

Elements to Keep In Mind for Distance Cast

Start with short ling length of no more than 45 feet.

Keep both hands together during hauling.

Stop with rod tip high in back cast for pause by not breaking wrist.

Be sure hands are together in last false cast before final cast.

Keep everything slow and consistent.

Lengthen stroke for last false cast and final cast, but do not over power.

Keep hands together for better timing of false and final cast.

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