

Ultimate Rob – Tips and Cues

Throwing 101:

Ultimate has two main throws, Backhand and Forehand. Good throwing technique will make all disc activities easier and more enjoyable. The tips and cues offered are helpful ways to remember mechanical fundamentals.

Backhand:

- Step across pivot foot Outside the centre-line of your body
- Arm travels parallel to ground Not swooping or on an angle “clear homework off desk”
- Grip tightly with all fingers inside rim alternate method is one finger on rim, others inside
- Snap wrist to create disc spin “Like whipping a towel”
- Arm, shoulders and hand aligned and pointing at target at release
- Velocity and stability comes from wrist-snap first, arm strength second start with wrist
- Action resembles backhand racquet sport return
- Release point should be at waist-height Get lower by lunging while torso remains vertical
- Disc is an airfoil Does not need an arc Throw STRAIGHT forward, not Up! “Aim at logos”

Forehand:

- Use racquet sport analogy not a throwing motion like baseball or football More like forehand return of a tennis/badminton
- Thrower should keep shoulders square to target tendency to rotate backward > NOT good
- Grip with two-fingers extended inside rim on lead edge of disc
- Release-point is parallel to ground
- Wrist “flick” is key !! Start with short throws using only wrist action
- Wrist stays open to sky or ceiling Does NOT rotate over> disc will not fly flat
- Elbow is beside torso, not behind
- Remind students to keep opposite shoulder back NOT a ball throw, more like a racquet
- Disc flight should be flat and stable at chest height
- Wrist-snap or “flick” generates stability rotation = smooth flight

Catching:

- Start with two-handed, “Pancake” or “Alligator” catch Hands coming together top & bottom
- Progression:
 - two-handed, thumbs down for overhead discs “Hamburger”
 - two-handed, thumbs underneath for low discs “heavy plate”
 - One-handed for very high or wide throws Advanced Level