

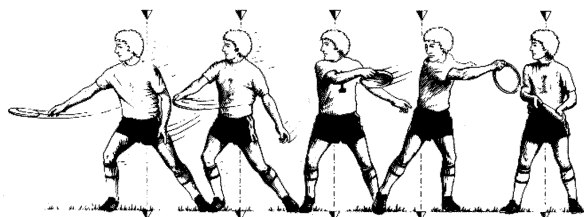
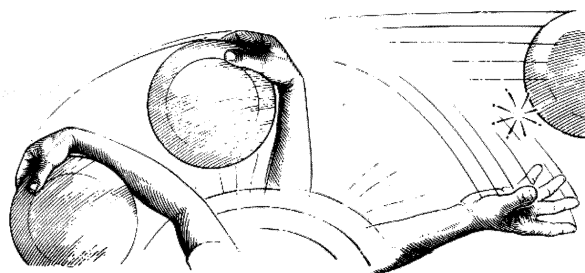
Throwing technique

The main throws

There are many ways you can throw a disc. On this sheet we present the technique of the throws which are mostly used. These will probably give you the best result. At first you will probably not be able to cover a large distance. The general rule is: give the disc a lot of spin; then it will float better and cover a larger distance. And remember: practice makes perfect....



Backhand



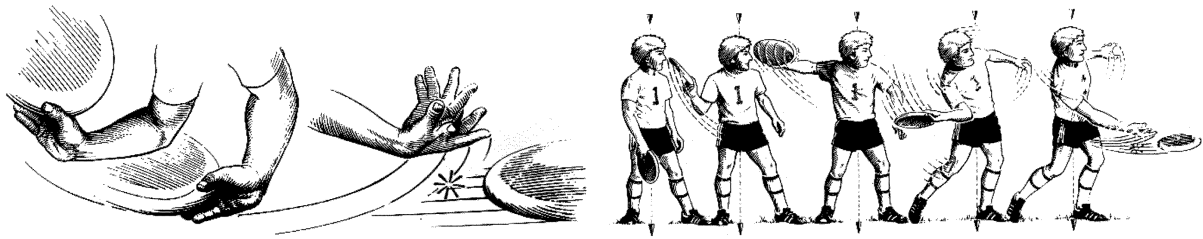
This is the most familiar throw. The movement resembles the backhand stroke from tennis.

- Hold the disc like a fan: forefinger on the rim, thumb at the upper side and the other fingers next to each other at the bottom of the disc (see the picture at the left).
- Throw the disc horizontally at chest height. It is important that the disc has a horizontal position at the moment of release. Give the disc some extra spin with your wrist. This is shown in the picture on the right (to be read from right to left).

For advanced players: When the disc is in a horizontal position at the moment of release, it will fly straight. Curving flights can be achieved by tilting the disc as it is released. Some of this angle comes from the angle of the disc in your hand and some from the angle of your arm swing. If the edge of the disc that is away from your hand is raised, you will throw what is called a "roll curve" flight. If the edge away from your hand is down, you will throw a "skip curve" flight. This is easy to remember. When a roll curve strikes the ground it will tend to roll. Likewise, a skip curve will tend to skip on contact.

Changing the front-to-rear angle of the disc can control other characteristics of the flight. Lifting the nose of the disc in flight can make it rise and stall. This is also achieved by the angle of the hand and wrist at the point of release. The arm speed also controls how far the disc will fly. There is no substitute for experimentation and practice. Fortunately ... it's fun!

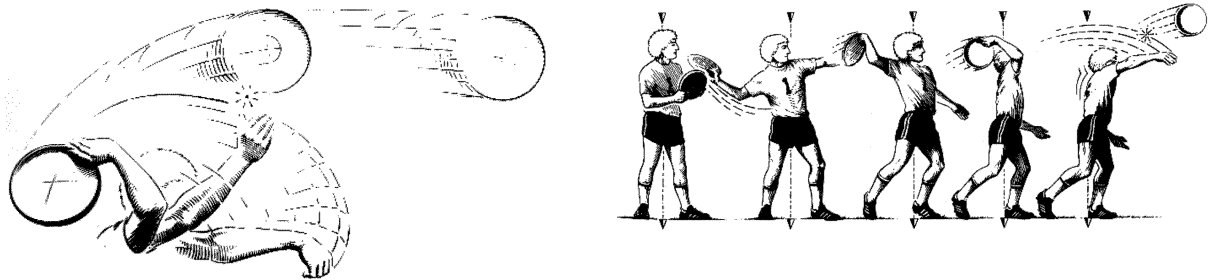
Sidearm



- Hold the disc firmly between your thumb and forefinger. Your thumb is on the upper side of the disc, with fore finger and middle finger in the inner rim and ring finger and little finger pressed against the palm. (See the picture on the left).
- The movement resembles the forehand stroke from tennis. Keep your elbow low and give the disc some extra spin with a fast movement of the wrist (see the picture on the right). The disc should be in horizontal position at the moment of release.

For advanced players: When the disc is in horizontal position at the moment of release, it will fly straight. The roll and skip curves are thrown with the same change of angle as in the backhand. If the edge of the disc that is away from your hand is down, you will throw a skip curve. Opposite for roll curve.

Upside-down



- Hold the disc in the same way as for the sidearm throw. The movement resembles throwing a ball. Move your arm alongside your head and give the disc some extra spin with your wrist. The disc should be in vertical position at the moment of release.

Text: Peter Cornelissen, Dan Roddick

Illustrations: Cortland V. Johnson, from *Ultimate: Fundamentals of the Sport*. Used by permission.

When a ball dreams, it dreams it is a frisbee.
(Stancil E.D. Johnson)