

Underarm casting

From when we 1st started fishing one of the most important skills that we learned was how to cast. Most of us started out casting underarm and effectively just swinging our bait out into the margins. Then as we advanced we swapped to overhead casting, and now most of us feel relatively proficient with this casting method.

I am amazed therefore when I see anglers attempting to reach relatively close marks with an overhead cast when they would be better off swapping to underarm casting. It seems that in the age of big pit reels and 4lb test curve rods that one cannot be seen to be underarm casting. Also in a certain casting DVD I was dismayed at the technique shown as I am sure that it works for the angler concerned but I don't envy anyone coming to the sport and trying to emulate him.

If you need to reach a mark that is under 40yards then the best choice of a cast is underarm, if you have over head vegetation / power lines again it is underarm. It is possibly the most useful cast for small to medium waters and is sadly neglected by many anglers as they do not appreciate the advantages that it brings namely;

- Accuracy
- Ease
- Not affected by over head obstructions
- Low effort
- Low disturbance
- Absolutely no chance of cracking off

Anyway on to the tackle and the technique, no specialist tackle is needed at all almost anything that you use for carp angling will do. For the most observant amongst you, yes I know that there is no rig attached the following photos. Sadly my favorite lake is frozen over and I had to use the bird sanctuary (no angling) as it was the most photogenic bit of liquid water I could find.

Rig wise anything will do, however if done right there is not a huge amount of impact force on the lead as it hits the water so unless you are fishing a helicopter / chod for another reason you will have to work hard to bury the lead in the silt. I tend to use a standard lead clip or a running rig if I am using this cast for these reasons.



The above photo, shows the relative amount of line you need to have out from the spool before casting. It is far more than for an over head cast and this is because you will need to swing the lead and rig like a pendulum to build up momentum for the cast. Before you start the next step pull the line smartly by the reel to ensure that there are no tangles around any rod ring, as you pull the lead should move up and down without resistance. If it doesn't check the rings / tip, it will save you tears later.

The Cast



Start by swing the rig back and forwards, this doesn't need to be particularly quick but the lead and rig needs to come up almost to the rod. Be careful that you don't hook yourself as this could be quite painful. If you are worried about this just put a piece of PVA foam on the hook. Remember to keep the lead and rig swinging exactly out from the center of your body such that if you were to swing the lead too far back you would hit the rod. This aids accuracy as the cast will go out 90 degrees to your shoulders.



Once the lead is moving freely wait until the lead is closest to you and then flick your wrist up and push forwards whilst turning your hips to swing your right shoulder forwards. This will have the effect of compressing the rod and accelerating the lead on its downward swing.



Then as the lead is just below the horizon, release and follow it out with your eye. Feather the cast as the lead hits the water. With practice you will be amazed at the accuracy and distance you can achieve. Remember that you can also cast on the clip with

this method exactly as you would with an over head cast and achieve some amazingly accurate and stealthy casts. Casting on the clip is particularly useful at night when you are fishing wit little moon as at the short distances you can attain there is little to go wrong.

Conclusion

As with all fishing techniques it is all about practice. This cast is easier to practice than some as it does not need a huge amount of water to practice. Remember too that you can cast out your marker float in super stealthy mode with this should the need arise.

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