

Throwing Aid Instructions



1. Thread your belt through the throwing aid on the side of your throwing arm.



2. Coil the handline as you would with normal throw.



3. While holding the rope coils with one hand and the net horn with the other, place the leadline closest to you into the cast net aid (belt hook).



4. With your free hand, reach out and grab the lead line about one arm's length from the cast net aid.



5. Rotate your body back one quarter turn and make your cast, releasing the net at a slight upward angle into the air toward your target.

Photos compliments of Capt. Todd and Capt. Bobby from www.fishingsimplified.com