

SmartCasts™

Casting Practice Check Sheet

Name: _____

(Box to left denotes most efficient method. Small indented boxes indicate inefficient or less effective actions or results)

Stance

- Facing target, with body oriented toward target
- Dominant foot square or slightly behind.

Grip

- Thumb on top or at 15° off.
- Rod butt between thumb butt and heel of hand, wrist angled downward to orient rod tip down.
- Forefinger in the 'leading-finger' position.
 - White-knuckle grip.
 - Thumb across fingers grip.
 - Finger-on-top grip.
 - Rod grip lays across palm (starts cast with rod tip up).

Backcast Acceleration (loading phase)

- Backcast starts with rod near surface (promotes max rod load, reduces line slack)
 - Rod tip is raised at start of cast (creates line slack and reduces length of casting stroke).
- All line slack removed.
 - Too much line slack at start of cast (reduces rod bend/load/flex, can create stuttering rod load).
- Elbow at rest and near the body at start and stays low through back stroke.
 - Elbow/forearm is high at start or through stroke (inefficient muscle use, can lead to raised rod tip, or large casting arcs and loops).
- Line hand moves with rod hand, 12 inches +/- away from cork.
 - Line hand stays stationary while cast is made (inefficient rod load, slack in line, inefficient line control).
- Slow, even acceleration in loading phase of back stroke (promotes positive rod load).
- Rod butt moves faster than rod tip (butt leading tip promotes positive rod load).
- Rod tip carves a straight, unwavering backward path (180 degrees from target), roughly parallel to surface or inclining slightly (keeps rod loaded, promotes desirable loop size).
 - Rod tip falls off 'straight-path' of the cast (may unload rod, cause wide loop or no loop)
 - Too much body weight shift back-to-front or front-to-back (creates line slack, poor rod load, or round stroke).
 - Hips rotate too much (inefficient rod load, promotes wider loops and round casting).
 - Windshield wiper arc stroke (won't let loop form, or forms very wide loops).

Backcast Stop (delivery phase)

- Delivery phase (snap-stop, speed-up-stop, power stroke, whumping) is short and controlled (stops 'high' in stroke).
 - Stop occurs late in stroke (can cause wide loops or send line to ground/water).
- Stop is abrupt and soft/damped. Allows line to unroll (w/ good acceleration, causes tight loops, efficient backcast).
 - Rod tip stops, then 'creeps' forward (creates line slack, unloads rod, reduces fore cast stroke length).
 - Rod tip stops while moving in a downward direction (causes line to be thrown down).
 - Rod never stops (energy not transferred to line, loop doesn't form well, loop never gets chance to unroll).
- Tip stops on stroke path, does not fall off or move downward. No excessive wristing.
- If rod tips 'drifts' back, timing is good. No slack occurs in line at drift.

Forward Cast Acceleration (loading phase)

- Stroke begins with rod loaded, slack removed.
 - Stroke begins too far forward. Sometimes due to 'creep' after backcast stop (can cause tailing loops, stuttering or jerky forward acceleration, inefficient rod load; can come from rolled wrist in backcast).
- Slow, even acceleration in loading phase of forward stroke.
 - Tailing loop -- generally caused by early delivery stroke (delivery made before rod tip passes the perpendicular to path of the cast/line of cast) ; or, by rod tip impulsing line over crossing fly line path (upward tip path).
- Rod butt moves faster than rod tip (butt leading tip promotes positive rod load).
- Rod tip carves a straight and unwavering path from start to finish, roughly parallel to surface or slightly inclined.
 - Rod tip falls off 'straight-line path' of the cast (presents wide loop to wind, inefficient loop).
 - Too much weight shift back-to-front or front-to-back (can cause wide loops, can alert fish if on boat deck).
 - Hips rotate too much (can cause line to be thrown in wide loop to inside of caster).
 - Windshield wiper arc stroke (inefficient rod load, can cause line to be thrown down to grass or water).
 - Rod tip drops early after stop (pulls bottom out of loop, wide loops, line thrown down).
 - Elbow drops as caster 'chops' down with rod (line may go to water, can cause tailing or wide loops).

Forecast Stop (delivery phase)

- Delivery phase (snap-stop, speed-up-stop, power stroke, whumping) is short and controlled.
 - Stop occurs too late in stroke.
 - Snap-stop occurs too early in stroke (often causes tailing loops)
- Stop is abrupt and soft/damped. Allows line to unroll.
 - Rod tip stops, then creeps backward in false cast (reduces stroke length of backcast; possibly cause tailing).
 - Rod tip stops while moving in a downward direction or stops, then falls down (causes line to be thrown down)
 - Rod never stops. Efficient loop never forms.
- Rod stops along on SLP/stroke line, high in stroke (does not go stop too far forward, nor curve at stop).
- Rod tip drops to fishing position (to water's surface) after line has nearly unfurled.
 - Rod tip never drops to water (causes big bow/slack in line).
 - Rod tip drops too early (pulls bottom out of loop).

Forecast Shoot

- Shoot is well timed.
 - Line is released too early.
 - Line is released too late.

Hauling Technique*Backcast*

- Haul is sufficient to stroke, completed 'check-mark' or 'down-up' motion.
- Haul is timed well, efficient, occurs finishes simultaneous with snap-stop, power snap, etc.
 - Haul occurs too early (interrupts cast by unloading rod, adding slack).
 - Haul occurs too late (turns line over too fast, interrupts smooth turnover; not always bad!).
 - Haul stroke is too long or short , does not complement stroke length(inefficient rod load, too much line moving through guides, excess line friction)

Forecast

- Haul is sufficient to stroke, complete 'check-mark' or 'down-up' motion.
- Haul is timed well, efficient, occurs finishes simultaneous with snap-stop, power snap, etc
 - Haul occurs too early (creates slack, unloads rod).
 - Haul occurs too late (can send line downward or accelerate turnover).
 - Haul stroke is too long or short , does not complement stroke length(inefficient rod load, too much line moving through guides, excessive line friction)

Challenge Course

Rod Control

(Cast first w/o the line hand with 30-40 feet of line out of rod tip. Then repeat using line hand.)

- Make six false casts with controlled loops on back and fore strokes.
- Make two slow, medium, and fast false casts, line pinched under casting hand forefinger.
- Make wide loops on demand.
- Make tight loops on demand.
- Throw tailing loops on demand.
- Perform a 45 degree side-armed cast with controlled loops
- Perform a horizontal side armed cast with controlled loops.

Line Handling

- Make a slow, medium, and fast false casts with line hand, using no hauls.
- Demonstrate a short, controlled haul on back cast.
- Demonstrate a longer haul on back cast.
- Demonstrate a short, fast haul on fore cast.

Accuracy

- Deliver fly to target 25 feet away (must land within 12 inches).
- Deliver fly to within target 40 feet away (must land within 12 inches).
- Deliver fly to target 55 feet away (must land within 18 inches).
- Deliver cross-body cast to target 40 feet away (must land within 18 inches).
- Deliver a backcast to a target 40 feet away.
- Roll cast to target 25 feet away
- Roll cast to target 40 feet away.
- Perform three wide-loop roll casts to target 25 feet away.
- Perform three narrow-loop roll casts to target 25 feet away.