

Homework, Weeks 1-2: The Downer-Upper Cast - Driving the Nymph Down

Five minutes a day beats an hour on Saturday. Print this sheet and stick it on the fridge.

- ☐ 10 Downer-Upper casts a day into a bucket or hoop 15 feet out: weighted yarn rig, fly must land first, rod tip frozen high.
- ☐ Recite the sequence from memory: back stroke, squeeze, forward tap + push down, tip high.
- ☐ Find three spots on a local stream where only a Downer-Upper would work (directly below you, tight angle) and note why.
- ☐ Film one cast on a phone and check the clock: back stop at 1, finish at 10-11, tip high.

Parents: you don't need to fish to help. Hold the hoop, count the reps, and ask what today's cue was. Five minutes of attention beats an hour of equipment.

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