

Scouting Fly Casting Intro – Course Outline

Beginning Fly Casting - Session 1

1.) **Introduction:** (30 minutes)

- A. Personal introductions.
- B. What is fly fishing and how does it differ from spin or bait fishing?
 - a. Casting
 - b. Lures
 - c. Equipment Differences
- C. What are the benefits of fly fishing?
 - a. The Nature Experience
 - b. Immersion in the Ecosystem
 - c. Catch and Release
- D. What type of fly fishing would you like to do? What are the differences?
 - a. Dry Fly
 - b. Wet Fly
 - c. Freshwater
 - d. Saltwater
 - e. Local fly fishing opportunities

2.) **REVIEW - Equipment** (20 minutes)

- A. Rods
 - a. Components – What’s what?
- B. Reels
- C. Fly lines
- D. Leaders
- E. Tippet
- F. Tools
- G. Vests
- H. Glasses, Hats & Sun Protection

3.) **Fly Casting Basics** (1.5 – 2 hours)

- A. Setting up the fly rod (15 minutes)
 - a. Assembling the rod and reel
 - b. Stringing it up – leader, tippet & “yarn fly”
- B. Holding the fly rod – exploring grip(s). (5 – 10 minutes)
 - a. Pointer finger on top
 - b. Thumb on top
 - c. “V” grip
- C. Proper stance, form and technique (15 minutes)
 - a. The fly line follows the path of the rod
 - b. Different stances – when to use
 - c. Understanding the “arc” of the casting stroke

- d. The “clock face” and rod tip position
- e. “Stopping the **rod tip**”
- f. Hand positioning while casting
- g. Importance of lowering rod tip to the water

All beginning casting instruction – use 30-35 feet of fly line.

D. Basic roll cast (*20 – 30 minutes*)

- a. Instruction and demonstration – Count it out.
 - 1. “**1**” to the “top and stop” – form “D-loop”, rod tip at 12:30
 - 2. “**2**” accelerate forward, stop rod tip at 10:00
 - 3. “**3**” drop rod tip to the water
- b. Practice
 - 1. Discuss loop size and how it is created

E. Basic overhead cast – Pick up and Lay down (*20 – 30 minutes*)

- a. Instruction and demonstration – Count it out.
 - 1. “**1**” – accelerate and stop the rod tip at 2:00
 - 2. “**Pause**” – Pause one beat (begin forward motion after spoken)
 - 3. “**2**” – accelerate forward, stop rod tip at 10:00
 - 4. “**3**” – Lower rod tip to water
- b. Practice

F. False Casting – (*20 – 30 minutes*)

- c. Instruction and demonstration
 - 1. Extending cast length – shooting line
- d. Practice
 - 1. Two false casts – 2:00 to 10:00
 - 2. Lower rod tip to water

4.) **Questions & Answers** (*20 minutes*)

5.) **REVIEW - Setting up leaders and tippet** (*20 minutes*)

- A. Selecting the proper leader and tippet
- B. Basic Knots (attaching leader to fly line and leader to tippet)
 - a. Perfection Loop
 - b. Double-Surgeon’s Knot
 - c. Blood Knot
- C. Basic Knots (attaching tippet to fly)
 - a. Surgeon’s Loop
 - b. Non-slip Mono Loop
 - c. Clinch Knot
- D. Knot books and online reference materials

End of Session 1 (Approximately 3.5 – 4.0 hours)