

Which stance?

Ally Gowans www.letsflyfish.com

Stand comfortably.

Ensure good balance.

Feel able to shift your weight from one foot to the other.

Choose suitable footwear for the conditions.

Practice with different stances from really “open” to really “closed” extremes. Sooner or later you will have to fish in these positions.

Also practice casting from kneeling and sitting positions.

Closed stance - forward foot under casting arm.

Sometimes preferred for accuracy



Open stance - back foot under casting arm.

Sometimes preferred for distance.

