



Using a bright yarn fly helps you see where your casts land and give enough drag so you can see the leader better during practice.

from the middle cone. Now standing with both feet behind the fourth cone and your rod held horizontally in front of you with 25 feet of line and leader extended, cast from end cone to end cone. If you let the fly land, it should land on the line, or on a cone.

The real object is to illustrate the relationship between the rod arc, a quick rod stop, and loop width; to cast with the rod tip moving over the imaginary straight line between the cones by using the optimal stroke with the correct balance between translation and rotation. Translation is the horizontal movement of the rod made in the direction of the cast, without a change rod arc. If your trajectory is wavering or your loops aren't the same on your back and forward casts, follow a horizontal fence, or roofline with you rod tip to practice a straight, smooth stroke.

### FIELD TIP

The quickest way to make a practice fly is to use a little fluorescent Glo-bug yarn tied in the middle with a jammed overhand knot and doubled back. I like a dark color on snow and Chartreuse for the lawn.

## DIAGNOSING AND CURING FLAWS

Regardless of what type of cast you are trying to perform and what casting style you prefer, use good mechanical fundamentals to achieve efficient and effortless casts. Faults prevent a caster from having good, efficient loops, and even cause unnecessary fatigue. Good fundamental form will give a caster control over loop size and shape and provide control over accuracy and distance.

Good casters and instructors can identify faults by looking at what the line does. We examine loop shape, tracking, line tension, speed and trajectory etc. We also listen to sounds made by the rod and line, which are indications of speed and friction. Then, diagnosing why the problem in the line is occurring is a matter of watching the rod in action and which body movements cause it. Video will help you see for yourself. Faults are usually in the stroke or haul