***SELF CHECK***

Hammer/ Overhead throw:

Info: The hammer is one of the most important and used throws for a pull which starts the game or is done after ever point is scored. The hammer starts with the disk (Frisbee) vertical, rotating till it is upside down.

Cues (grab disk, reach for the arrow, point elbow at target, snap wrist)

Check list:

As I did the hammer I….

Put four fingers on the inside of the disk, using the thumb to hold it vertical ͟

Threw by my ear and let’s go in that vicinity ͟

Pointed elbow to aim \_\_

Snapped my wrist (whipping action) \_\_

Flick:

Info: The flick is used mostly when you are being defended; having the flick in your repertoire of throws helps you get the disk off faster with a tight defender on you.

Cues: peace sign, thumb RESTS on top, glue elbow to your side, step out same side, FLICK wrist

Check list:

As I did the flick I….

Used Proper grip (peace sign, thumb rests on top) \_\_

Stepped out (away from defender) \_\_

Had my elbow glued to the side of my body \_\_

Whipped my wrist \_\_