

The Overhead cast or the Uni-Tech, by Nick Meyer.

No rod, no bait!! That's a good start.

Three casts are all you need under your belt to be able to place baits or lures where the fish are. There is the overhead, the off the ground, and the pendulum.

When teaching casting, I ask the student to practice the cast without the rod and in slow motion; a technique I have named "Nickchee". Give them a rod with a sinker on it, and they will hit it like a lunatic. While trying the overhead cast, they will look like they are chopping a piece of wood, never understanding that a controlled load at the start of the cast is vital to a powerful finish. It's like driving a car into a corner; slow in, fast out, keeping in control the whole time. The purpose of the slow motion practice is to firmly place in the mind of the student what the body needs to do. It can be done anywhere and helps build the mental picture of the cast. You must have the cast and all the movements clearly in your mind so that you can picture what you will look like doing your perfect cast.

The one, two, three, Nickchee of the Overhead or the Unitech cast.

Insert pictures:



Nickchee start.



Nickchee middle.



Nickchee end.

Distance casting can be broken down into sections equally, as long as the equipment is designed to cast what you have considered, in your wisdom, to be the bait or lure to catch your target fish. It's no use trying to achieve a hundred-plus yard cast with a rod that is 7ft long and was designed to twitch a top-water by putting 5 oz of lead on it plus a chunk of bait that looks like a baby's arm. There are three main areas to think about when going for the distance: technique, aerodynamics, and equipment.

Technique is the type of cast you are going to use and how proficient you are at doing it.

Aerodynamics is making sure that the sinker or lure you are slinging is the right shape and will travel smoothly through the air.

Equipment includes a rod that is capable of recovering from the energy put into it during, and at the end, of the cast; and a reel that does not require the educated thumb. The reel during the cast should not need you burning the print from your widget just to stop a bird's nest. One of the biggest killers of distance is putting your thumb on the spool to control it during the cast. Two things; bad technique or insufficient braking causes bird's nests. You can tune a reel with magnets, brakes, and/or oil, but you should not need to touch the spool during the cast.

The cheapest way to improve the distance of a long cast is to perfect the technique. Technique is achieved by practice. I hate to think how many times I have cast over dry land, and the miles I have walked retrieving the buried sinkers while practicing, but if you want to hit the big numbers, that's what you have to do.

The overhead cast is definitely the easiest and safest cast to learn and improve upon. This is also the safest cast in a crowded area.

When teaching this cast, I refer to your hands on the rod as the lead hand and following hand. The lead hand is the one nearest the butt, the following hand is the one on the reel.

To set up for the overhand cast, use a drop that is about half the length of the rod. That is, the sinker should be about half way down the rod from the tip.

Insert Picture sinklerdrop



Place the sinker near your feet while keeping the line tight.



During the cast the sinker will swing away from you and load the rod.

Extend the arm so the lead hand is pointing in the direction the sinker will go, normally about 45 degrees, and the following hand is on the reel.

Now it's time to do the "bidness". Look in the direction you want to cast. (45 degrees) When all is ready, pull the lead hand hard down then towards

your side. The following arm will extend then follow the movement of the rod, finishing where the lead hand started.



At this point, you let go of the line and let the sinker fly. During the cast, watch the line coming off the tip of your rod. It is important to point the tip of the rod in the direction the line is coming off the rod tip.



The cast is not over until the sinker hits the water, when it does stop the reel.

Points to watch out for while doing this cast:

1. Moving forward just before the cast and making the line slack. It is imperative that the line stays tight before the cast. Ignore the urge to run forward in the direction you are casting.

2. Wanting to push with your following hand rather than pull with the lead hand. The pull is what will generate tip speed and is the sweet part of the cast that will add distance.
3. Not pointing the rod as the line comes off. A lot of people will do the cast and then ignore what is happening at the tip of the rod. They will watch the sinker fly through the air. If you don't point the rod you can cause a resistance with the tip-top eye on the line that will act like a brake. The reel is spewing the line off like it should and you are putting the brakes on. You got it then, mates. A bird's nest from hell.
4. Bringing in the power too early. You will lose control of the rod and power through the planned stop position and bring the rod past the 45-degree release, shooting the sinker low.

Another important part of distance casting is safety. Line does break and sinkers do fly in all directions, especially when learning. Please make sure your break-off area is clear. Also, any broken line needs to be collected and disposed of properly.

Good casting my friends. Be safe. Nick