

The forward-Spey cast with a 'V' loop

Start with the line straight out, downstream, and the rod-tip close to the water's surface.

 Water flow

Using the under hand pull the rod-tip back, at a low angle, until the fly-line is released by the water tension.....

Allow the rod-tip to drift back allowing the line-tip to glide gently down to form a water-anchor

.....and as the anchor forms circle-up the rod-tip using the upper hand....

Make a forward cast in the normal manner.