

Subject: : Beginner Forum

Topic: : how do you cast weighted flies?

Re: how do you cast weighted flies?

Author: : Fishidiot

Date: : 2010/3/4 22:37:38

URL:

K-bob,

I'll add that, in my experience, casting weighted flies (esp very heavy ones) is really more a matter of "slinging" rather than what we typically consider as "fly casting." As Tom and others have suggested, slow down your initial stroke (as you pull the rod back toward you initiating backcast), wait for the backcast to completely straighten out, then "sling" the weighted fly forward using the weight to help propel the fly forward.

As always, it helps to practice on a lawn. Very heavy flies and split shot can actually be a bit dangerous to learn to cast and can give you a serious injury or break your fly rod so it helps to practice with heavy flies so you can start slow and easy without feeling the pressure to cast further and faster as you might feel if actually fishing.

Casting heavy flies is often referred to as "slinging lead" or "chuck and duck" and these colloquialisms are actually rather accurate and realistic.