

The comments below were emailed to me by Dave Moss, one of my interested followers who lives in Virginia and loves fishing for the giant trout that live in and around the Chesapeake Bay system. I think he may have come up with a creative and effective way for people to enhance their skills in presenting twitch baits like Corkies, and also conventional topwaters, though he doesn't mention them. Hope some of you readers try his method and find it useful, just as he has.

I just finished reading your latest blog where you described to your client how the rod should properly move when working a Corky. When I first started fishing the Fat Boys, I really struggled with the movement of the rod and seriously considered switching over to a left handed baitcaster because it felt so natural to whip the rod in my right hand but I could not develop the rhythm with my left arm/hand. I grew up playing soccer and had to learn how to kick with both feet, so I knew I needed to find a way of teaching my left arm/hand the proper motion. I went to Dick's Sporting Goods and found a strength training ball that is marketed towards golfers and baseball players called a Powerball. It is basically a plastic ball about the size of a tennis ball that has a gyro inside of it. The idea behind it is repetitive movements of the ball keep the gyro turning and the faster it turns the harder it is to hold onto because it gives the feeling of getting heavier in your hand. When I first got the ball I could only do it for a minute with my left hand before it got tired then I would switch to my right hand. Every time I got into my truck I would use it and eventually I got to the point that I could keep the gyro spinning with my left hand for the 20 miles that I drive to work! For the average fisherman who doesn't get a lot of on-the-water time, it is very difficult to teach your muscles the proper movements, but this ball has helped me tremendously. What started as only being able to whip the rod 2 or 3 times in a row while working a Fat Boy is now at the point that even on the longest casts I can walk the dog all the way in. I would rather fish a Fat Boy over any other lure, and I have a lot of confidence in them. Most of it comes from knowing that I can effectively work the bait and trigger the strikes! Golfers can go to a driving range to practice their strokes, but unless you live on the water or have access to it the ability to practice the rod movements doesn't exist, but this ball will help teach your arm/hand how to work the rod.