

## How to Throw a Frisbee

**Caution:** Avoid throwing the Frisbee at objects that may break. Do not throw to your partner if they are not ready.

**Items provided:**

- Frisbee
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**How to Throw a Frisbee:**

**Grip the Frisbee in your fist.** Your thumb should be on top of the Frisbee, your index finger should be against the edge and your remaining fingers should touch the underside.



**Stand with your feet at a 90-degree angle to your target.** Your right foot should be in front if you are right-handed, and your left foot should be in front if you are left-handed.

**Curl your wrist slightly back towards your body as you hold the Frisbee.** Your elbow should be pointing up and outward.



**Point the Frisbee at your target.** Usually, you are throwing your Frisbee to another person, so you will want to aim your Frisbee so that your partner can catch it easily.



**Move your arm forward quickly.** Straighten your arm and, as your arm is almost fully extended, flick your wrist and release the Frisbee out towards the target.

- Your wrist should snap with a spring-like motion.
- Release the Frisbee at different heights for different effects during the throw. For the most stability, try releasing it just above your belly button.

**Release your Frisbee with the appropriate amount of power.** Too much power or too little will cause the Frisbee to hit the ground, wobble or fly wildly.

**Practice your throwing technique.** Practice will perfect your own technique and give you a feel for how the Frisbee interacts with air currents.

- Try throwing the Frisbee between two cones with a friend
- Try throwing the Frisbee at a target. For example, you could throw the Frisbee into a box or toward a tree.



*Increase your power.* During your throwing action, shift your weight from your back foot to your front foot while twisting your hips. For more stability, step outwards with your dominant foot.

*Get the details right.* Remember these details while fine-tuning your throw.

- Concentrate on your wrist snap. This action will add spin to your throw, which will make it more accurate and will keep the Frisbee from wobbling
- Bend your elbow during your toss. The elbow bend will also improve your accuracy while increasing the power of your throw.
- Keep the disc level as you throw. Imagine that the Frisbee is a dish of ice cream and that you are trying not to spill your dessert.



*Make a game of throwing the Frisbee and see how many times you catch the Frisbee consecutively without dropping it. Have fun!*