

Subject: : Tips and Tricks

Topic: : That Side Arm Cast

Re: That Side Arm Cast

Author: : geebee

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URL:

Quote:

Chaz wrote:

Just about everytime out I use the side arm cast to avoid catching trees instead of casting over hand.

this.

I NEVER ever overhead cast, even for stripers. i watched a demo with Bernard Kreh and he sidecasts pretty much 100%.

from an energy point of view the overhead cast is not as effective at generating line speed as the side arm cast, where you are using your body as a fulcrum to put leverage on the arc of the rod.

without a side cast,how does this plank expect us to reach, pile or tuck cast ?

an example of the blind leading the blind me thinks.