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

CONSERVATION / EDUCATION / COMMUNITY
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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

1. SETUP
Rod pointed along the fly line, tip just touching the grass or water.
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](image)

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](image)
4. PAUSE
Wait briefly for the line to straighten.

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.
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.

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
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.