

*FOR SAFE & EFFECTIVE CASTING FROM ABOAT—EVERYONE IN THE BOAT*

*MUST BE IN FULL CONTROL OF THEIR BACKCAST—THIS MAKES*

*FISHING FROM A BOAT A PLEASURE & FUN FOR ALL—*

**ENJOY YOUR NEW SKILLS—KEEP PRACTICING ON THEM—A SHORT PRACTICE  
MORE OFTEN**

**IS MOST USEFUL—YOU WILL CONTINUE TO BE EAGER TO LEARN—**

NOTE ON CARD FOR THE INSTRUCTORS—

*INSTRUCTORS—THANK YOU SO MUCH FOR THE TIME AND EFFORT  
YOU HAVE GIVEN TO THESE LESSONS. YOU CAN BE CREDITED FOR  
PROGRESS OF THE STUDENTS!*

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Lesson 8 HELP CARD—2009      OFF-SHOULDER ROLL CAST—  
FALSE CASTING ON-SHOULDER  
TO OFF-SHOULDER & BACK--  
SEATED/BOAT CASTING—  
ROD & LINE CONTROL WHILE  
PLAYING A FISH--

GATHER ON PINK LINES & BULKHEAD

*(DIRECTED TEACHING)*

*Grasp line in Line Hand--Trap leader in Rod Hand—*

**Complete Review—**

<b>Roll Cast</b>	<b>Pickup &amp; Laydown</b>
<b>False Cast---Shoot Line</b>	<b>False Cast—Change Line Direction</b>
<b>False Cast—Lengthen &amp; Shorten Line</b>	<b>Strip Line from Reel</b>
<b>False Cast—Sidearm</b>	
<b>False Cast--Off-shoulder</b>	

*OFF- SHOULDER ROLL CAST*

Show me your perfect pickup & laydown cast—**on-shoulder**—

Now show me your perfect pickup & laydown--**off-shoulder**--

Did you remember to move your elbow out & STIFF WRIST--

Do a roll cast—**on-shoulder**--

Now, raise your rod on the **off-shoulder** side preparing for a roll cast--

Check thumb—rod tip—would line be leaning away from body—ROLL CAST—

AGAIN PREPARE FOR OFF-SHOULDER ROLL CAST—Check thumb—

Rod tip—line—ROLL CAST—

REPEAT AS NEEDED

*FALSE CASTING—ON-SHOULDER TO OFF-SHOULDER--*

**BACK & FORTH—**

Show me your perfect **on-shoulder false cast**—

Now show me your perfect **off-shoulder false cast**—

Now we're going to go **from on-shoulder to off-shoulder while false casting--**

STAY WITH MY RHYTHM—FALSE CAST **ON-SHOULDER--** 2 TIMES—

STIFF WRIST—ELBOW OUT—FALSE CAST **OFF-SHOULDER--**2 TIMES—

BACK TO **ON-SHOULDER--**

REPEAT AS NEEDED--

**WIND IS THE CULPRIT HERE—IF A GUST COMES ALONG YOU HAVE  
THE KNOWLEDGE OF HOW TO DEAL WITH IT—**

**DIVIDE INTO TWO GROUPS—ORANGE LINE & BULKHEAD**

**Strip off 30 feet line--**

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TAKE YOUR TURN AT CASTING FROM THE BOAT (CHAIR)--

***YOUR BASIC 12:00 O'CLOCK SHORT-STROKE BACKCAST IS A MUST  
FOR SAFE & EFFECTIVE CASTING FROM A BOAT—EVERYONE IN THE BOAT  
MUST BE IN FULL CONTROL OF THEIR BACKCAST—THIS MAKES  
FISHING FROM A BOAT A PLEASURE & FUN FOR ALL—***

INSTRUCTORS—After the Students finish casting from the chairs, they will be sent to the area behind the trees. Three or four Instructors at a time will be the “fish” for the exercise below. After you have been the “fish” for 5 Students or so, another Instructor will relieve you—  
**A TWO OR THREE MINUTE DRILL!**

15 strips of line out—(30 feet or so)--

The Student will cast toward the Instructor—

The Instructor will pick up the line and be the “FISH”—

Instruct by saying—

--“Set the hook by raising arm (stiff wrist) & rod 15 inches or so”—

--“Let the big fish run”—

--“Raise rod to retrieve fish”—

--“Crank rod tip down line to water”—

--“Pump rod again (raise rod)”—

--“Reel down line”—

--“Pump rod”—

--“Drop rod tip when fish lunges”—

--“Pump rod again”—

--“Reel down line”—

--CONTINUE UNTIL FISH TIRES!!—

--FISH says “I’m tired”—

**HAVE FUN!!!**

Students who have finished may go back to dock or bulkhead to practice their casting skills-- Or watch!!!

*INSTRUCTORS—THANK YOU SO MUCH FOR THE TIME  
AND EFFORT YOU HAVE GIVEN TO THESE LESSONS. YOU  
CAN BE CREDITED FOR THE STUDENTS' PROGRESS!*