

One hand rim catch

Skill description

The one hand rim catch is the riskiest catch, and should only be used when you are unable to get two hands on the disc.

Use the one hand rim catch for very low throws, very high throws or throws that are in front of you or behind you.

Video

[Ultimate 101: One hand rim catch](#)

Step	Description	Cues	Common errors
Positioning	<ul style="list-style-type: none">● Position your body so that the disc is immediately in front of you● Move your feet to get your body behind disc	“Get your body behind the disc” “Move your feet”	
Pre-action	<ul style="list-style-type: none">● Run through the disc● Keep your body between the disc and your opponent● Determine if you need to jump, slide or dive to make the catch easier	“Run through the disc”	Stopping the cut prior to reception of the disc (allows defenders to make run-through blocks more easily)
Action	<ul style="list-style-type: none">● Flare fingers, then snap fingers and thumb together● Watch the disc all the way into your hand● Thumb down for a catch above waist, thumb up for catch below waist	“Flare your fingers” “Watch it into your hands”	
Post-action	<ul style="list-style-type: none">● Manipulate the disc into a throwing grip● Quickly and safely come to a stop, then plant your pivot foot● Get balanced before throwing	“Plant your pivot foot” “Get balanced”	Continuing to run, causing a travel Rushing a pass and throwing while off balance

Practice

- Throw the disc high or low to players and have them practice the one hand rim catch
- Throw the disc left or right of the players and have them practice moving their body behind the disc