BACKHAND THROW

Play catch using the backhand throw.

CUES

- Keep disc parallel to ground.
- Point elbow to target.
- Step as you throw.

CHALLENGES

- How many catches can you make using only backhand throws?

FOREHAND THROW

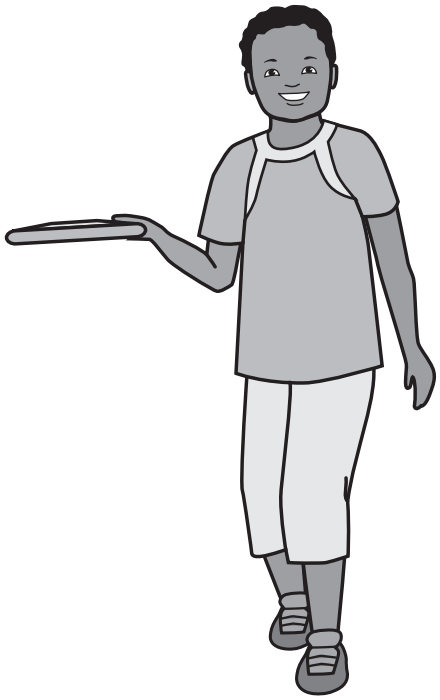
Play catch using the forehand throw.

CUES

- Keep disc parallel to ground.
- Keep elbow at waist.
- Flick your wrist.

CHALLENGES

- How many catches can you make using only forehand throws?



2-HAND CATCH

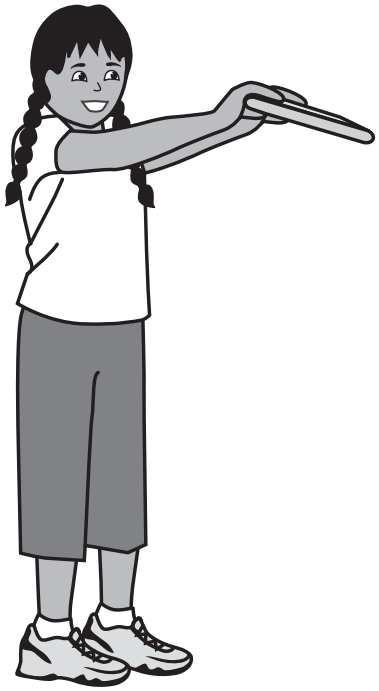
Play catch using the 2-hand catch.

CUES

- Hands up.
- Watch the disc all the way into your hands.

CHALLENGES

- How many 2-hand catches can you make?



1-HAND CATCH

Play catch using the 1-hand catch.

CUES

- "Feather" the disc by moving your hand as you catch it to absorb the shock.
- Watch the disc all the way into your hand.

CHALLENGES

- How many 1-hand catches can you make?

UNDER-THE-LEG CATCH

Play catch using the under-the-leg catch. Start close together.

CUES

- Throw low for your partner.
- Lift 1 leg.
- Reach behind to catch disc.

CHALLENGES

- How many under-the-leg catches can you make?

BETWEEN-THE-LEGS CATCH

Throw back and forth with partner using the between-the-legs catch. Start close together.

CUES

- Throw low for your partner.
- Straddle feet wide.
- Reach behind both knees.
- Use 2 or 1-hand catch.

CHALLENGES

- How many between-the-legs catches can you make?

GIVE AND GO

Make a short pass to your partner, and then run to an open space.
Alternate roles using a variety of throws and catches.

CUES

- Throw quickly, and then go.
- Cut and fake often.
- Keep throws short.

CHALLENGES

- How many catches can you make using the give and go?

TARGET THROW

Aim for targets (wall, tree, hoop, spot marker, etc.)
1 partner throws, the other retrieves. Take turns throwing and retrieving.

CUES

- Keep disc parallel to ground.
- Release when pointing at target.
- Step into throw.
- Move targets to challenge yourself.

CHALLENGES

- How many times can you throw your disc and reach the targets?