

## Two hand rim catch

### Skill description

The two hand rim catch should be used when the disc is above your shoulders or below your waist.

If the disc is above your shoulders, your thumbs should be below the disc, if the disc is below your waist, your thumbs should be on top of the disc.

This is a more aggressive way to catch the disc than the crocodile catch and is riskier than the crocodile catch.

### Video

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

Step	Description	Cues	Common errors
<b>Positioning</b>	<ul style="list-style-type: none"><li>Position your body so that the disc is immediately in front of you</li><li>Move your feet to get your body behind disc</li></ul>	“Get your body behind the disc”  “Move your feet”	Lunging out to the side
<b>Pre-action</b>	<ul style="list-style-type: none"><li>Run through the disc</li><li>Keep your body between the disc and your opponent</li><li>Determine if you need to jump, slide or dive to make the catch easier</li></ul>	“Run through the disc”	Stopping the cut prior to reception of the disc (allows defenders to make run-through blocks more easily)
<b>Action</b>	<ul style="list-style-type: none"><li>Keep hands close together</li><li>Flare fingers, then snap fingers and thumbs together</li><li>Watch the disc all the way into your hands</li><li>Thumbs down for a catch above waist, thumbs up for catch below waist</li></ul>	“Hands close together”  “Flare your fingers”  “Watch it into your hands”	Hands too far apart, allowing the disc to slip through the hands
<b>Post-action</b>	<ul style="list-style-type: none"><li>Manipulate the disc into a throwing grip</li><li>Quickly and safely come to a stop, then plant your pivot foot</li><li>Get balanced before throwing</li></ul>	“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 two hand rim catch
- Throw the disc left or right of the players and have them practice moving their body behind the disc