

# Bakewell Fly Fishing Shop



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Association of Advanced Professional Game Angling Instructors

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[www.bakewellflyfishing.com](http://www.bakewellflyfishing.com)

## The Overhead Cast

This is the cast used by the majority of fly casters most of the time. It achieves distance, delicacy and turned on its side, puts our fly under the tree branches where fish are waiting for a perfectly presented fly,

**Part one:** The Principles of the cast, when to use it, how to use it with safety in awkward winds, what is good form, and the naming of parts. We learn how to use natural forces to make good casts

We take a short break

**Part two:** How to set up a training ground and how to practice. Casting on a river, the basics, shooting a line for a little more distance, a demonstration of distance casting using the double haul technique,

This lesson can take around two hours depending on individual requirements and abilities, we do have some experience with disabled students, if there are any issues you feel are affecting your casting please let me know in advance, if possible.

Tackle is supplied for this lesson.

All anglers require a national rod fishing license.

We have the honour of being a member of the Association of Advanced Professional Game Angling Instructors (A.A.P.G.A.I) and mentoring is available for those wishing to be instructors.



*The Perfect Gift or Treat*

*Guided fishing trips with Bakewell Fly Fishing Shop, 3a Hebden Court, off Matlock St, Bakewell, Derbyshire DE45 1EE 01629 813531*