



POP CAN CASTING

4-H Natural Science Lesson



MAKE A POP CAN CASTING RIG AND CONDUCT A CASTING CONTEST

Project Skills:

Learning to cast a lure

Life Skills:

Problem solving

WI Academic Standards:
Physical Education B.4.
Physical Skill Development

Time:

30-35 minutes

Supplies:

- 1 pop can per youth
- 50 feet of fishing line per youth
- 1 casting plug per youth
- Tape
- Pencil
- 25 foot tape measure
- 5 pieces of 15' rope
- Casting Record worksheet
- Space large enough for children to cast

Getting Ready:

1. Make 1 copy of My Casting Record sheet per youth.
2. Make a pop can casting rig for demonstrating.
3. Try it yourself before teaching youth.

WHAT TO DO

Make the pop can casting rig

1. Tape one end of the fishing line to the pop can.
2. Wind the fishing line around the pop can.
3. Tie the casting weight to the loose end of fishing line.

Practice casting

1. Demonstrate how to use the pop can casting rig.
2. Ask youth to spread out so they have room to cast.
3. Have youth practice casting with the pop can rig until they get the hang of it.
4. Help any youth that is having difficulty.

Conduct a casting contest

1. Have the youth form two parallel lines, facing the same direction, with at least 15 feet between them.
2. Lay one of the ropes down in front of the first youth in each line to mark the casting point.
3. Measure off 10 feet from the casting point. Use another rope to make a circle target for the youth to cast towards. Duplicate this process for the second line of youth.
4. Have the first youth in each line try to cast their weight inside of their rope circle.
5. Use the Casting Recording Sheet to record results for each youth. Mark an "X" if the lure lands inside the circle and a "0" if it does not.
6. Have the youth retrieve their lure and clear the target area. Youth should rewind their fishing rig and move to the back of the line to try again.
7. When the target area is clear, have the next two youth cast.
8. Repeat this process until all youth have cast five times. Announce the results for each youth.
9. Reset the target circles to 15 feet. Repeat steps 4-8.
10. Reset the target to 20 feet. Repeat steps 4-8.
11. Congratulate all the youth and tell them to take their casting rigs home and show their parents, guardians or friends how to use the pop can rig.

Casting the Pop Can Rig:

Place your hand around the can but behind the line with your thumb resting on the line. Swing the can underhand like you would throw a ball. Instead of letting go of the can as you would a ball, raise your thumb off the line and keep holding onto the can.

Targeting Tips:

As you practice casting you will learn that there are many ways to increase accuracy.

- Releasing the line too soon will cause the weight to fall short.
- Releasing too late causes the weight to go too high and probably short.
- A faster arm speed will cause the weight to go farther.
- How high your hand is when you release the line may affect where the weight goes.

ENHANCE

If youth are not doing well during the 10 feet cast, try using one of the following alternatives:

- Keep the target at 10 feet for the next round.
- Use some other marker to identify the casting point and use two ropes together to make each target twice as large.
- If you are short on time or have additional youth, use some other marker to identify the casting point and use the two extra ropes to make two more targets. Have youth form four lines.

TALK IT OVER

Try to get each youth to express his or her feelings and experiences.

Reflect:

- What happened when you made your first cast?
- How did you change your casting technique to better target your casts?
- How is this way of casting like a store-bought casting rig?

Apply:

- How could this activity make you a better angler?
- You used eye/hand coordination to make the lure go where you wanted it to go. What other times do you use eye/hand coordination?



Adapted from 4HCCS
Fishing for Adventure
project series,
Sportfishing 1 (BU-
07598), pages 10-11.

