



FLY CASTING:  
PICK-UP AND LAY-DOWN CAST (PULD)  
OVERVIEW

**CONSERVATION / EDUCATION / COMMUNITY**

# FLY CASTING: PICK-UP AND LAY-DOWN CAST (PULD) OVERVIEW

## PURPOSE

We use the Pick-up and Lay-down cast (PULD) to learn and practice an important fly casting building block – how to quietly pick up a fly from the water and then efficiently deliver it to its target.

## PREPARATION

- » Always use a yarn fly and wear eye protection.
- » Start with the fly line laid out straight in front of you with no slack, just on the casting side of your body, with your fly 30 feet away from your feet.
- » See the Roll Cast module to remove slack from the line on water or grass, or just back up if you can on grass.
- » Thumb on top (or “handshake”) grip.
- » Line pinched against rod handle with forefinger of rod hand.

## STEPS TO THE CAST

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### 1. SETUP

Rod pointed along the fly line, tip **just touching** the grass or water.

**FIGURE 1 /**  
SETUP POSITION:  
LIFT STARTS  
HERE





## 2. LIFT

While straightening from the waist, **slowly** bend your forearm upwards at your elbow and peel most of the fly line off the grass/water and drag the fly through the grass/water towards you until the rod reaches around the 10:30 position (45° above horizontal).

**FIGURE 2 /**  
LIFT MERGES  
INTO BACKCAST  
HERE



## 3. BACKCAST

**Without stopping**, keeping your arm bent at around the same 90° angle and now moving almost only from the shoulder, smoothly accelerate the rod to the vertical or 12 o'clock position and **stop crisply**.

**FIGURE 3 /**  
BACKCAST  
STOPS HERE,  
LOOP IN FLY  
LINE FORMS,  
PAUSE FOR LINE  
TO STRAIGHTEN





## 4. PAUSE

Wait briefly for the line to straighten.

**FIGURE 4 /**  
WHEN LINE  
ALMOST  
STRAIGHTENS,  
BEGIN FORWARD  
CAST



## 5. FORWARD CAST

Keeping the bend in your arm and hinging at the shoulder, pull forward and down, smoothly accelerate, and **stop the rod crisply** in the 10:30 position.

**FIGURE 5 /**  
STOP FORWARD  
CAST HERE AND  
LOWER ROD TIP





## 6. LOWER

After stopping at around the 10:30 position, slowly lower the rod tip down to the water to follow the falling line at the same pace.

**FIGURE 6 /**  
FINAL  
POSITION—  
SAME AS SETUP  
POSITION



» ALL THESE STEPS SHOULD BE DONE WITH VERY LITTLE IF ANY WRIST BEND.

### STEPS TO THE PICK-UP AND LAY-DOWN CAST:

1. Rod tip low to the grass/water with no slack
2. Slowly peel the line off the grass/water to the 10:30 rod position, and without stopping
3. Cast up and back, stopping crisply with the rod vertical at the 12 o'clock position
4. Wait briefly for the line to straighten
5. Cast forward, stopping crisply around the 10:30 position
6. Lower rod tip to grass/water

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# OUR MISSION

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FLY FISHERS INTERNATIONAL has been an organized voice for fly fishers since 1964. We represent all aspects of fly fishing—from the art of fly tying and casting instruction, to the protection of and access to fisheries around the world.

A 501c3 non-profit organization, FFI is driven by three fundamental pillars: CONSERVATION, EDUCATION, AND COMMUNITY. Together, these pillars provide the foundation for our vision of the future of fly fishing—a future in which anglers have access to prime waters and fish can thrive in healthy, protected habitats; in which learning never stops and artistry is not forgotten; and that recognizes the true value of camaraderie. If we want this legacy to be experienced by future generations, we have to work to make that happen.

JOIN FLY FISHERS INTERNATIONAL TODAY to help ensure that fly fishing can continue to instill the kind of passion it does today in so many of us.

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