BROOK TROUT SCHOOL · AGES 11-13

Homework, Weeks 3-4: Bottom Contact - the Rig, the Shot & the Tuck

Five minutes a day beats an hour on Saturday. Print this sheet and stick it on the fridge. Weeks count from Session 1. You do not need to buy a rod for homework.

☐ Rig-Race drill: the six steps, timed against your own stopwatch. Personal best, not a race against anyone. Goal: under 5 minutes. Run it three times this week (on a program loaner or practice rod if you have one; otherwise walk the six steps out loud with the leader in your hands).

☐ With a tape measure, practice pinching a shot 8-10 inches above the fly until you can eyeball it. Brown = medium, Yellow = light, Black = heavy.

☐ Glasses on. The one rule works in the yard too. On the lawn: 10 casts with one medium (Brown) shot on the yarn leader. Same quiet landing as without it. No rod? Do the stop-and-wait with a stick: stop at 12, wait for the “pull,” then tap.

☐ Tuck cast, no rod first: with a stick, stop hard at 12 o’clock or higher, let the tip bounce, then tap. With a rod and a yarn-and-shot rig (glasses on): 10 casts, stop high, wait for the bounce, let the fly tuck under and land before the leader.

☐ Recite the bottom test from memory: “No ticks means add weight. Dragging means reduce. Ticks in 2-3 feet means right.”

Water rule: any practice at real water needs a parent or adult with you. No exceptions.

Partners: a parent, a buddy, or a Youth Helper can count the reps, hold the target, and ask what today’s cue was. Five minutes of attention beats an hour of equipment.