

FRISBEE UNIT STUDY GUIDE

Throws

Backhand throw

- Thumb on top
- Fingers under rim (index finger on outside lip)
- Step with same foot
- Throw across chest (backhand motion)
- Snap wrist
- Keep Frisbee flat when releasing

Underhand throw

- Backhand grip
- Step with opposite foot
- Bring Frisbee underhand past your pocket
- Release Frisbee when flat about waist level

Thumber throw

- Hook thumb under Frisbee
- Four fingers on top
- Sidearm motion
- Step with opposite foot
- Release Frisbee when flat

Sidearm throw

- Index and middle finger under the Frisbee
- Thumb on top
- Sidearm motion
- Release Frisbee when flat

Overhand Wrist Flip

- Fingers on top
- Thumb under lip of Frisbee
- Start the throw behind the back at shoulder level
- Flip the wrist left if right handed; flip wrist right if left handed
- Release at about head level
- Keep Frisbee flat

Catches

Sandwich catch

- One hand on top
- Other hand on bottom

C-catch

- Make a "C" with thumb and fingers
- Watch Frisbee into hand
- Close fingers on the Frisbee
- Throws below waist – thumb should be up
- Throws above waist – thumb should be down

Games

Ultimate Frisbee

- Move the Frisbee down the court by passing
- No handing the Frisbee to teammates
- No stealing Frisbee out of opponent's hands
- No walking or running with Frisbee – may pivot on one foot
- Pass to teammate in end zone to score (touch wall when inside)
- Opponents may intercept Frisbee
- Frisbee thrown out-of-bounds – goes to other team
- Frisbee is grounded – goes to other team at that spot
- After score – other team throws Frisbee from that end zone

Frisbee Softball

- Same as regular softball
- Pitcher throws Frisbee to batter
- Batter catches Frisbee and throws it into play
- If batter drops Frisbee it is a strike
- Must touch person with Frisbee – non-force out
- Must touch base while holding Frisbee – force out
- Catch Frisbee in air – out
- 3 strikes – out
- 3 fouls – out
- No bunting, stealing, leading, or sliding

Frisbee Golf

- Each person in the group takes turns throwing the Frisbee toward the designated hole
- The holes are numbered 1- 12 and you must go in that order
- Start at the tee with the same number as the hole you are throwing to
- Calculate the number of throws it takes your group to get the Frisbee in the hole
- The object is to get the Frisbee in the designated hole in the least number of throws possible
- Add all scores from each hole to get a final score
- Lowest final score wins