

# How To Throw A Cast Net

There are many proven methods on **how to throw a cast net**. Fitec has compiled a list of recommended **castnet throwing instructions** for each **cast net**. Below are **cast net throwing instructions** for our 6' radius and above **cast nets**, 5' radius and below **cast nets**, and our new revolutionary Easy Throw **cast nets** with the **cast net throwing ring**!

## Fitec EZ Throw Cast Net Throwing Instructions

### STEP 1



Slip the castnet throw line through the hand loop and tighten around your throwing arm

### STEP 2



Coil the throw line into neat loose loops into your cast net throwing hand.

### STEP 3



Grasp the cast net ring palm down (fingers on top, thumb on bottom).

### STEP 4



With your free hand, reach straight down from your thumb and grasp the lead line.

### STEP 5



Place that section of lead line into your palm. The castnet ring will hold it in place.

### STEP 6



Turn your palm down and you are loaded and ready to throw your cast net.

## STEP 7



Rotate the cast net a full  $\frac{3}{4}$  turn away from your target

## STEP 8



With your throwing arm outstretched, rotate in a smooth continuous motion toward your target.

## STEP 9



Release the cast net into the air at a slight upward angle in the direction of your live bait target.

## STEP 10

The castnet should hit the water in circular form.

## STEP 11

Let the cast net sink to your desired depth and pull the throw-line to close the net.

### Cast Net Throwing Instructions for 6' Radius Cast Nets and Larger

Cast Net instructions are right handed. Simply reverse hands and sides to throw your cast net left handed

#### STEP 1



Cinch rope around your left wrist and coil the hand-line into left hand as shown. Grab castnet with left hand just below horn

#### STEP 2



Extend left arm and grab the net again at pocket height with right hand.

#### STEP 3



Transfer castnet back into left hand. At this point all of the net should be in your left hand with the lead line resting on the ground.

#### STEP 4



Reach down from where your left thumb and forefinger meet and divide your cast net in half.

#### STEP 5



At this point, you should have the hand-line, the horn, and half of the net in your left hand, and the other half of the net in your right hand.

#### STEP 6



Roll the half of the net in your right hand over your left thumb and release.

## STEP 7



You now have two clumps of lead line at the bottom of the net. A high section over your thumb and a low section hanging from your left hand.

## STEP 8



Grab the lead line with your right hand where the high and the low clumps of lead line meet.

## STEP 9



Place the lead line gently in your front teeth **(Be careful not to put the lead or net itself in your teeth, only the rope between the leads.)**

## STEP 10



Reach down with your right hand and pick up the lead line hanging from your teeth with your thumb and forefinger.

## STEP 11



Turn your right palm up, bringing it up near your left hand and fold the netting over your left thumb back into your right hand.

## STEP 12



Both of your hands should be somewhat close together and palm up. You are loaded and ready to throw your cast net at this point.

## STEP 13

## STEP 14

To dump your live bait, simply hold over a bucket or bait well and pick up the horn of the castnet and release the hand line. The bait should



Stand facing left of your target. Keeping both of your hands together, simultaneously rotate your body and hands ninety degrees to your left. Without stopping, immediately rotate back toward your target in one smooth continuous motion.  
**(Be sure to keep your arm outstretched)**



Release your cast net at a slight upward angle in the direction of your target.  
**(Be careful not to overpower your throw).** The cast net should open into a circular form. Pull on the throw-line to close the net at the desired depth.

fall out the bottom of the net.

## Cast Net Throwing Instructions for 5' Radius Nets and Smaller

Castnet Throwing Instructions are "LEFT HANDED". Simply reverse hands and sides to throw RIGHT handed

### STEP 1



Cinch rope around your right wrist and coil into throwing hand as shown

### STEP 2



Hold your cast net by your side resting the weights on the ground and grasp the net with your throwing hand at pocket height.

### STEP 3



Grasp the lead line with your free hand at a position straight down from the end of your right thumb and place between thumb and forefinger.

### STEP 4



Grasp the lead line with your free hand at a position about one arm's length from your other hand. This will hold the net one quarter open as shown.

### STEP 5



Rotate your body back to the right one quarter turn and immediately rotate back to your left releasing your cast net at a slight upward angle into the air in the direction of your target.

### STEP 6



Your castnet should hit the water in a circular form. Let the net sink to desired depth and pull on throw-line to close the net. Grasp the horn and release the throw-line to empty the net into bucket or bait well.