

Frisbee Throwing “Instructions”

- * Backhand (turn sideways- dominant shoulder to target, wrap Frisbee around waist, place palm on rim and extend forefinger out along rim, step, extend arm & snap wrist, make sure Frisbee is level.)
- * Forehand (turn sideways- non-dominant shoulder to target, place forefinger on underside of rim & Frisbee is draped at an angle toward the ground (palm should be facing up), flick/snap wrist and recoil quickly toward the target as Frisbee is thrown. (Note: If the Frisbee is not drooped prior to the execution of this throw, it will dive quickly to the left and down (for right handed throwers.)
- * Thumber (turn sideways- non-dominant shoulder to target, place throwing hand palm up with fingers wrapped from underneath the Frisbee and thumb running on the underneath side of the rim, again, slightly droop the Frisbee toward the ground (the far side), flick/snap the wrist and recoil quickly toward the target as Frisbee is thrown (like the forehand throw.)
- * Underhand (face the target head on, draw the Frisbee back along the same side leg (right leg for right handed throwers) at a 45 degree angle toward the ground, step toward the target as you extend your arm forward, aim considerably to the right of your target (for right handed throwers), as the Frisbee will curve left.
- * Overhead (hammer) (face the target head on, hold the Frisbee upside down with finger running along the inside rim and the thumb overlapping around the outside of the Frisbee (thumb nail should be facing the ground), draw the Frisbee back over the non-dominant shoulder behind the head, step forward and aim at a high trajectory since the Frisbee will drop in a relatively vertical manner.
- * Forearm wrap (turn sideways-non-dominant shoulder to the target, extend forefinger along the outside of the rim of the Frisbee, and grasp it also with the thumb wrapped along the underside of the rim, lay Frisbee on the forearm by pulling the Frisbee backwards so that it lays on the forearm near the elbow, the arm should be outstretched as far as possible, draw the Frisbee back as far as possible, throw Frisbee sideways with back of hand toward the target making sure to aim higher than normal (the Frisbee tends to fly lower than expected.) This throw is intended for longer distances, so take a large step as the Frisbee is launched.
- * Skip Pass (turn sideways- non-dominant shoulder to the target, grasp the Frisbee like a backhand throw, angle the Frisbee at a 45 degree angle toward the ground, aim at least 1/3 of the distance between your starting point and the intended target as well as quite a bit right of the intended landing point as well (the Frisbee should curve left for right handers), step and throw in a vigorous manner, as this creates more spin and thus more elevation potential.