



The object in proper backcast timing is to begin the forward cast when you can tension the whole extended line.

bounce because of the inertia of the rod. After the caster stops the rod, its mass flexes downward then it rebounds. If someone's reaction to this causes them to start the cast at the right time, great!

In Lefty Kreh's book, *Modern Fly Casting Method*, Lyons Press 2003, p. 137, Lefty suggests using a visual cue and teaches us to start a forward stroke, "... when you see that it is beginning to take on the appearance of a 'J,' or a candy cane laid on its side, start sweeping your rod forward." He says, by the time the action is performed, with the slight delay of reaction time, the line of the backcast has straightened properly.

Another type of timing in overhead casting is tempo, or pace. This refers to the speed of the stroke. Assuming there is no wind, forward and back false casts should be made with the same tempo. It is best to use only as much line-speed as needed to make a cast with good tension and smoothness. A slow tempo is efficient for short casts, since the amount of line extended is short and there is less mass and the line is not in the air long enough for gravity to have much of an effect. This is also a necessary discipline for short-range presentations to spooky fish. A fast tempo is needed to keep long casts aloft because of the additional line weight and time in the air. Increasing tempo can help reduce line sag due to gravity and effects of wind drift as well. If you're casting with or against wind, you might have to mix the tempo by casting faster into the wind and slower with it. When you increase line speed, you will have to decrease the length of the pause correspondingly. The ability to adjust timing automatically is one sign of mastery.

Good timing while Spey casting is similar to that in overhead casting. Here, good timing is waiting long enough for the fly line or leader to adequately anchor, so it doesn't slip and lose the load for the forward cast. It is also waiting for a D to take shape but before it deforms and the underside contacts the water. A full D-loop will load the rod but excessive anchoring hampers the forward cast. Good timing also includes not waiting more than necessary before performing casts with sinking flies and lines that have long set-ups, like Skagit casts. The deeper they sink, the harder they are to lift into D-loop or cast.