

Disclaimer: This guide will explain how I throw a forehand (flick). This is not necessarily *the* right way to throw a flick, but it is certainly a very good way. I will try to emphasize certain techniques that I feel are very important when throwing a flick, and I will explain how to avoid aspects of your form that will wreck your flick.

The most important thing you can do to improve any throw is to practice. Practicing is different from tossing. Practicing is throwing with a purpose. When we practice as a team, we are not just playing pick-up. If you are mindlessly tossing, then you might as well expect us to reach nationals by simply playing pick-up a few times a week. When you are throwing with someone, you need to analyze each of your throws. Focus on improving on the techniques I will layout here. Don't settle for "that throw was good enough", everything can always be better. Learn to be critical of yourself, and of your teammates (criticism is great when it is given in a constructive manner (this is something that I am trying to personally improve)). **Questions to ask yourself after each throw:**

- Was it flat? (it should be)
- Did it wobble or flutter at all during its flight? (it shouldn't have)
- Did it go where I was aiming? (it should have)
- Did it reach the person at the perfect height (between mid-thigh and shoulders)? (it should have)
- Did it reach the person with touch (if the person decided not to touch the disc would the disc float in his area and land softly or would it zip by him)? (it should have reached the person with touch)

When you are throwing work on stepping out, throwing at normal and low release points, and when you get good at that throw a few *real* pivots before you throw. It should be natural to step out on almost all of your throws, because you will need to step out even on open side throws. Remember every throwing drill is also a catching drill. Don't get lazy and lose focus when the disc is traveling towards you, make sure you are focusing on proper catching technique, so that come game time the correct technique is all your muscles know.

Common Misconceptions

First I would like to clear up a few misconceptions about throwing a flick.

It is all in the wrist (sometimes referred to as "snap your wrist harder").

WRONG! This is absolutely wrong. It is not all in the wrist. It is all in the grip and throwing motion. You don't want to be actively snapping your wrist. If you hold the disc with the correct grip, use the correct throwing motion, and keep your muscles and joints loose, your wrist will do all the snapping it needs on its own. Trying to snap your wrist beyond that will just make your throw come out bladey and craptacular.

You should start with a split-finger grip when first learning how to throw.

No, you should start with the correct grip, not the wrong grip, when learning how to throw.

When first learning how to throw, place your elbow on your hip to force yourself to use only your wrist to throw.

No, you should start with the correct throwing motion when learning how to throw.

Throwing a flick can be broken into 2 parts: The Grip, and The Motion.

The Grip

A significant reason that people have a hard time throwing a flick, is that they are using an improper grip. Even if people can throw a flick pretty well with an improper grip, when they try throwing longer or shorter (or in wind, or any change of conditions), they find that they have great difficulty doing so. For these reasons, it is very important that everyone throws with a proper grip. It is difficult to describe the grip in words, but with general guidelines and the aid of pictures, hopefully what I am trying to convey will be clear.

Grab the disc with your dominant hand. Your thumb should be on top of the disc. Your index and middle fingers will be on the inside of the disc and your ring and pinky fingers will be on the outside. You want to grip the rim of the disc between your middle and ring fingers. That means that the *side* of your middle finger will be against the *rim* of the disc (many people have the tendency to put the tip of their finger against the rim; I would strongly recommend against doing this). Keep your index finger in contact with your middle finger (don't hold the disc with them split apart!), and your pinky in contact with your ring finger. This should give your grip enough stability that you can hold the disc out with just your dominant hand. Finally, you should have a slight curl in your fingers (instead of having them out, straight and stiff).

When checking your grip, hold your arm straight out and down, the disc should look like a continuation of your arm. That means the disc should be parallel with your arm (not jutting out to one side), and it should be in a straight line with your arm.

The Motion

Start with your body facing the direction you are going to throw in. *Make sure you are looking at where you are going to be throwing!* While keeping your pivot foot down, step out with your dominant foot. This is the opposite of what you do when you throw a ball. When throwing a ball you step with your non-dominant foot, for a disc you step with your dominant foot. For example: a right handed thrower, throwing a disc will step with his right foot. You want to step out at about a 30 degree angle (slightly forward, but mostly to the side). As you get better at throwing you can practice stepping out farther and farther. (Advanced tip: try pointing your non-pivot foot to the side you are stepping to, instead of straight at your target. This should give you better balance and allow you to step out farther and throw more easily.)

As you are stepping out, rotate your body so that your dominant shoulder is moving backward. As you step down with your foot you will begin unleashing that rotational energy that you just stored up, but it must be done in a controlled manner. Your elbow

should be bent slightly more than 90 degrees. Rotate your arm (in the direction that will bring your palm face up) so that your elbow is as far forward as you can comfortably bring it (it should be ahead of the rest of your arm). The disc should now be flat. While keeping your muscles and joints loose (especially your wrist), allow your arm to move forward. Make sure that the disc remains flat from the time that you bring your elbow forward until you release the disc. The disc should travel in a roughly straight line. Your elbow should be straightening out; when your arm is nearly straight release the disc.

Now analyze the throw you just made (see questions to ask yourself after each throw, above).