FRISBEE BASICS

NOTE: Left handed throwers need to reverse reference to left and right hands or sides of body.

THROWING FORM

Step toward target and/or shift weight from back foot to front foot. Rotate shoulders, hips and legs through to point of release and follow through. Keep a straighter arm for distance or curl elbow for greater spin. The three “families” of throws include backhand, sidearm and overarm.

# BACKHAND THROWS

Standard: Grip disc with thumb on top and four fingers underneath. Stand with right shoulder facing target. Reach back and swing arm along side body. Tilt outside edge of disc down slightly upon release. Point toward target and follow through.

Angled: Throw the disc with an arc from right to left by drawing arm across body and tilting outside edge of disc down more during release. Achieve an arc from left to right by angling arm away from body and tilting inside edge of disc down during release.

Skip: Skip disc off of hard surface with angled throw from right to left. Contact ground at 2/3 to 3/4 of distance to target.



SIDEARM THROWS

Finger-flip: Grip disc with thumb on top and first two fingers in rim underneath. Stand with left shoulder facing target and cock forearm back at waist height. Snap forearm forward as if throwing sidearm pitch. Tilt outside rim down slightly upon release.

Thumber: Same as finger-flip except for grip. Grip disc with thumb in rim underneath and four fingers curled on top.

OVERARM THROWS

Wrist-flip: Grip disc with thumb underneath and four fingers on top. Stand with left shoulder facing target and cock forearm back at shoulder height. Snap forearm forward while leaning to left and point toward target.

Reverse wrist-flip: Execute same as wrist-flip, but on other side of body. Stand with right shoulder facing target and little finger leads hand motion, rather than thumb.

Upside down: Grip disc with thumb on top and two fingers in rim. Hold disc vertically above head with top facing left and draw forearm back. Snap disc forward while turning it over thumb side down, maintaining slight tilt at release. Aim several feet above target.

# Disc2.jpegCATCHES

Grips: Thumb-down (above waist)

 Thumb-up (waist and below)

 Pronated thumb-up

Types: 2-hand (pancake) Under leg

 1-hand (standard)

 Opposite hand

 Behind back

 Under both legs

 Add flight to any catch

 Trap disc against body