

## Fly Fishing Tips for Beginners

Fly fishing is a very popular fishing sport that can be both relaxing and challenging at the same time. The following tips and tricks are ideal for beginners. When you're just starting out learning to fly fish you'll want all the help and advice that you can get from the experts.

**Tip #1: Practice your Casting** The experts say that the one thing that you need to do to develop a good casting technique is to practice as often as you can. This will lead to a proficiency in casting that make all the difference between being a successful fly fisher or a frustrated one. Try practicing against a wall on the outside of your house. Just imagine that there is a clock hanging on the wall that is at the same level as your shoulder. Place markers, such as black electric tape, at the 11:00 and 1:00 clock positions. Practice casting against these markers for a few minutes each day to improve your accuracy and style.

**Tip #2: Rods** There are several things that you need to think about when choosing the right type of rod for you. Every reel and rod has a certain function that you need to be aware of. One of the first things that you need to consider is comfort. Is the rod that you're using comfortable for you to hold? If you're shorter than about 5'5" you won't want to use a rod that is seven feet. Choose a rod length that is easy for you to hold and cast for a few hours at a time. Most of the rods on the market today are designed to allow you to feel when a fish bites. The shaft of the rod is called a "blank" and when the rod is first manufactured the blank is made from fiberglass, graphite, or other materials. Each of these blanks has an action that is either: light, medium, medium/heavy, or heavy. The upper portion will also have an action that is either: extra light, light, or regular. Both ends of the blank are assembled and the final result is a fishing rod, complete with a handle and guide. No matter what type of rod that you're using, the "action" of the rod will refer to the "blank". The action of the rod will have a great deal to do with the type of fishing that you're doing.

**Tip #3: Holding your Rod Effectively** It's important that you learn to hold your rod effectively under any fishing conditions. You want to make sure that you maintain good control at all times without gripping too hard. You can adjust the power of your hold when you're in the middle of a cast. This will allow you to minimize the vibrations of each movement. With just a bit of practice you'll be able to increase the tightness at the same as you learn to relax your grip.

**Tip #4: What do to with a Running Fish** Be prepared if a fish runs toward you. Stand on your toes and at the same time raise your rod up over your head as high as you can. Take the line and put it back over onto your second and third fingers of the hand that is holding the rod. Quickly strip the line to pull up on any slack. If the fish starts to run away from you make sure that you keep the rod up high and slowly let out the line, letting it slide from your fingers. Be ready to palm the reel of the rod when the slack is entirely gone.

**Tip #5: Best Bait Choices** Following is a list of some best bait choices as recommended by the experts:

- Grubs:** Grubs are small lures that are usually used to catch larger fish. Grubs are great for use in highland reservoirs where there is little cover for the fish. The grub is much like a bare jig head that has a soft plastic body to attach to the hook. You'll want to use them most often in clear water conditions.
- Jigs** are best used in water that is clear to murky and in water temperatures that are below 60 degrees. The jig is considered to be a "presentation" lure and the ideal way to use them is by making them look as alive as you can. The jig is essentially lead-weighted bait that has one hook. You'll want to add a trailer to the end of the hook for the best results.
- Plastic worms:** If you want to catch that trophy fish you'll probably want to use a plastic worm. This is because the plastic worm is one of the most effective lures for catching any type of big fish. Plastic worms have a thin and long profile with a lifelike action that attracts them instantly to bass. You'll have to learn how to use a plastic worm by touch, feel, and practice. The more that you practice that better results you'll achieve. The one thing that you need to keep in mind is that the fish needs to see the worm before it will hit it. Therefore a plastic worm is best used in clear water.
- Lure color:** Choose lures that are all black or all white. A mix of black and red also works quite well. There will be the odd time when fluorescent colors, such as bright yellow or green, will work well but you'll need to experiment with this.

## About the Author

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