Step Outdoors

Casting
Level 3

OBJECTIVE
To learn how to cast safely and accurately.

MATERIALS REQUIRED
Rod and spinning reel with a 1" washer or weight tied on the line.

DISCUSSION
There are several methods of casting (straightaway or overhead, side arm, flip, underhand) and are used in different circumstances when fishing, but all have the same basic principles. We will explain the simple and safe method for younger participant, the Side Arm Cast.

ACTIVITY
Side Arm Casting - Hold the reel with a comfortable grip and your pointer finger holing the line against the rod like a trigger. Flip the bail open (the metal half-ring on the spinning reel) and let the weight pull the line to the ground. Close the bail and reel in the line leaving about 6 inches out.

Hold the rod level and bring your arm out to the side with your elbow close to your body. When you have checked behind you, sweep your arm back and then flick it forward. Take your finger off the line about half way around. When the weight has landed, turn the reel once to close the bail and take out slack. Reel in leaving about 6 inches of line out, and try it again.

If the weight landed close in front of you, you let go too late. If the weight went straight out, you let go too soon. Keep practicing until you find the right spot to let your finger off the line.

EXTENSION
Place shallow boxes or short lengths of rope in the shape of a circle on the ground. Have participants try to cast into the circle or boxes from various distances.

Time: 0.75 hour
Intro: 5 min
Activity: 30 min
Discussion and Review: 10 min

Safety
Wear eye protection

NOTES

Manitoba Wildlife Federation