

LESSON 4: LINE HAND AND REACH CAST

Grade-Level Outcomes

Primary Outcome

Lifetime activities: Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

Embedded Outcome

Movement concepts, principles & knowledge: Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)

Lesson Objectives

The learner will:

- use the line hand while making a basic cast.
- complete a successful reach cast in both directions.

Equipment and Materials

- Fly rods
- Reels
- Targets
- Cones

Introduction

You were asked to think about how you might be able to lengthen the distance of your cast. What ideas did you come up with in your journals? Today, we will focus on the line hand (non-dominant hand), which when used effectively, can help you lengthen your cast, as you'll see in future lessons. We'll also work on a reach cast that will allow you to land the fly in a more natural way.

Review the concepts of the casting loop and loading the fly rod. Ask students to share how to safely move behind other casting groups. Introduce the line hand to the basic cast, and add the reach cast.

Instructional Task: Using the Line Hand

■ PRACTICE TASK

Explain and demonstrate using the line hand (controls the line) with the basic cast.

- Hold the line (at hip) to create tension during the back cast so the rod will load.
- Loosen to allow the amount of line to lengthen after each stroke (when false casting).
- Strip the line.
- Feather the line.

EMBEDDED OUTCOME: S2.H2.L1 Use the line-hand discussion to emphasize the importance of tension in transferring power from rod to line when casting. Students pair off at cones and practice casting to targets, focusing on the feel of the line hand. One student takes 10 practice casts while the partner keeps track of how many were successful. Students switch roles.

Extension

Repeat, challenging students to use false casting to let more line out.

Refinement

If students are losing tension when releasing the line, watch the line hand. Reinforce the importance of keeping tension with the line hand.

Student Choices/Differentiation

- Vary the length of the line used during casting.
- Use a video clip to illustrate the line hand.
- Students choose their partners.

What to Look For

- Students are using the line hand correctly to keep tension in the line.
- Students are still using proper form for the casting stroke with the dominant hand.

Instructional Task: Reach Cast

■ PRACTICE TASK

Introduce the concepts needed for a successful reach cast.

Key Concepts

- Rod tip control
- Timing
- Water speed
- Fly relative to fly line
- Presentation of fly (more natural)

Students pair off at cones and practice reach casting to targets. One student takes 10 practice casts while the partner keeps track of how many were successful. Students switch roles. Repeat.

Extension

Have students attempt to make 10 reach casts in each direction. Partners will keep track of how many they were able to complete successfully. Switch roles.

Refinement

Keep an eye on the location of the line hand. Students typically raise the line hand with the rod instead of keeping it next to the hip.

Student Choices/Differentiation

- Vary the length of the rod and the distance to the targets.
- Students choose their partners.
- Use a video clip to illustrate the reach cast.

What to Look For

- Students are using the line hand correctly to keep tension in the line.
- Students are hitting the target with their reach casts.

Formal and Informal Assessments

- Peer assessment (how many successful casts out of 10 on each side)
- Journal entry

Closure

- What circumstances might require a fly caster to use the strategy of a reach cast?
- What role does the line hand play in casting?

Reflection

- Were students able to complete reach casts consistently and effectively?
- Were they able to coordinate the line hand with the forward and back casts correctly?

Homework: Fly Fishing Journal Entry

- Why is it important to have more strategies to draw from than the basic cast?
- Why is striving for accuracy important for catching fish?
- What role does fly presentation play in your success as a fly fisher?

Resources

MidCurrent: www.midcurrent.com

Scientific Anglers: www.scientificanglers.com

Fly Fishermen: www.flyfisherman.com