

SELF-CHECK TASK SHEET FOR

ULTIMATE FRISBEE THROWS

NAME: _____ DATE: _____

Objectives:

Upon completion of this lesson, you will:

1. Identify the backhand, overhand, and underhand throws for Ultimate Frisbee based on their description.
2. Practice each type of throw 10 times using form demonstrated by the instructor in class.

Instructions:

Identify the type of throw described below before you move to the station area. There are three stations with a picture of the grip to use at each station. You need *not* begin at Station #1, but be sure to complete all three stations. Try to throw the Frisbee into the designated area at each station.

#1 The _____ throw

This throw is most useful when the disc is caught above the head and must be thrown quickly without changing grips.

Grip: The fingers of the hand are spread out over the top, with the thumb under the disc and perpendicular to the rim. For greater control, extend the index finger along the rim, as in the control grip for the forehand.

Throw: The arm is held horizontal and behind the thrower, then quickly brought forward, and the wrist is snapped laterally as the disc is released. Typically, release occurs at or above shoulder height, although it is possible to release at waist height or lower. The whole body and arm can be allowed to rotate, and the forearm must move very quickly to impart enough momentum to send the disc a significant distance.

#2 The _____ throw

This is probably the most commonly learned throw, and also one of the most powerful.

Grip: Fingers are curled under the disc's rim, and the thumb is placed on top of the disc to hold it in place. The index finger is on the edge of the disc (to help aim).

Throw: The thrower draws the throwing arm across the body from the left to the right (for right-handed throwers) to build velocity for the disc. During this movement, the arm straightens out. As the arm becomes straight, the wrist is flicked to impart spin. The thrower should step with their strong leg (the same side as their throwing arm) forward or across the body to allow them to make a smooth, accurate throw.

#3 The _____ throw

This throw is also known as the *flick, two-finger*. Focused in the wrist, this throw takes little time to execute. It is one of the two most common throws used in Ultimate Frisbee.

Grip: The middle finger is extended and laid along the rim of the disc. The index finger is placed against the middle finger for power, or pressed on the bottom of the disc pointing towards the center for stability. The thumb is pressed against the top of the disc. The wrist is cocked back, and the arm is extended out from the body.

Throw: A snap of the wrist imparts spin as the disc releases off the middle finger, as well as some forward velocity. Extension of the lower arm provides additional power, as does shoulder and upper body rotation, although too much reliance on arm movement can lead to "floaty" throws with little spin.