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# Advanced Throws

Beyond The Backhand, Forehand And Hammer

AFTER PLAYERS HAVE BECOME COMPETENT AT THE BASIC BACKHAND AND FOREHAND THROWS, THEY CAN BEGIN WORKING ON OTHER THROWS AND RELEASE POINTS THAT WILL HELP THEM TO BE A MORE COMPLETE THROWER WITH THE ABILITY TO BREAK THE MARK AND PUT THE DISC WHERE THEY WANT. FOR THE MOST PART ALL THROWS THAT ARE COMMONLY USED ARE SIMPLY VARIATIONS OF EITHER A FOREHAND OR A BACKHAND AND EMPLOY ONE OF THOSE TWO GRIPS. THROWS UTILIZING THOSE GRIPS WILL BE EASIER TO USE IN GAME SETTINGS AS THEY ARE EASIER TO TRANSITION TO AND THROW QUICKLY. THIS EDITION OF COACHES' PLAYBOOK COVERS THREE COMMON THROWS, HOW TO EXECUTE THEM AND WHEN THEY ARE MOST EFFECTIVE.

## High Release Backhand

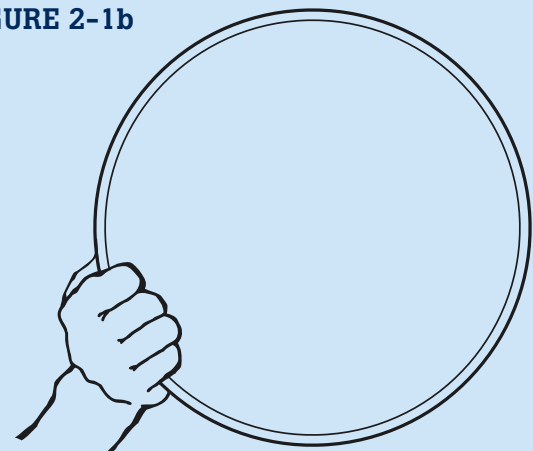
The high release backhand is a frequently used throw, most often used against a force backhand mark. The grip for the high release backhand is the backhand grip with the thumb on the flight rings and the rest of the fingers curled under the rim in a fist (figures 2.1a-b). Some throwers choose to extend the middle, ring and pinky fingers under the disc with the pads of the fingers on the bottom of the disc in order to provide more control of the release angle.

Depending on the position of the mark and the quickness with which the thrower is trying to release the disc, the footwork can vary for the high release backhand. In most cases, the throw is intended as a quick release to take advantage of a gap in coverage by the mark. In the quicker form of the high release backhand the thrower does not step, but simply shifts his weight from the non-pivot foot to the pivot foot while bringing the disc forward flat from the non-throwing shoulder and releasing the disc in the direction of the receiver.

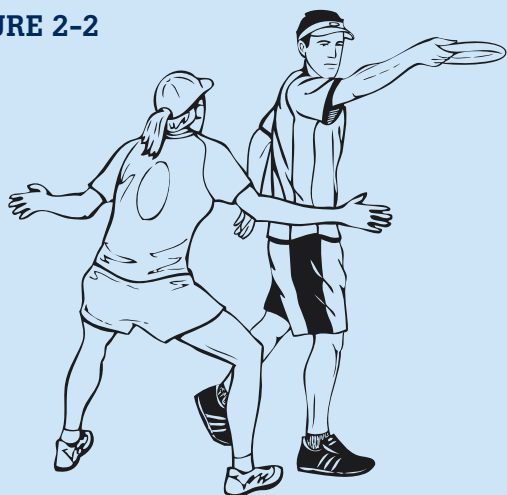
In some situations the thrower will choose to pivot in order to move away from the mark (figure 2.2). As the thrower steps across his pivot foot with his non-pivot foot he once again brings the disc forward flat from the non-throwing shoulder and releases the disc in the direction of the receiver. In most situations in which the thrower pivots to throw a high release backhand, the disc will be released just prior to the non-pivot foot hitting the ground. This can be an effective start of a give-and-go.

In either the quick high release backhand or the pivot high release backhand, the release should be flat or slightly inside-out. The thrower should snap the wrist to impart as much spin as possible on the release.

Because it is more difficult to impart spin on the disc when throwing a high release backhand than a standard backhand, the high release is best utilized in light wind or when throwing downwind. It is particu-

**FIGURE 2-1a****FIGURE 2-1b**

**FIGURE 2-2**



larly effective against a force backhand mark to break the mark to the forehand side or to start a give and go to the backhand side.

### **Off-Hand Backhand**

The off-hand backhand is becoming a common throw in many levels of Ultimate. The off-hand backhand is a backhand that is thrown with the non-throwing hand, the left hand for right handed throwers. The grip for the off-hand backhand is the same as the backhand grip but in the non-throwing hand.

There are two types of off-hand backhand throws. The footwork for both is similar to that for throwing a forehand. The thrower should step with the non-pivot foot to the forehand side. As the thrower transfers weight to the non-pivot foot the arm motion should begin (Figure 2.4).

For the high release off-hand backhand the disc should begin at shoulder level and move forward and across the body to release the disc in the direction of the receiver. This throw is effective as a short break-mark throw against a force forehand mark.

In the regular release off-hand backhand the disc begins at elbow level and the thrower's arm moves out away from the normal throwing arm and releases the disc in the direction of the receiver. This throw is an effective short reset pass against a force forehand mark where the thrower does not feel comfortable with the short forehand, a difficult throw because of the amount of touch that is required.

While it may seem counterintuitive to throw with your off-hand, it can be an effective skill if developed. With the growing number of players starting at young ages, off-handed skills will only become more common and necessary.

### **Scoober**

The Scoober is another useful throw that is most often used to break the mark. The Scoober is thrown upside-down out of a forehand grip (figure 2.5).

There are two main variations with the footwork for the Scoober. The pivot for the Scoober is identical to that for the backhand with the throwers non-pivot foot moving across the pivot foot. In some cases, the thrower can throw the disc before the non-pivot foot contacts the ground. This allows for a quicker release, but is more difficult to throw for distance and accuracy. In most cases, the thrower will transfer weight from the pivot foot to the non-pivot foot while executing the throw.

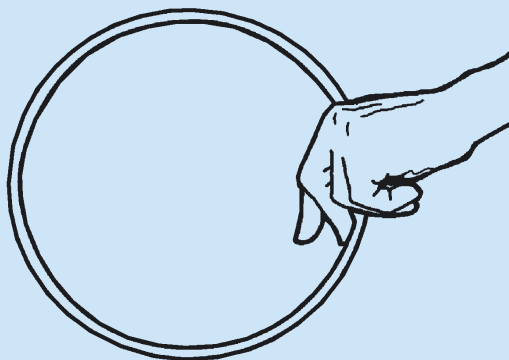
Regardless of the footwork the throwing mechanics of the upper body and arms for the Scoober remain the same. The thrower brings the disc across the upper body upside-down in the forehand grip and then forward before releasing it towards the receiver (figure 2.6). The angle of release can be adjusted between horizontal to the ground and almost vertical to the ground to change the flight pattern of the throw. A disc thrown more horizontal will fly flatter while a disc thrown more vertical will arc. Typically discs thrown more vertically are released at a higher point than discs thrown horizontally.

The Scoober is most effective as a short breakmark throw against a backhand mark and particularly effective against a zone defense. The Scoober can be thrown such that it arcs over defenders to receivers and can be used like a hammer, except at a shorter distance.

**FIGURE 2-4**



**FIGURE 2-5**



**FIGURE 2-6**

