

# DISC

Disc Five, a poster series to inform anyone about the different throws in the sport, Ultimate Frisbee. With five, easy steps, anyone can learn how to throw a disc. The Backhand, Forehand, Hammer, Scoober, Thumber, Push-Pass, and Blade are the most commonly seen throws in the sport of Ultimate Frisbee. These posters are informing someone about the different throws but throwing a frisbee themselves. Disc Five wishes to communicate the idea that anybody can play Ultimate Frisbee. Getting people excited about what cool things you can do with a molded piece of plastic. Motivating people to throw themselves straight into Ultimate Frisbee

What exactly is this sport Ultimate Frisbee? It's a sport that dictates throwing skill, stamina and agility. Most commonly played in the Midwest within the United States. A constantly growing sport, played by many across ninety countries. It's a non-contact sport where seven players on the field work together. Working as a team to play against the opposing team. Moving the disc by passing it from player-to-player. The goal: reaching the other team's endzone. In order to do so, a variety of throws have been invented. Each throw having it's own purpose in the game. Each throw give players different options and allows players to adapt to any situation.

# BACKHAND

Difficulty: Easy

Range: Short-long

The most commonly used throw and is great for beginners.



**1** Grip the disc by placing your thumb on top and wrapping the rest of your fingers underneath the disc. Make sure those fingers are pressing against the rim.



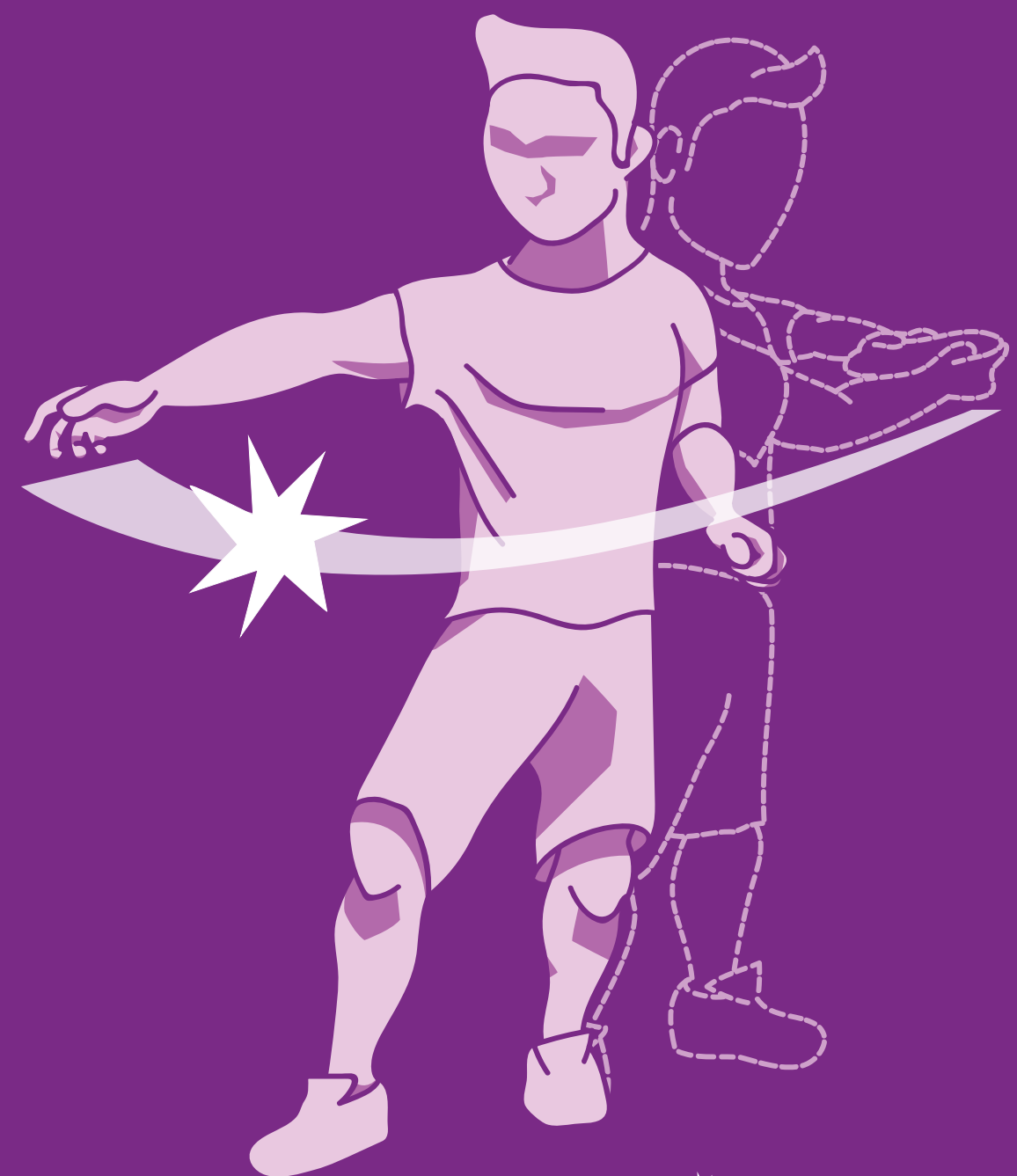
**2** Stand with feet apart, knees slightly bent and your hip pointing in the direction you want to throw the disc.



**3** Cock your wrist. Moving the wrist to bring the disc closer to your arm. Make sure your grip is tight and bring the disc back to the left side of your hip.



**4** Keep the disc at waist level as you pull your arm across your body and the disc parallel to the ground as possible while doing so.



★ Point of Release

**5** Release the disc once it's in the direction needed. The snap your wrist so that the back of your hand is close to your arm.

Trajectory and Distance:



Release

Short

Medium

Long

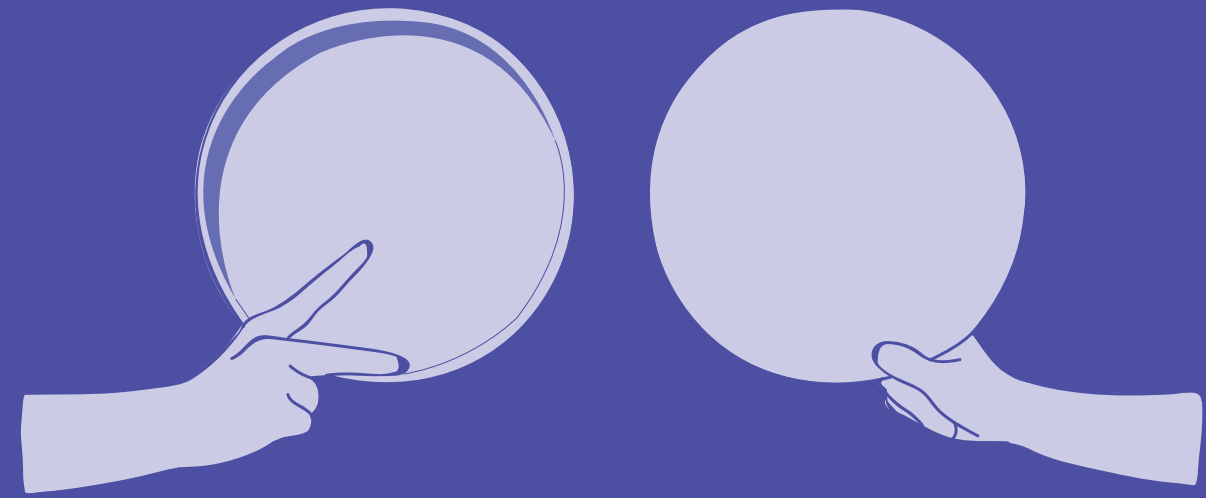
# DISC

# FOREHAND

Difficulty: Easy

Range: Short-Long

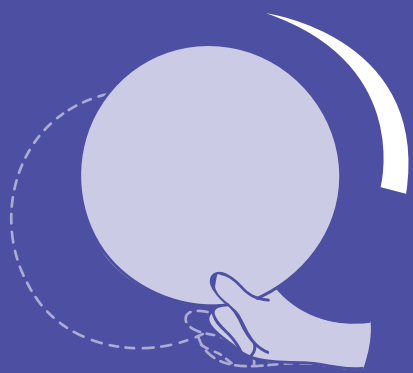
Has a nice flow and is the most efficient throw in the game of Ultimate.



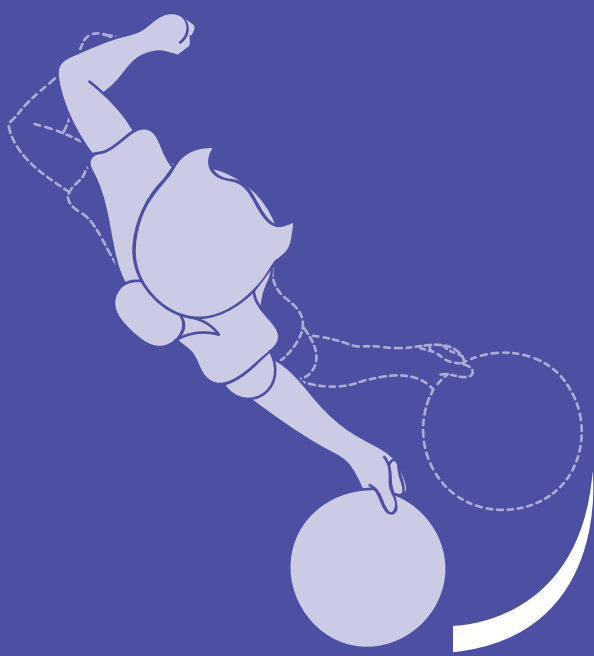
- 1 Put your thumb on top of the disc while hold the disc underneath with your index and middle finger in the form of the peace sign. Middle finger against the rim and the index finger pointed towards the center of the disc. Curl the ring and pinky finger into your Palm.



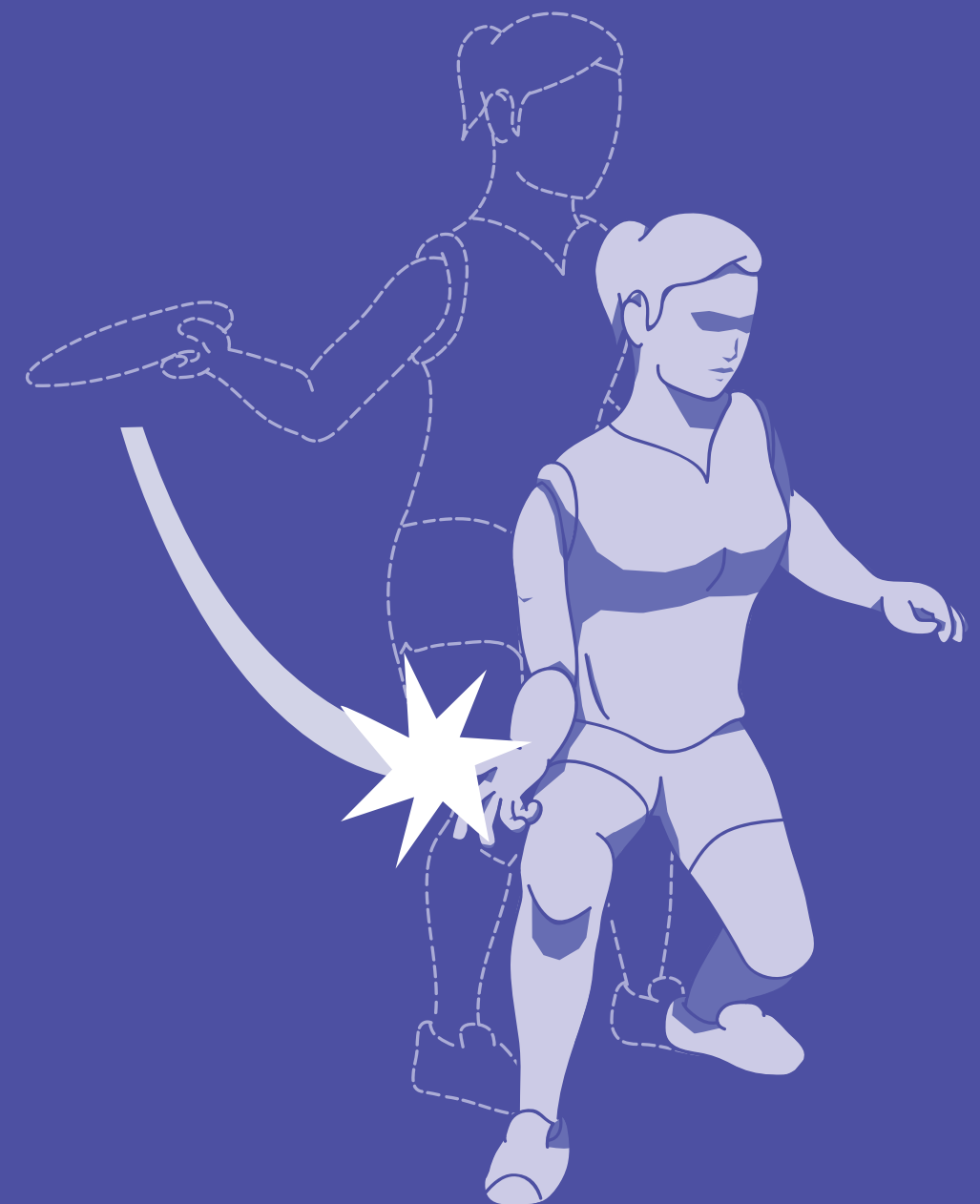
- 2 Keep feet hip-width apart, knees slightly bent while having your body facing in the intended direction.



- 3 Make sure your grip is tight, bend your arm and bring back your arm slightly with your wrist cocked. Make sure your arm and disc is parallel to the ground at all times.



- 4 Bring your elbow forward first and the rest of your arm will follow. While keeping the disc horizontal as you bring it forward.



\* Point of Release

- 5 Release the disc once it reaches to your side; snap your wrist forward by bending your palm close to your arm as possible. Step out to the side with your dominate foot for extra power in your throw.

Trajectory and Distance:



Release

Short

Medium

Long

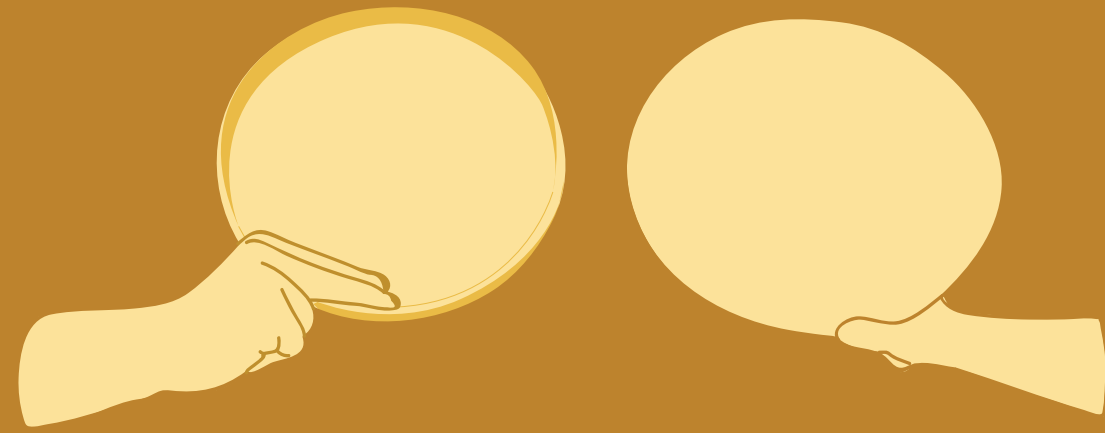
# DISC

# HAMMIE

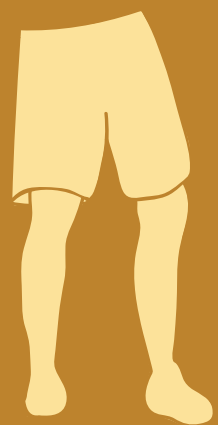
Difficulty: Easy

Range: Medium-Long

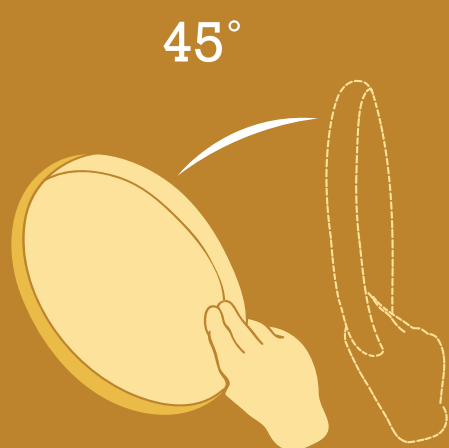
Used to get over the heads of defenders if you're in a pinch



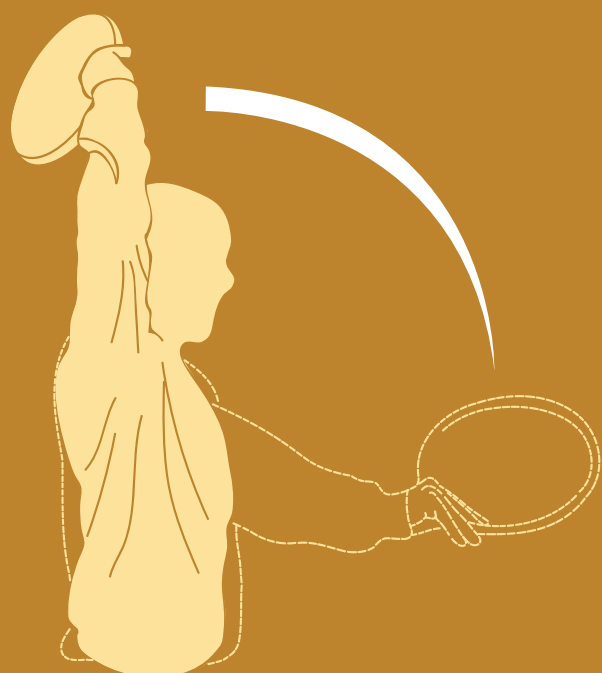
**1** The grip is the same as the forehand. Thumb on top of the disc the peace sign underneath, around the rim. Make sure your grip is tight enough.



**2** Stand facing in the direction you wish to throw, keep your knees slightly bent and bring your left or right foot forward a little bit.



**3** Hold the disc directly over your shoulder and at around head level; arm bent. Tilting the disc in a 45 degree angle so that the top of the disc is facing towards the ground. Should look like you're throwing a tomahawk.



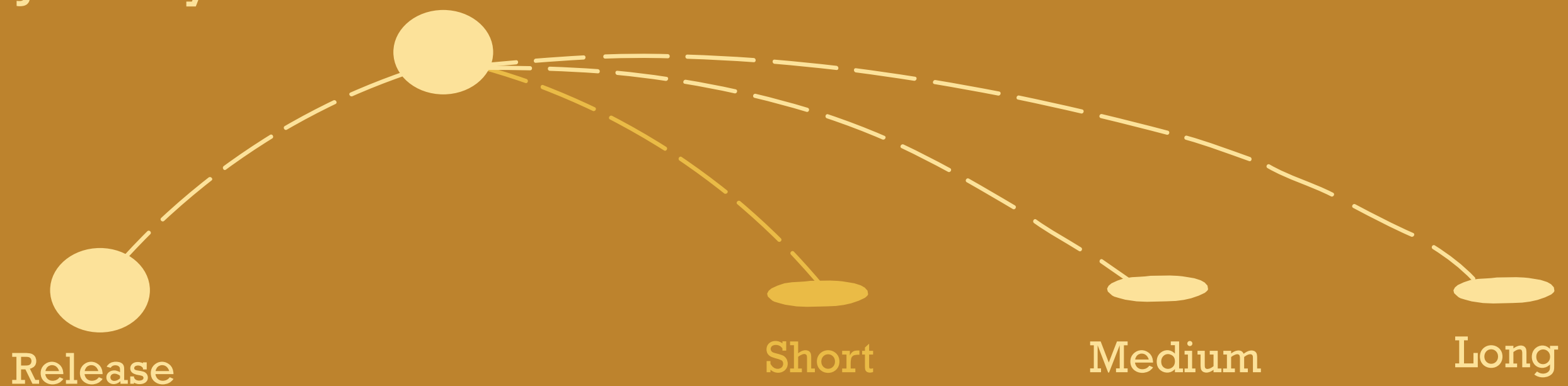
**4** Bring your elbow back and bend your wrist back so the disc is close to your shoulder. Next bring your elbow up and forward while extending your arm at the same time.



★ Point of Release

**5** Your arm will make an arcing motion before you release the disc above the head. Snapping your wrist forward so that your hand is horizontal with the ground.

Trajectory and Distance:



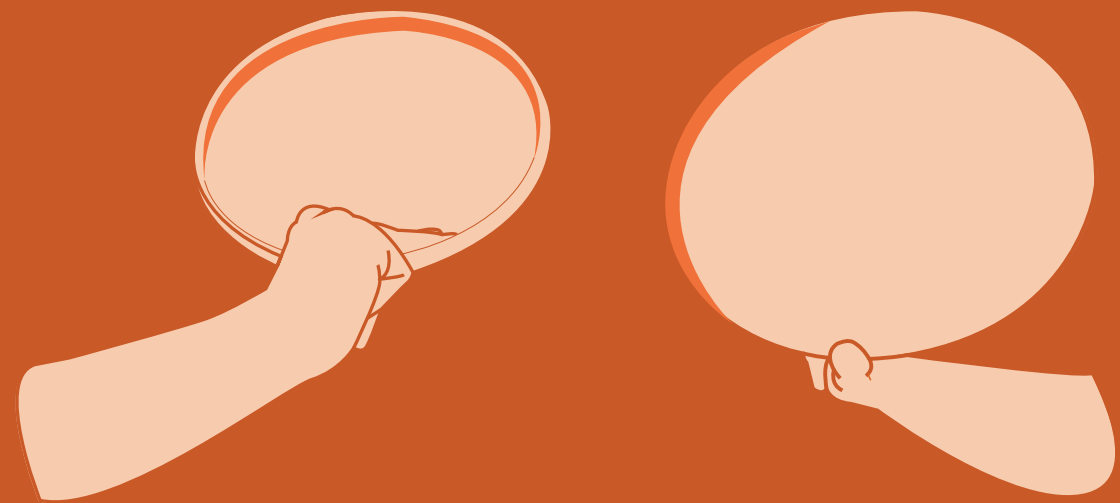
# DISC

# SCOOBER

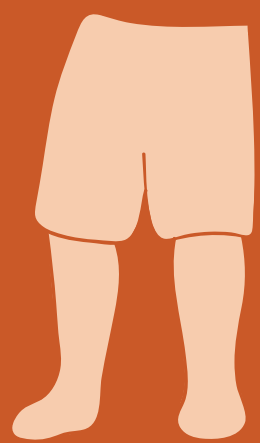
Difficulty: Moderate

Range: Short

Throwing the disc upside down to fake players out



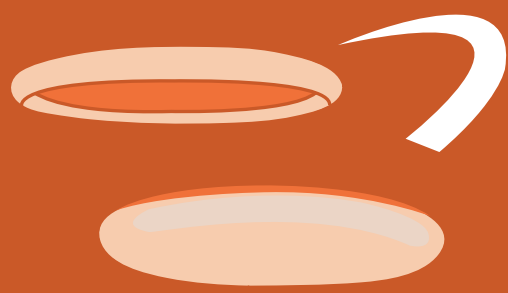
**1** Hold the disc the same way as a forehand and hammer. Thumb on top of the disc and the peace sign underneath, around the rim.



**2** Get into the backhand stance, stand with your feet apart and stand facing towards your target direction.



**3** Bring the disc across your body, just as you would for a backhand.



**4** As you are bringing the disc back, turn the disc upside down. Cock the wrist back.



\* Point of Release

**5** Throw the disc by swinging your arm slightly upwards by the elbow and snapping your wrist.

Trajectory and Distance:

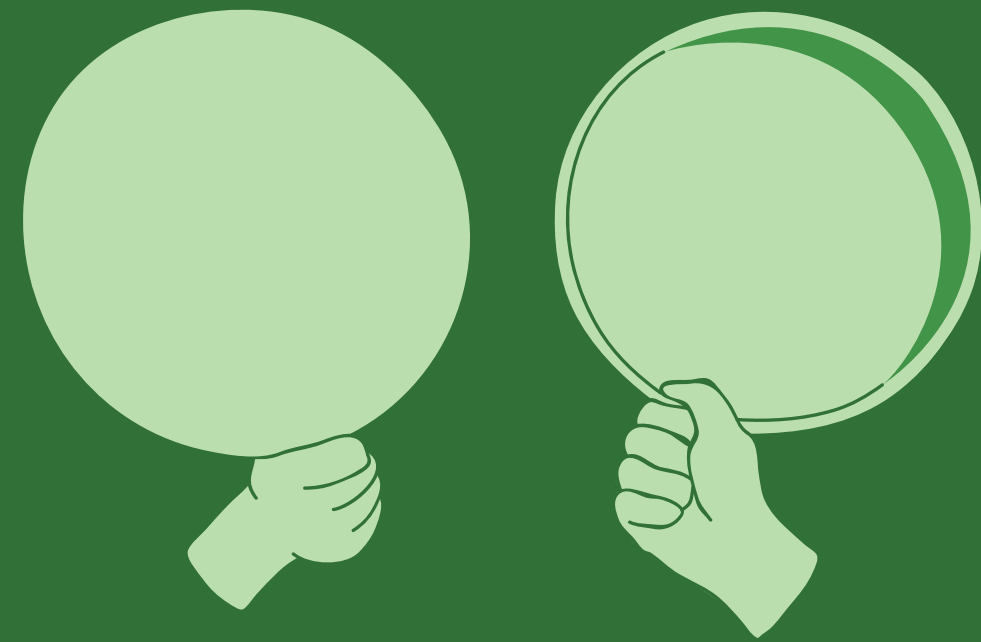


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# THUMBER

Difficulty: Hard  
Range: Medium

Moving the disc forward with a quick flick of the thumb.



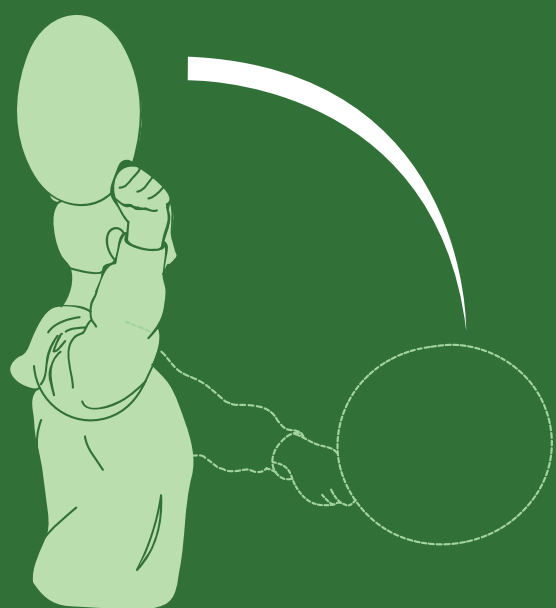
**1** Grip the disc by placing your thumb on the inside rim underneath and the other four fingers clenched in your palm.



**2** Have your body face towards the target direction as if you were doing a forehand.



★ Point of Release



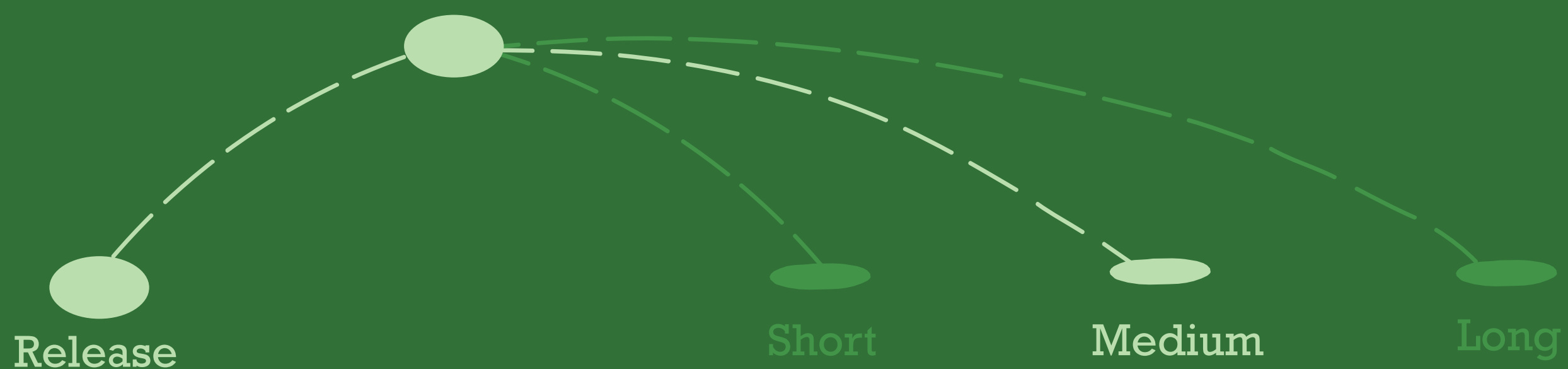
**3** Hold the disc upside down, thumb on top, as you bring the wrist back, just as if you were doing the forehand.



**4** Before throwing the disc bend your elbow to keep your forearm at an angle.

**5** Snap the wrist as you bring the disc forward and push the disc with the thumb as you roll it off the rim.

Trajectory and Distance:



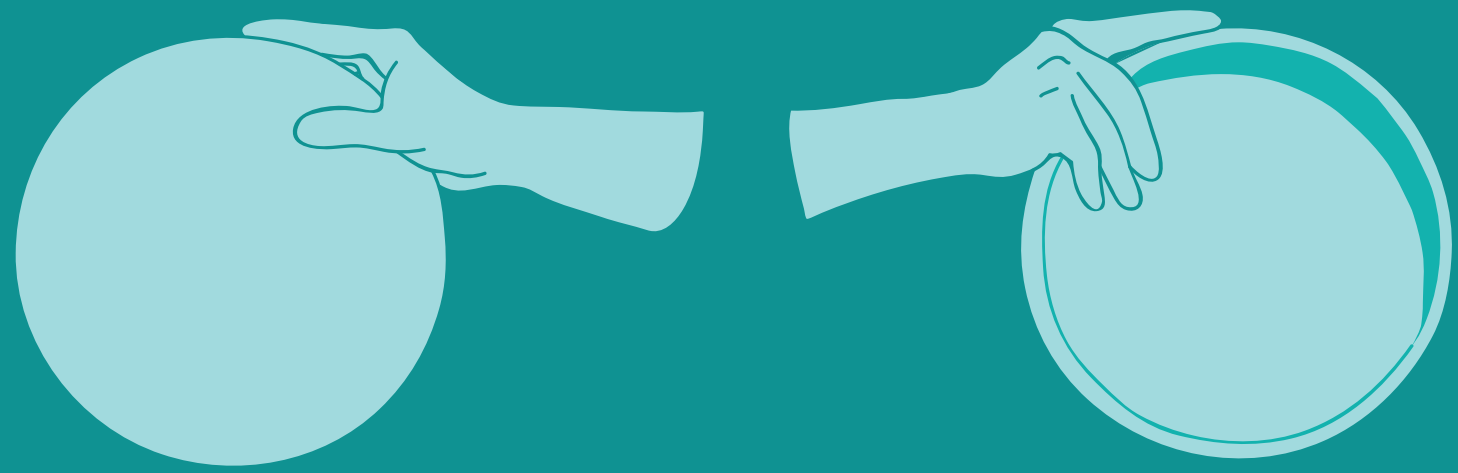
# DISC

# PUSH PASS

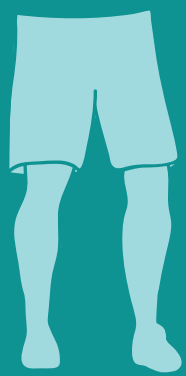
Difficulty: Hard

Range: Short

For a quick, short pass but be weary of the wind.



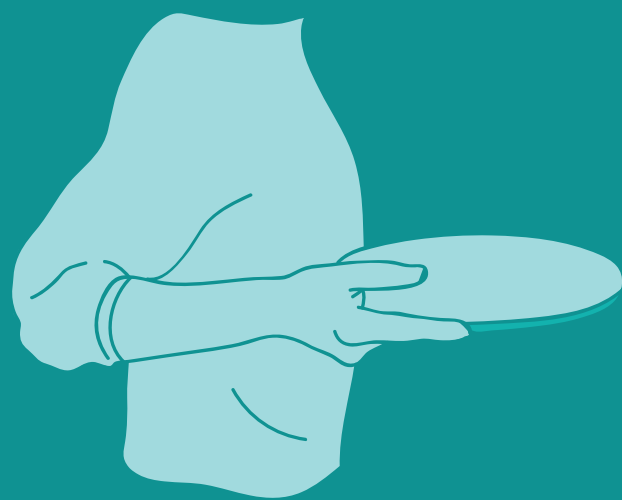
**1** Grip the disc with the thumb on top and index finger on rim. Lay the rest of your fingers underneath. Should look similar to the backhand grip.



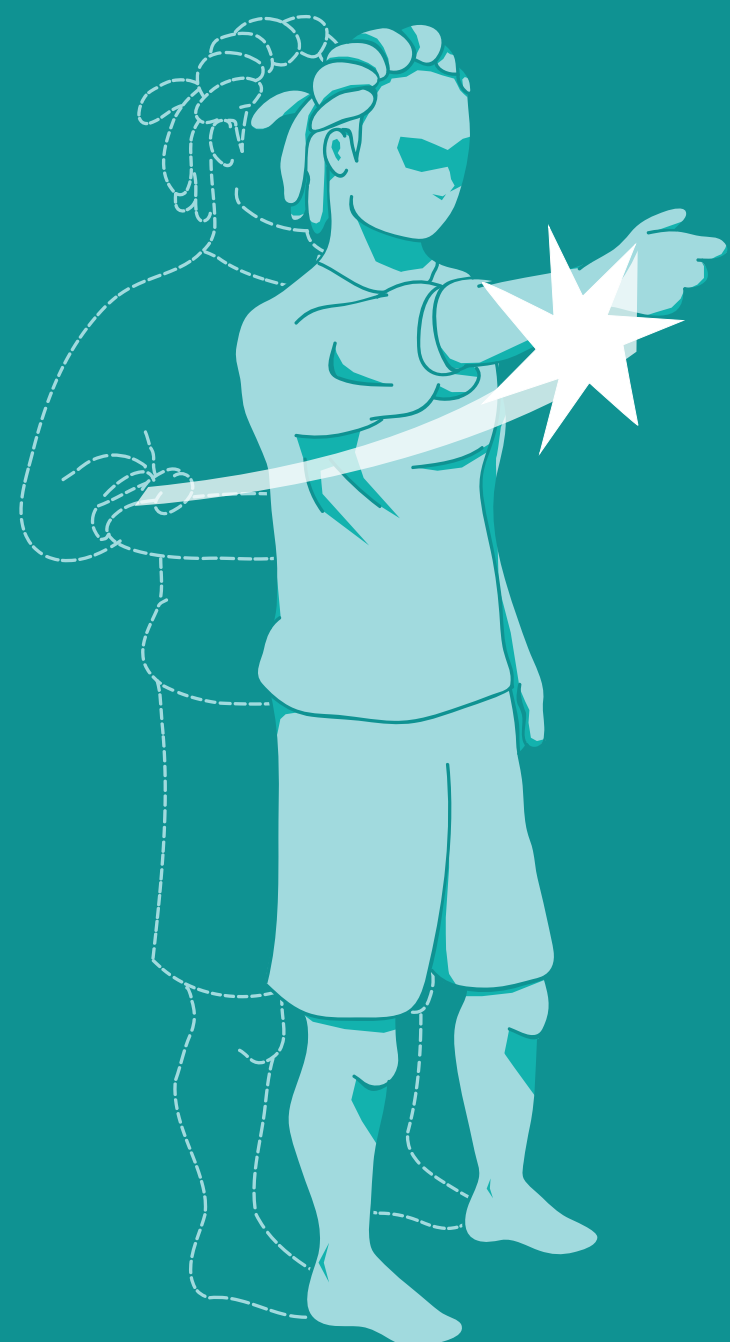
**2** Make sure that your legs are about waist length apart.



**3** Line the disc with the same shoulder that throws the disc. Not bringing it back across towards the opposite shoulder.



**4** Make sure the disc is leveled for the best performance at release.



★ Point of Release

**5** Push your throwing hand towards your left side slightly. Putting a clockwise spin by pushing with your index finger. Giving the disc just enough power to travel.

Trajectory and Distance:

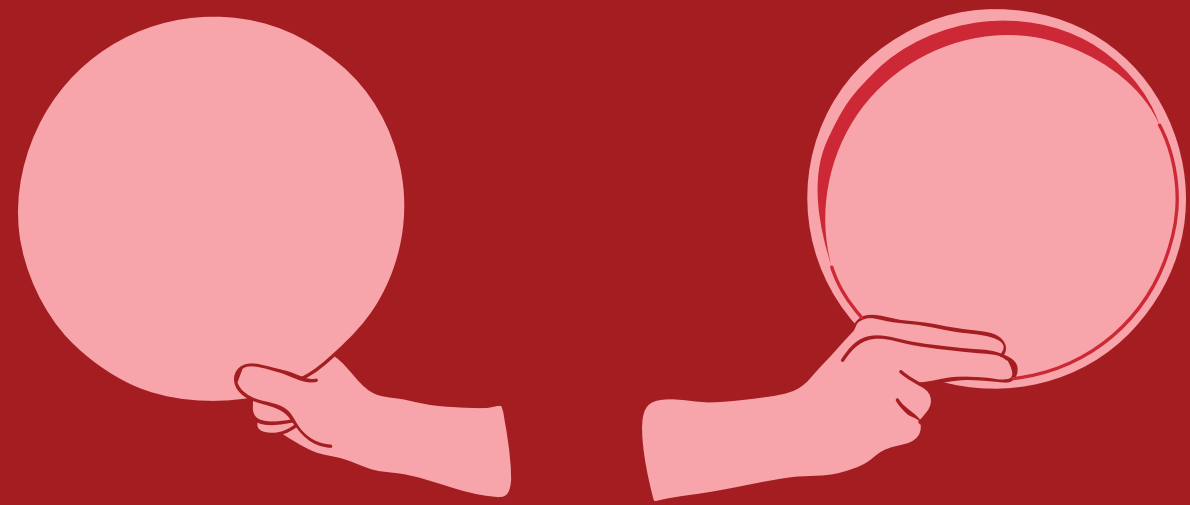


# DISC

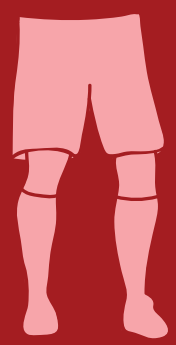
# BLADE

Difficulty: Easy  
Range: Medium-Long

Fast but not meant to be caught by the hands of the weak.



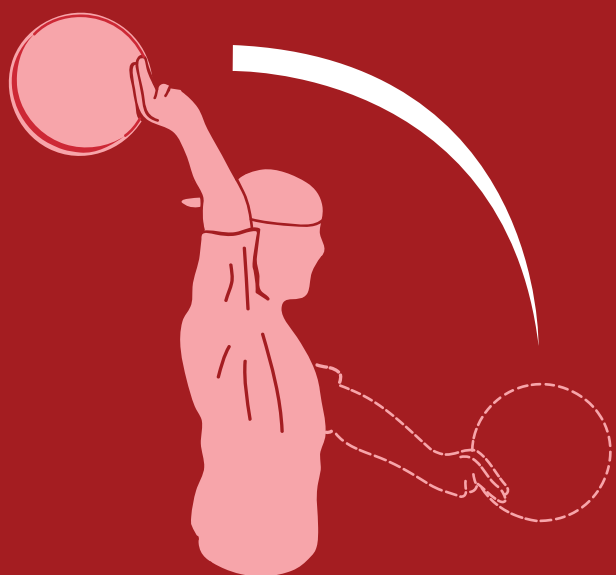
1 The grip for this throw is identical to the forehand. Index and middle underneath the disc while your thumb lays on top.



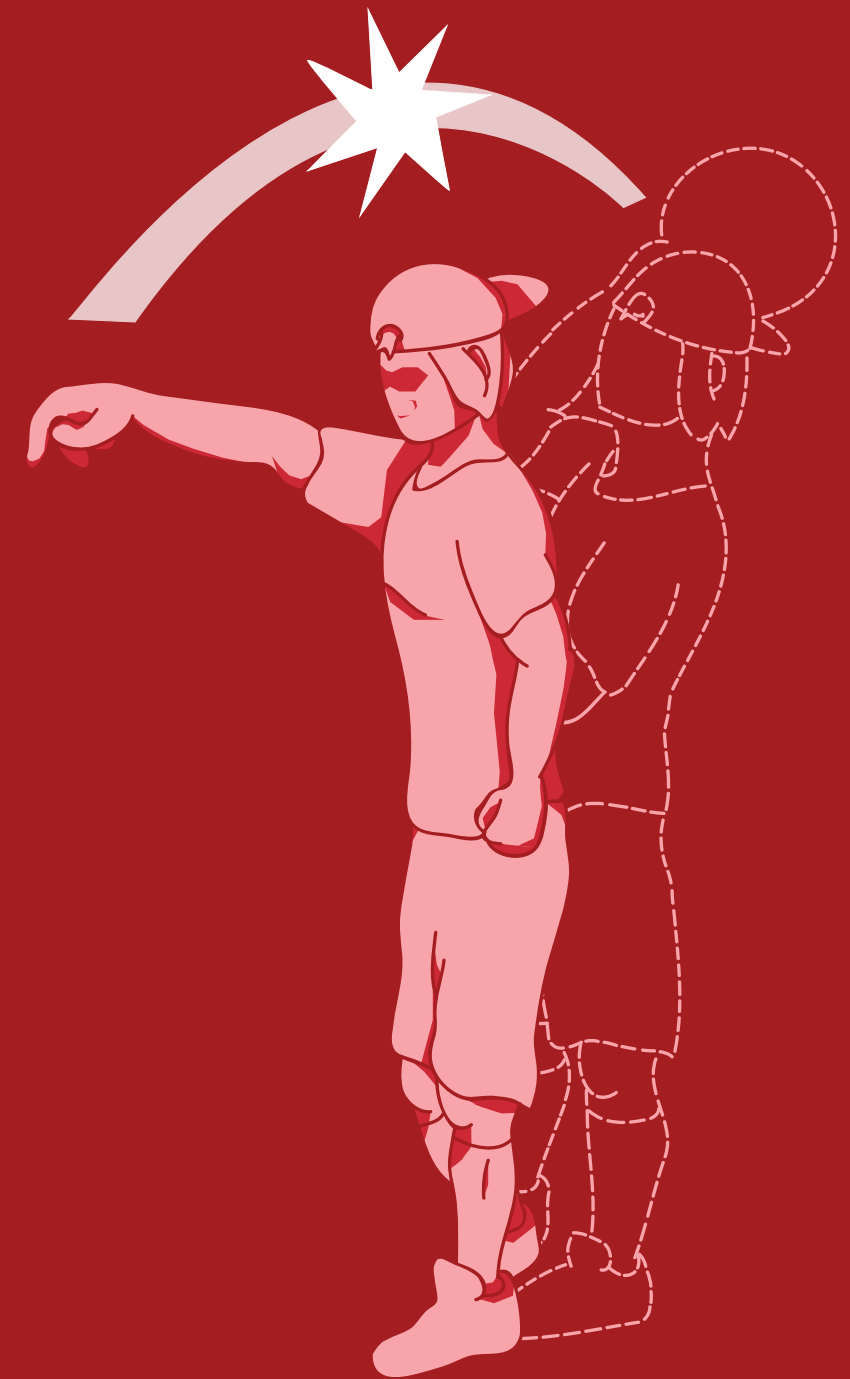
2 Make sure that your legs are about waist length apart. Keeping the knees are slightly bent.



3 Turn the disc so it's perpendicular to the ground instead of horizontal.



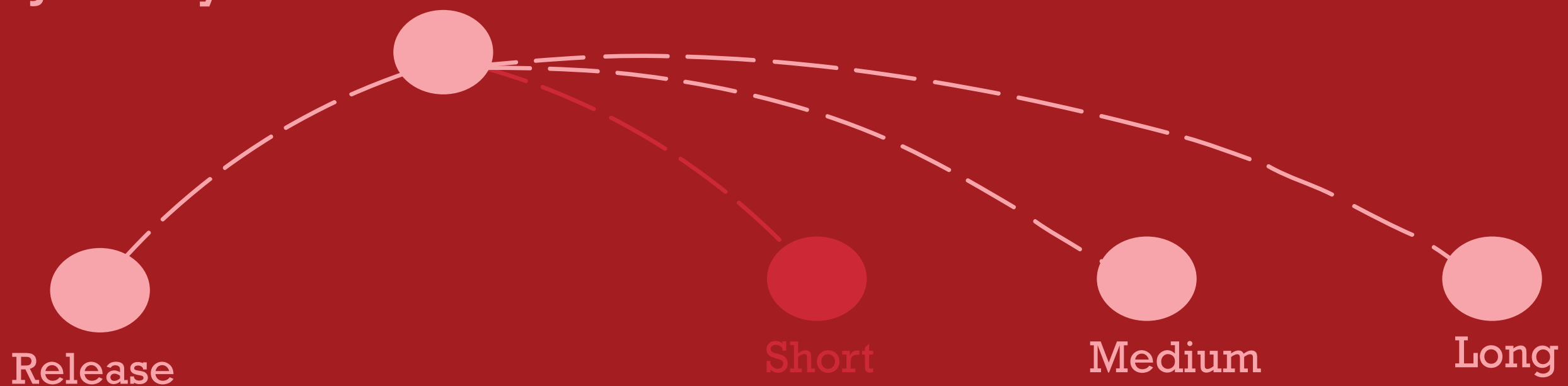
4 Project your body upwards as the disc is brought back to your shoulder.



\* Point of Release

5 Launch the disc upwards, vertically in the air; released above your head. If done right, it should stay perpendicular to the ground.

Trajectory and Distance:



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