

Casting Technique

Today we have at our disposal many casting techniques, overhead casts, roll casts, reach casts, etc. The list is very long. Sweden's Göran Andersson has added a new and valuable casting technique to this list. He developed this cast more than 10 years ago. This cast that Göran calls the underhand cast provides us with a very new way to cast and fish.

This cast, once you learn it, will open up new fishing waters that until now you felt would be too difficult to fish because it was impossible to make a back cast. This is the only cast that can lay out a lot of line quickly and easily with no back cast and without disturbing the water in front of you (as with a roll cast).

Loop Tackle Design has developed the flylines, the leaders and the running lines and offers you the best flyrods for you to master this underhand casting style. Without the correct equipment and flylines you will limit your ability to do this cast well. Probably in no other casting technique is the balance and relationship of the flyrod, flyline, leader, tippet length and fly size as important as it is in the underhand cast.

The rewards for practising the Underhand technique are:

- * Excellent line control
- * Delicate fly presentation in narrow fishing places
- * Ability to perform casts with sharp angles (to change the direction of the cast).

For the best performance with this cast Loop shooting heads are used with the whole shooting head outside the flyrod. Different length shooting heads can be designed for different situations. Very short shooting heads can be made for difficult tight casting situations.

Think of your tackle as an adapted system of fly, tippet, leader, line, running line and rod which has to balance and work together. In addition to this, of course, your own technique. Certain equipment limit your own development. Loop products have been developed to match new demands and explore new possibilities. In order for you to enjoy your fishing even more.

Here is a short version of how the different sections of the fly line function when underhand casting:

1. The design of the leader has great importance when performing the underhand cast. The taper and the length of the leader are very important features. It is the leader's resistance from the surface of the water that will charge the rod. With a regular leader it is more difficult to perform the underhand cast, our Multileaders and Salmon Mono Leaders are designed for this purpose.
2. The fly line is the cast weight. It forms the line loop and pulls the fly out over the water. This loop is controlled by the caster. In order for the Underhand cast to function

correctly, the resistance created by the shooting line when pulled out by the cast weight should balance with the leader's resistance from the air. This may sound a little difficult but if certain rules are followed, is really easy to perform in practise.

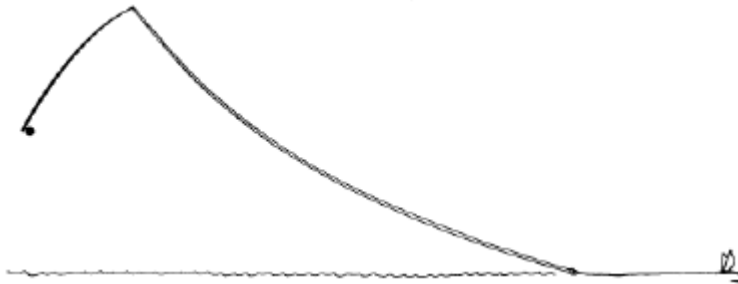
3. The running line is not a cast weight but a resistance from which you can get many different casting effects. The unique part of the underhand cast is that you shoot the running line first and the leader and fly comes afterwards, to catch up and pass the shooting line and fly line in the end of the cast. Finally, the fly turns over at the very end.

4. The backing behind the running line has no function in actual casting.

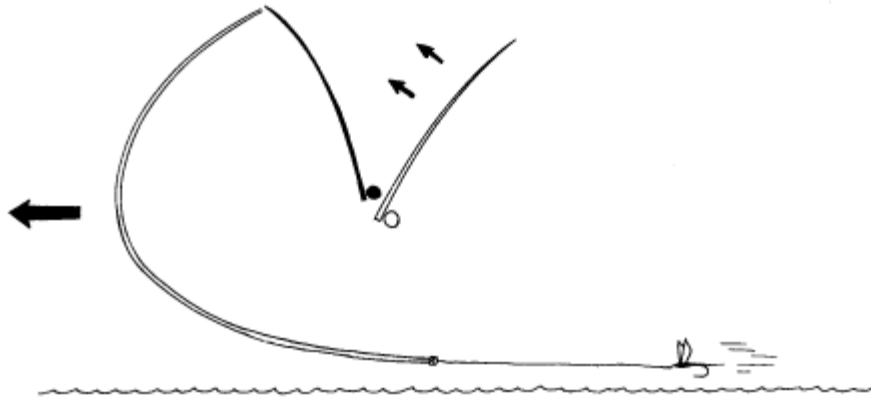


A straight Underhand cast

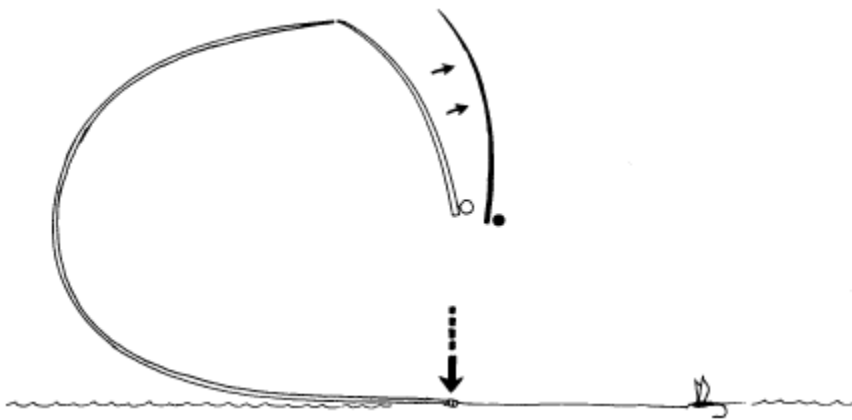
In order to perform the Underhand cast we must first control the Front and Back Stop. It is important that the lift speed is adjusted when lifting the rod for a back cast. When the rod reaches the Front Stop, the leader should still be stretched out on the surface of the water. Only the fly line has left the water.



When the rod reaches the Front Stop, the fly line should be out of the water all the way down to the leader. But the leader itself should still be on the surface.

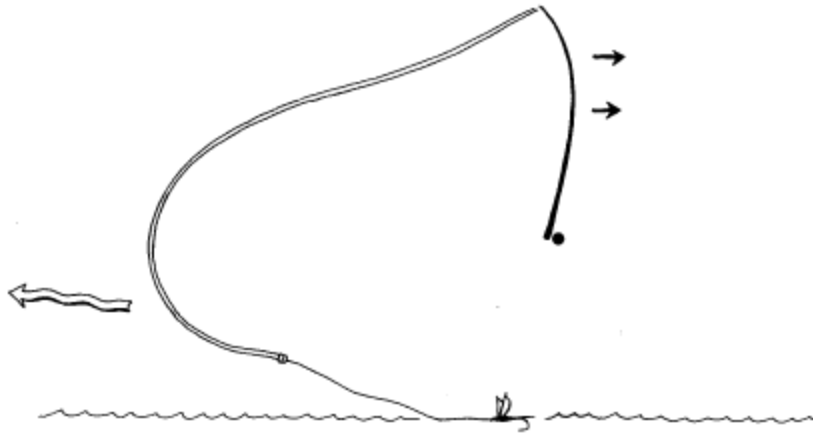


Now, bring the rod back to the Back Stop, adjust the speed so the that leader pulls out of the water and flies back towards you just above the surface. Stop the rod in the Back Stop. The power of the back cast must be adjusted so that the leader lands again on the water. Where it should land depends on the length of the cast weight and how much change in direction (angle) you desire in your cast. In the following example, we do a straight forward cast.



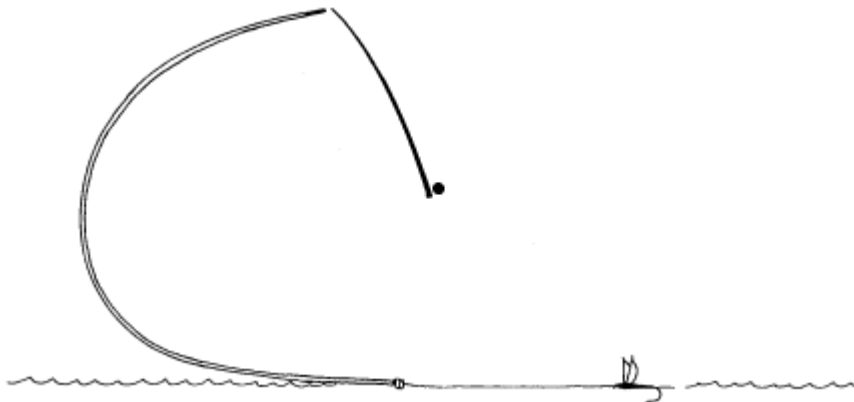
Let the connection between the leader and the fly line land beside your leg.

It is important that the leader moves backwards parallel to the surface. As the rod stops in the Back Stop and the speed of the fly line backwards decreases, the leader falls back down towards the surface. When doing this, it is essential that the leader stretches out on the surface in its full length. Only then can the leader get maximum resistance from water to charge the rod. The fly line slows down and will form a half-circle between the rod tip and the water. It is crucial that the resistance from the water is the same in every cast; if it is too low the leader pulls out of the water and ends up behind the fisherman, often in the trees or bushes!



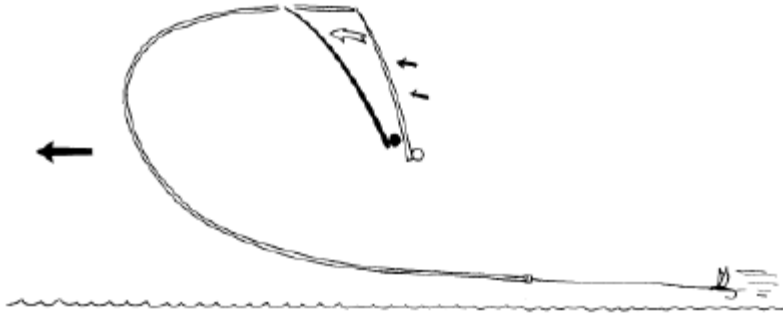
In this picture, the leader has poor contact with the water and the resistance is too low, the cast rolls out behind the fisherman.

The most difficult part is to get the leader to land on the water again, in its full length at the same time. Observe that only the leader lands again on the surface, not the fly line. Correct leader landing is controlled by the taper of the fly line, the shape of the leader, the rod's ability to leave the line loop intact and by how the caster controls the rod and line. In other words, the casting technique.



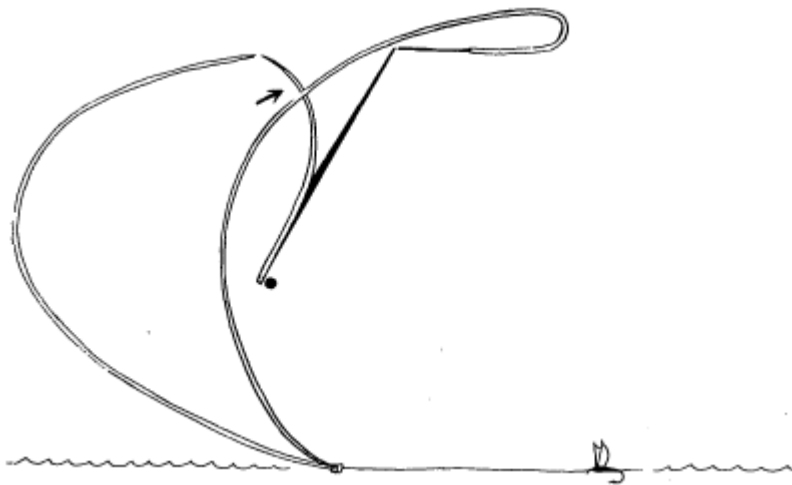
The leader lands stretched out in its full length at the same time on the surface, which gives the best possibilities to perform the desired cast.

The more balanced and adapted equipment you use, the more advanced casts you will be able to perform. It is quite remarkable, as it all comes together by practise, how easy it is to perform the Underhand cast. In fact, it can be difficult to understand why there was any problem learning this technique in the first place. It is important that the back cast is repeated exactly the same way in every cast. In the back cast, as the fly line is in the air, move the rod backwards (the pick-up) to increase the rod's acceleration distance in the forward cast. The length of the pick-up depends on how much power is needed for the forward cast.

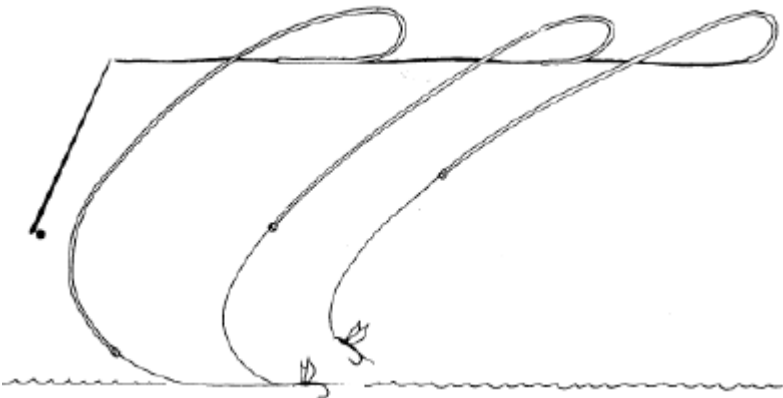


As the line moves backwards and still is in the air, move the rod back to increase the acceleration distance in the forward cast (the pick-up).

As the leader sticks to the surface of the water again, the forward cast begins and it should not go further than to the Front Stop. The forward cast is directed towards the target. If done correctly, the next phase of the cast starts now. This phase is the very useful and unique quality of the Underhand cast. Now, the leader and fly should still stick to the surface beside you while the fly line pulls out the shooting line. The uniqueness about this: we shoot the back of the line first and the leader and fly come afterwards, to catch up and pass the shooting line and fly line in the end of the cast. Finally, the fly turns over at the very end.



The leader and fly are still on the water, fly line and running line runs out.



Here we see the cast in three phases: more and more shooting line runs out through the guides and, finally, the leader rises out of the surface and the fly is the last thing leaving the water.



It is the out-running running line that forms the line loop, similar to the overhead cast's, which can be controlled and directed in the same manner.



The cast can be lifted from many different positions and the angle can be changed up to 180 degrees, depending on the cast length and the cast weight length. A skilful caster can angle the cast even more, but only with specially designed fly lines and a lot of practise.