



*Bob Clouser's*  
**INVERTED LOOP CAST**  
and  
**TIPS FOR CASTING  
WEIGHTED LINES  
and FLIES**

by Bob Clouser, Middletown, PA, USA.

You don't need to throw a wide loop when fishing weighted lines and flies. In fact, you're more efficient if you don't. Lefty Kreh and I have developed a casting stroke that, when properly executed, delivers weighted flies and lines with a tighter loop and less work. I call it the Inverted Loop Cast.

Begin the cast after you've already retrieved the fly from deeper water so the line is near the surface of the water.



## Bob Clouser's Inverted Loop Cast .... *continued...*



### **Step 1**

Without breaking your wrist, begin the backcast by rotating your hips and shoulders in the direction of the backcast with the rod traveling to reach a 45° angle by the end of the backcast. The line travels below the rod tip to create an inverted loop. After your hand passes your left shoulder, speed up and stop the rod to send the weighted line and fly rearward. The inverted loop will unroll and send the fly in an upward trajectory at the end of the back cast (instead of the downward direction with a standard cast).



### **Step 2**

Without pausing, elevate the angle of the rod from 45 degrees to approximately 60-75° (closer to upright/vertical) without lifting your hand or elbow. This keeps constant tension on the line and avoids shocking the line when you begin the forward cast.

## Bob Clouser's Inverted Loop Cast .... *continued...*



### **Step 3**

As the casting hand changes the rod angle to ninety degrees, simultaneously begin rotating your body for the forward cast. Once the casting hand and shoulder passes the plane of the opposing shoulder, accelerate and stop the tip of the rod in the direction of the target to complete the cast.

Remember to apply ***constant tension*** on the rod through the entire cast. It is almost like pulling the weighted line and fly thru the entire back and forward casting motion. Don't pause between the back and forward cast, merely change the plane of the rod from forty-five degrees to ninety degrees as the body begins forward rotation. For better accuracy, pull the line directly away from the target on the backcast before speeding up and stopping the rod.

Below are a list of tips and ideas I've collected over the years concerning casting weighted flies and sinking lines. I think them useful. If you have questions, email me – [bcmimno@aol.com](mailto:bcmimno@aol.com)

### ***Tips for Casting Weighted Lines and Flies***

- Learning how to fish with weighted flies and lines will improve the catch rate for sure.
- Keep ***constant tension*** on the fly rod through the entire casting stroke. You will be pulling the weighted line or fly through the entire back and forward casting strokes.
- Use your body. Bring your casting-hand shoulder back with the motion of the back cast. When making the front cast, bring the casting shoulder forward until it passes the non-casting hand shoulder. Then apply the forward speed-up-and-stop by pushing the palm of the hand forward. This is kind of like throwing a dart, baseball or hitting a golf ball, use no up and down wrist movement.
- Very important, never use the wrist or arm where it moves in an up and downward motion.



## Bob Clouser's Inverted Loop Cast .... *continued...*



- Never leave the backcast stop before you attempt the front cast.
- Separate the front - and backcasts, (Make one at a time)
- When making a cast always keep the line on the (casting) side of the rod and your body. Never pull the rod across your body when making either a front or back cast.
- When casting make sure the casting hand moves in a straight line forward. Not in a downward motion.
- Learn to cast an ***inverted loop (upside down loop)*** on the back cast, the inverted loop allows the weighted line and fly to travel upward instead of downward after the back cast is made.
- Always pull or move the line in the direction you want it to go before applying the speed-up-and-stop and completing the cast.

- Always pull the weighted line and fly to the surface before attempting to make the back cast.
- For greater efficiency never make more than two false casts while casting weighted lines or flies
- For better accuracy always make the backcast directly away (180° opposite) from the target, the natural return of the fly rod to straight will send the line to the target.
- Use a roll cast pick-up to lift the line from the water, make the roll-cast and as soon as the line travels forward and touches the surface of the water after the roll cast is applied the back cast should be made.
- For greater distances, allow line to slip backward during the back cast, shoot line on the Backcast.
- Never pick up more line than needed to make a backcast, for many situations 25 to 35 feet is a good starting point. If less than this length is applied, use a water-haul to put more tension on your fly rod. The angler makes a forward cast and shoots a few feet of line. As soon as the line hits the water's surface, the angler makes a Backcast to load the rod, then a front cast to deliver the fly.



**Bob Clouser** is the creator of the Clouser Deep Minnow, arguably the best known fly in the world. He teaches fly casting and fly tying, and has for decades. He runs a mail order fly tying and fly tackle business near the Susquehanna River in Middletown, PA, USA. He is an advisor for TFO Fly Rods, Cortland lines, and Chota outdoor wear. Contact him at [bcmminno@aol.com](mailto:bcmminno@aol.com) or online at [www.clouserflyfishing.com](http://www.clouserflyfishing.com)