



Hauling Movements in Fly Casting

Antietam Fly Anglers Casting Rendezvous

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Single and Double Hauling

- What is the hauling move? Pulling the (tight) line being cast with the line hand during the stroke – backcast, forward, or both. Just pulling on the line, e.g., stripping in line, retrieving a fly, or fighting a fish is not a haul.
- Why? To speed up the line/loop spin by:
 - Rotating the line faster around the tip guide – pulley effect - and
 - Bending the rod more during the casting stroke – bending or loading effect.
 - The pulley effect is more direct and more influential.
- Uses:
 - Increase distance.
 - Contend with resistance (wind, heavy line and flies).
 - Reduce the effort required of the rod hand.
 - Smooth out rod path and help shape the loop.
 - Reduce slack during the stroke.
 - Improve accuracy (unrolling the leader and hovering the fly).
- Variations
 - Single haul – pull during the back or the forward stroke.
 - Double haul – pull during both back and forward strokes with return moves by the line hand to the rod hand during all but the last (delivery) stroke.

Double Haul Sequence – Synchronizing the rod and line hand

a. Set-up and line pick up

- Align the hands, rod, and line pointing at the target. Strip in slack to get ready for the stroke.
- Pinch with line hand fingers and thumb to hold the line,
- Position line and rod hands side-by-side, separated by a foot or so, line hand behind the stripper guide and a little below the rod hand (to avoid tangles).
- Make the line pick up with hands together.

b. Backstroke (first haul)

- Start the backstroke, moving both hands together. As the rod hand starts the backstroke, pull with the line hand down and opposite the backcast direction. (Separate!)
- As the rod hand accelerates, mimic its acceleration with the pull of your line hand in the opposite direction.

c. Backstroke stop and line return (first haul)

- Stop the rod and the line hand simultaneously where you want to launch the backcast loop. The line and rod hand will be separated by the length of the haul at this point.
- As your rod hand pauses for the loop to unroll, return your line with the line hand by following the line back through the stripper guide and back together with the rod hand. Follow, do not force! (end of the first haul)

d. Stroke reversal

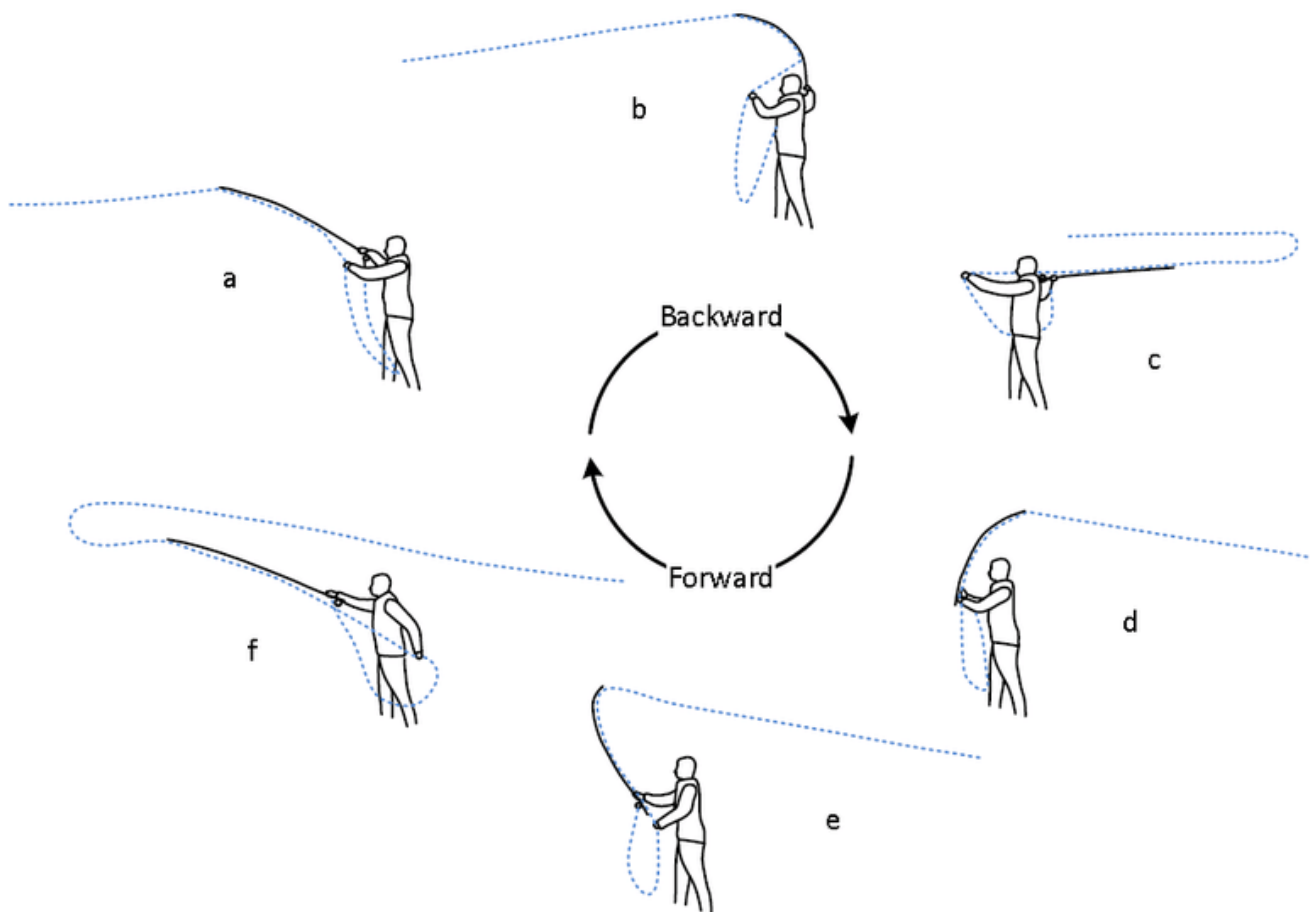
- Start the forward stroke, moving both hands together.

e. Forward stroke (second) haul

- As the rod hand starts the stroke, pull with the line hand down and opposite the backcast direction. (Separate!)
- As the rod hand accelerates, mimic its acceleration with the pull of your line hand in the opposite direction.

f. Delivery

- Instead of returning the line through the stripper guide, stop (both hands) and release (line hand) the line to deliver the fly,



Source: "An Initial Study on the Coordination of Rod and Line Hauling Movements in Distance Fly Casting". May 2017. [Annals of Applied Sport Science](#) 5(2). [Ulrik Røijezon](#), [Grunde Løvoll](#), [Anders Henriksson](#), and [Michail Tonkonogi](#).
OI:[10.18869/acadpub.aassjournal.5.2.61](#)

Demos and Drills

- Bare hand hauling – learning the feel with line only. No rod.
- Pantomime the stroke/haul sequence with rod butt only .
- Horizontal (sidearm) single hauling with full rod/line – observe hand movements and rod/line reactions
- Practice the haul movement – “down/up” in a pick-up/lay-down cast.
- Practice false casting with double hauls
- Practice false casting - varying the haul length and speed with for different distances and resistance (e.g., wind)

Common Problems and Hauling Faults

Tip: Check out the problem cause with- and without hauling through the full casting cycle – pickup, backcast, forward cast, and laydown. Make sure that the problem is being caused by hauling (line hand work) or by issues with the basic rod hand stroke.

- **Set up/pick up phase**
 - Starting the stroke and/or haul before slack on the water and in the guides has been removed.
 - Starting the haul with the line hand too far from the rod hand.
- **Stroke: pull and stop phase – back or forward stroke**
 - Anchoring the line hand at your hip and moving the rod through the stroke – in effect sliding the rod guides along the line with limited effect on rod bend and line speed.
 - Hauling before the rod hand starts moving tight line – losing the opportunity to add speed.
 - Jerking the haul movement – can create a tailing loop.
 - Making the haul movement too short relative to the rod hand stroke – stopping early – can create a tailing loop.
 - Hauling against the stripping (bottom) guide rather than through guide from the rod tip.
 - Hauling out of alignment with the rod path, usually out to the line hand side.
 - Dropping loose line beneath the rod hand path > tangles and stepping on the line during the stroke or line shoot
 - Stopping the line hand at the end of the haul with a recoil, twist, or kink.
 - Stopping the line hand and releasing the line (shooting) before the end of the rod hand stop.
- **Stroke: return or delivery phase**
 - Poor loop without enough pull on the line through the guide. Work on the basic stroke with the rod hand to create more effective loops before adding the haul.
 - Dropping the line at the end of the haul --- loose line slapping through the guides and droopy bottom (rod) leg in the loop as it unrolls.
 - Losing control of the line in the line hand. Letting the line go after the pull phase and having to search with the line hand to find it for the return.
 - Forcing rather than giving the line back through the rod guide during the return. Line can ball up at the guide or shove slack into the cast, pulling the loop apart.
 - Returning the line hand too quickly, too near and/or directly above or below the rod/reel or across the chest. All can create tangles of line around the reel and reel seat. Haul only to the

center of your chest, down, and slightly out from the reel seat, returning the line along the same path.

Habits of Effective Haulers – Tips

1. Use the haul as a tool, but not a crutch. The foundation of casting is a solid basic stoke with the rod hand. Hauling assists but does not replace a good basic stroke movement.
2. Be a “smooth operator”– you cannot make hauls too smoothly.
3. Synchronize the line and rod hands. The two hands must dance together and deliver signals in unison to the rod. Rod and line hands come back together at the end of each haul. Mimic the acceleration, stop, timing, and length of the rod hand work with the line hand work – in the opposite direction. Use an audible command or breathing signal to remind both hands of their tasks.
4. Minimize slack before the stroke starts. Hauls add speed as the rod loads and forms the loop, not before or after. If you are still pulling slack, you are not speeding up the loop.
5. Tension is a good thing. Good haulers “feel the peel” through the line throughout the haul.
6. Peel rather than yank the line. Treat the line like a violin bow. This ain’t rodeo, and we are not using a rope to flank the calf to the ground. Despite the move being called a “haul,” it is most effectively performed with fingertip control and precision.
7. Vary the haul – start, stop, length, and speed - to meet the objective and/or conditions. Avoid overhauling and underhauling. Be a haul-doctor and use only the dose needed. In general: short casts, short strokes, pauses, and hauls; long (or resisted casts) long stokes, pauses, and hauls.
8. Move the line hand in a straight and narrow path. Minimize friction through guides backward and forward by concentrating on the pulley or spinning effect in the tip guide. Avoid sideways or downward pressure from your line hand on the rod. Visualize hauling straight back from the rod-tip through the tunnel of guides.
9. Keep lines clean, conditioned, and stretched. Hauling does not work well when a gummy line refuses to slide through the guides easily.
10. Never drop the line from your line hand after the stroke. Use the “O” ring and thumb-to-index finger pinch to maintain some tension during the return or delivery and to be ready for the next stroke ... or the next fish.

Situations for Using the Haul

- Meeting the need for distance --- Additional acceleration at the most effective part of the stroke.
- Smoothing the cast and sharpening the loop --- moderating jerky acceleration and reinforcing the rod stop (loop launch).
- Dealing with injuries, disabilities, fatigue - reducing strain on the rod hand.
- Supplementing the roll, oval, and other casting strokes and styles - providing help in loading the rod.
- Making up for limited backcast or overhead space - developing line speed in limited stroke.
- Improving accuracy – increasing line speed while keeping a short stroke with less rod bend. Useful in driving the fly to the target or in unrolling the leader to hover over it before delivering.
- Accentuating presentation casts, e.g., curve casts, tuck casts, bounce casts --- making sharper effects, assisting complete turnover at the end of the cast, or hovering the fly over the target.
- Managing the influences of the wind --- keeping a tight line throughout the stroke and speeding the line against buffeting from all angles.

- Applying unequal power to opposite strokes – for example, a single haul to load the backcast deeply to ease the forward stroke needed to cast a short line or big fly.
- Introducing slack in presentation aerial mends – “check haul”
- Others?

Video Resources for Learning to Make and Use the Haul:

- [FFI Video: Jeff Wagner – Distance Casting](#)
- [Orvis: Pete Kutzer – Adding Distance to Your Cast](#)
- [Anglers All: Doug Andrew – How to Double Haul in 5 Minutes.](#)
- [Midcurrent: Joan Wulff – The Double Haul](#)
- [Gink and Gasoline: Tim Rajeff – Tips and Tricks for a Better Double Haul](#)