

Lesson Plan General

Small Group Beginners/Intermediate

(**note:** for every class, survey students before hand to get a sense of how familiar they are with two-handed casting, their interests and their preferred tackle system. Use an email or hard copy questionnaire like the following:

1. How long have you been spey casting?
2. If you have spey cast before, how did you learn? Books? Videos? Class? Experienced friend? Other? Please provide as much detail as possible (example: which video?).
3. What rod/reel/line setup will you be using in the class?
4. What do you hope to learn during the class?

Class Objective 1 Day Class: to give everyone a solid foundation of the fundamentals of spey casting so that they can go off on their own to practice their new skills.

Class Objective 2 Day Class: to have everyone able to cast a fishable length of line for both sides of the river

Day One

- A. Introductory Demonstration
 - History and principles of spey casting
- B. “Dry Casting”
 - students set up rods without lines to learn about taping, hand placement and grip, foot placement, and get a feel for loading a rod using “speed up and stop” (acceleration)
 - activate prior knowledge of single hand casters by discussing and demonstrating similarities that exist between overhead and spey
 - contrast overhead with spey so students are also aware of differences
- C. Roll Cast
- D. Switch Cast
- E. Lunch Break
- F. Single Spey (switch cast with the simple addition of a body pivot)
- G. Double Spey

End point for One Day Class. If time permits discuss aspects of fishing with two-handers and/or answer additional questions.

Note 1.: depending on which side of river it is possible to start with double spey as well.

Note 2: in some cases the single spey might be replaced by the Snap-t/Circle cast depending on group interest

Day Two

- A. Review last day’s lesson by way of demonstration, and demonstrate what is to come today
- B. Refine Single and Double Speys
 - Work with students to sharpen up their singles and doubles, getting the group together form time-to-time to discuss/demonstrate important points and give them a rest

- C. Lunch
- D. Snap-T/Circle Cast or Snake Roll (depending on which side of the river we're on)
- E. Fishing related issues (Tackle Selection, Reading Water, Mending, etc) and group questions
- F. Wrap Up

General Notes: It is important to work in breaks at least every 1/2 hr or so as casting students will make a lot of casts over a day and fatigue can be a big yet subtle impediment. This will be especially important on Day Two. Use the breaks to reinforce through discussion and demonstration important points; don't forget to simply give a few real breaks (no instruction) over the course of the day as well. Also, tell students at the outset that they will be making more casts at this school than they might in an entire week of fishing, so they should take a break anytime they feel tired or notice that their casting isn't going well. Let them know that often after a short break they will find that their casting has improved.