

Throw a Frisbee

A Frisbee is a plastic disc toy that can be thrown with control and over long distances. It is used as the "ball" in some games, such as the game of Frisbee, or simply to play catch. While an advanced player knows many techniques for throwing a Frisbee, one need know only the basics to play with it. Here's how to throw.

The Grip and The Stance

Hold the side of the Frisbee so your thumb is on top, your index finger on the rim, and the rest of your fingers support the Frisbee from the bottom. Your grip should be fairly loose to allow a smooth throw (Figure 1). Stand with feet about one foot apart, with the Frisbee in your throwing hand. Your opposite arm slightly extended for balance. Your body should be loose and your target, with your throwing arm in front.

The Backhand Throw

The entire motion should be smooth and easy:

1. Assume the Frisbee stance: hold the Frisbee out in front of you, in line with the target. Bring your throwing arm back toward the opposite side of your body, twisting your torso away from the target. Allow your wrist to curl, as much as is comfortable, around the Frisbee rim as you draw back.
2. When you have drawn back as far as you can, bring your arm in the opposite direction, toward the target. As you straighten your arm, allow it to swing your arm around, uncurl your forearm and wrist.
3. As your arm comes around to the front, in line with your target, straighten your wrist with a quick flick. Release the Frisbee tilted slightly, and allow it to roll off your index finger, which should end up in line with the target (Figure 2).

For Greater Distance

- ✓ Follow through on your throw.
- ✓ Get a running start.
- ✓ Throw in the direction the wind is blowing.
- ✓ Increase the arc of your release (make a large circle when uncurling).



Figure 1. Proper Frisbee grip and stance



Figure 2. Curling arm and wrist and arm position at release