

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!