

## The Single Spey Cast with a two-handed rod

Start with the fly-line fully extended, downstream and the rod-tip close to the water.



Wind direction



Water flow

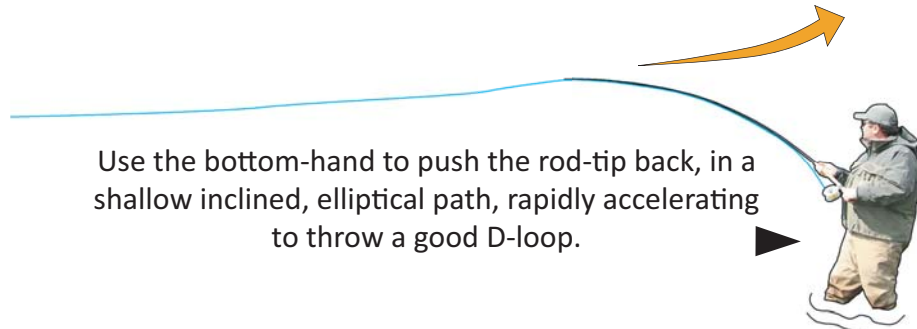


The upstream leg should face in the direction of the cast and the other leg should face downstream. Turn the upper body to make the lift.



Lift the rod-tip and swing the fly-rod slightly in towards the river bank before sweeping out towards midstream. This will increase stroke length and help to position the line for the outward sweep.

Rotating the upper body, sweep the rod-tip out into midstream and around towards the anchor position.



Use the bottom-hand to push the rod-tip back, in a shallow inclined, elliptical path, rapidly accelerating to throw a good D-loop.

Circle up with the top-hand, as the line-tip passes over the anchor point, bringing the hands to the key-position for the forward-cast. The line-tip should glide gently onto the anchor position.

Anchor point



Make the forward cast in the normal manner, leading and then rotating using the bottom hand.

