

# Throwing and Catching a Disc

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# Overview

By the end of this module, you will:

- Understand how to teach a beginner to catch using the crocodile catch
- Understand how to teach a beginner to throw using the backhand and forehand throws
- Understand how to correct common faults associated with the crocodile catch, backhand throw and forehand throw
- Set up beginner throwers to maximise their throwing success

# Teaching Philosophy

Our overall goal with skill development is to help the beginner player to enjoy their first game of Ultimate.

# The Crocodile Catch

- The first skill to teach
- This catch provides the greatest likelihood for success
- Hands start one foot apart, palms face towards each other (usually dominant hand will be on the bottom)
- Elbows in front of body
- Flare fingers and snap the hands together to trap the disc
- Use this catch when the disc is between knees and head.

# Backhand throw demonstration



# The Backhand throw

1. Hold the disc like you are shaking hands (The grip)
2. Turn your body so it's side on to your target (The preparation)
3. Bring elbow and wrist forward, keeping disc in a straight line (The acceleration)
4. Follow through to point your throwing arm to your target (The release)

*Goal: Beginners are aiming for a simple flat backhand throw - so that they can join in a game.*

- With a crocodile catch and a backhand throw - you are ready to go!

# Backhand - 'The grip' step 1

Description	Cues	Common Errors
<ul style="list-style-type: none"><li>● Backhand Grip - three fingers inside the rim, index finger underneath the lip of the disc</li><li>● Thumb tight on the flight rings</li></ul>	<p>“Grip like you are shaking hands”</p> <p>“Thumb on the flight rings”</p>	<ul style="list-style-type: none"><li>● Not gripping the disc tight enough</li><li>● Not placing the thumb onto the flight rings</li></ul>

# Backhand - ‘The preparation’ step 2

Description	Cues	Common Errors
<ul style="list-style-type: none"><li>● Start facing forward</li><li>● Support the disc with two hands</li><li>● Step across your body and move throwing hand into backhand grip</li><li>● Shoulders and hips slightly rotated to throwing side</li><li>● Knees slightly bent</li></ul>	“Side on to your target”	<ul style="list-style-type: none"><li>● Clunky grip change</li><li>● Not getting side on to target prior to throwing</li><li>● Only one hand used, leaving off-hand by the side of body</li></ul>



# Backhand - 'The acceleration' step 3

Description	Cues	Common Errors
<ul style="list-style-type: none"><li>● Release the off-hand</li><li>● Bring elbow and wrist forwards keeping the disc in a straight line</li><li>● Angle the outside edge of the disc down</li></ul>	<p>“Bring the disc through in a straight line”</p>	<ul style="list-style-type: none"><li>● Rounding motion during the acceleration</li></ul>

# Backhand - 'The release' step 4

Description	Cues	Common Errors
<ul style="list-style-type: none"><li>● Release the disc with outside edge angled down</li><li>● Flick elbow and wrist on release to launch the disc</li><li>● Release below hip height</li><li>● Follow through to point your throwing arm to your target</li></ul>	<p>“Point your arm to your target after release”</p>	<ul style="list-style-type: none"><li>● Not following through with a point</li><li>● Outside edge of disc angled upwards</li></ul>

# Forehand throw demonstration



# The Forehand throw

1. Grip the disc with a pistol grip (The grip)
2. Hold the disc to the throwing side with two hands, vertically (The preparation)
3. Loop the disc from high to back to low (The acceleration)
4. Palm faces up upon release (The release)

*Goal: Beginners are aiming for a simple flat forehand throw - so that they can then experiment with it in a game!*

- Can be introduced after the first game.
- New players are likely to use and understand skill concepts of marking, cutting and guarding prior to learning the forehand throw

# Forehand - ‘The grip’ step 1

Description	Cues	Common Errors
<ul style="list-style-type: none"> <li>● Forehand Grip - two fingers inside, two fingers supporting the outside rim of the disc</li> <li>● Thumb tight on the flight rings</li> <li>● Fingers inside rim are slightly bent</li> </ul>	<p>“Make a pistol, then straighten your other two fingers”</p> <p>“Thumb on the flight rings”</p>	<p>Incorrect grip, including</p> <ul style="list-style-type: none"> <li>● ‘Split’ fingers inside rim</li> <li>● Outside fingers bent and not supporting the outside edge of the disc</li> <li>● Thumb down the rim, not on flight rings</li> </ul>

# Forehand - ‘The preparation’ step 2

Description	Cues	Common Errors
<ul style="list-style-type: none"> <li>● Start facing forward with disc horizontal</li> <li>● Hold the disc to the throwing side with two hands, vertically</li> <li>● Support the disc with two hands</li> <li>● Shoulders and hips slightly rotated to throwing side</li> <li>● Knees slightly bent</li> </ul>	<p>“Face your target”</p> <p>“Two hands”</p> <p>“Disc vertical”</p>	<ul style="list-style-type: none"> <li>● Clunky grip change</li> <li>● Elbow locked against hip, with no backswing</li> <li>● Only one hand used, leaving off-hand by the side of body</li> </ul>

# Forehand - 'The acceleration' step 3

Description	Cues	Common Errors
<ul style="list-style-type: none"><li>● Release the off-hand then loop the disc back</li><li>● Loop the disc from high to back to low, down to hip height</li><li>● Rotate shoulders and hips forward</li><li>● Relax shoulder and arm, lead with the elbow</li><li>● Angle the outside edge of the disc down</li></ul>	<p>“Relax”</p> <p>“Loop from high to back to low”</p>	<ul style="list-style-type: none"><li>● Elbow locked against hip, with no backswing</li><li>● Lack of power generated due to tight shoulder / arm</li></ul>

# Forehand - 'The release' step 4

Description	Cues	Common Errors
<ul style="list-style-type: none"><li>● Release the disc with outside edge angled down</li><li>● Flick elbow and wrist on release to launch the disc</li><li>● Release below hip height</li><li>● Follow through with palm facing the sky</li></ul>	<p>“Outside edge of the disc angled down”</p> <p>“Release below your waist”</p> <p>“Flick”</p> <p>“Palm up”</p>	<ul style="list-style-type: none"><li>● Outside edge of the disc rolling over during flight (“Outside-in”)</li></ul>



# Setting up beginner throwers

## Throwing and Catching - options

- Set out cones in two lines (“training grid”)
- Beginner throwers can start 5-10m apart
- Pair beginner thrower with stronger thrower
- Set the beginner thrower to throw with the wind
- Play fun games to holistically develop the skill

# Summary

- Aim is to get the players enjoying their first game
- Crocodile catch and backhand throw are the first skills to teach
- When the beginner identifies the need and is motivated to learn - teach the forehand