

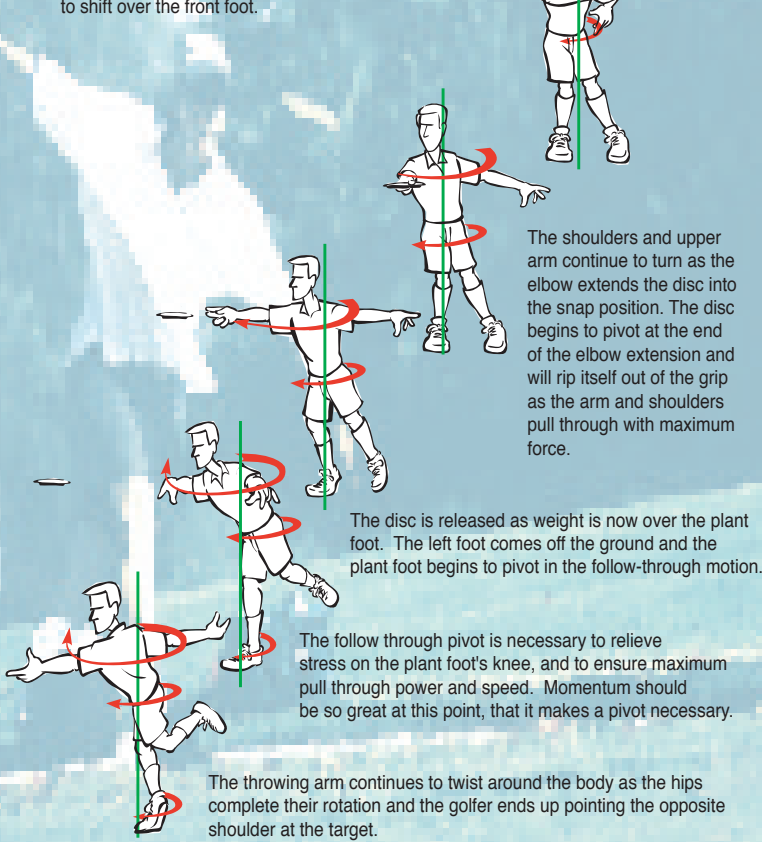
THE BASICS

by Dave Dunipace - illustrations by Tom Bant

THE BACKHAND DRIVE

The arms are tucked in close to the torso. The upper body twists opposite of the throw as the front foot moves forward to the plant position. Center of gravity is behind the front foot. The throwing elbow should start as far back as is possible while still able to rotate quickly forward.

The front foot has been planted and the hips have rotated. The shoulders then begin to turn, but the elbow has not straightened yet. Center of gravity begins to shift over the front foot.



The shoulders and upper arm continue to turn as the elbow extends the disc into the snap position. The disc begins to pivot at the end of the elbow extension and will rip itself out of the grip as the arm and shoulders pull through with maximum force.

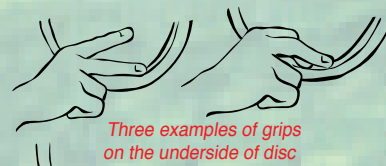
The disc is released as weight is now over the plant foot. The left foot comes off the ground and the plant foot begins to pivot in the follow-through motion.

The follow through pivot is necessary to relieve stress on the plant foot's knee, and to ensure maximum pull through power and speed. Momentum should be so great at this point, that it makes a pivot necessary.

The throwing arm continues to twist around the body as the hips complete their rotation and the golfer ends up pointing the opposite shoulder at the target.

THE FOREHAND DRIVE

The Forehand Drive is a simple throw. However, there are different ways to hold the disc and slight variations of the angles of the wrist, fingers and elbow can create a wide range of results. Here are the basic grips and a general explanation of this delivery.



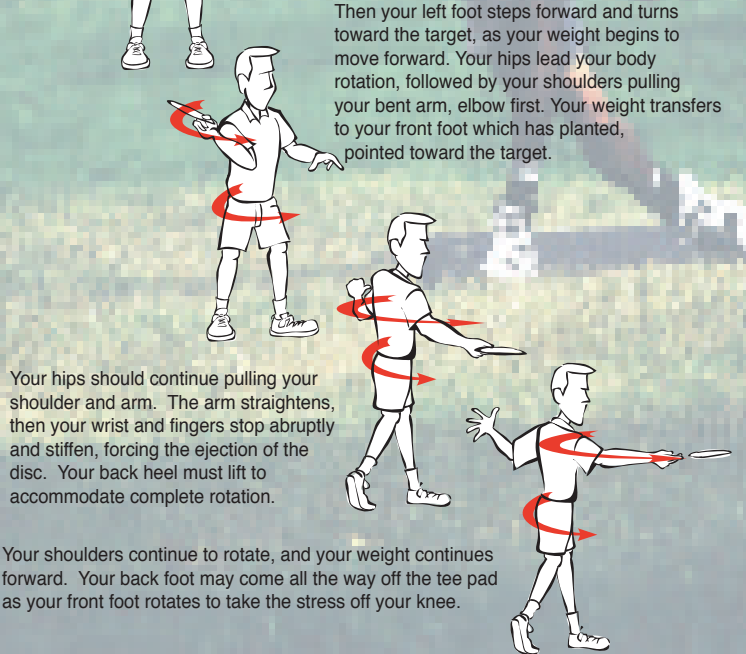
Three examples of grips on the underside of disc

Note: It is important to put the pad of your finger(s) against the inside vertical wall of the disc's rim for maximum power. Squeeze the rim between your thumb and the "fist" knuckle of your index finger.



Thumbside (top of disc)

Begin with your feet comfortably perpendicular to the target. Your shoulders and hips wind back and weight is transferred to your back foot.



Then your left foot steps forward and turns toward the target, as your weight begins to move forward. Your hips lead your body rotation, followed by your shoulders pulling your bent arm, elbow first. Your weight transfers to your front foot which has planted, pointed toward the target.

Your hips should continue pulling your shoulder and arm. The arm straightens, then your wrist and fingers stop abruptly and stiffen, forcing the ejection of the disc. Your back heel must lift to accommodate complete rotation.

Your shoulders continue to rotate, and your weight continues forward. Your back foot may come all the way off the tee pad as your front foot rotates to take the stress off your knee.

THE BACKHAND ROLLER

There are several types of rollers. Illustrated here is the basic Backhand Roller. Throughout the diagram a green line represents the center of gravity (balance) of the body weight. The red arrows indicate rotation.

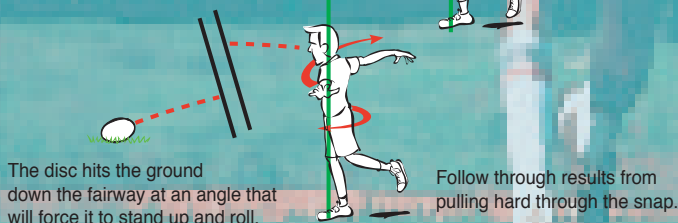
At the start of the throwing motion the off foot (opposite your throwing arm) has been set down perpendicular to the target. The disc is held high and close to the ear opposite your throwing arm. Your hips, shoulders and throwing arm are wound back. Your weight is on your off foot.

Your throwing side foot now begins forward toward a plant position, again perpendicular to the target. Your hips begin to turn. Shoulder rotation follows slightly. The disc is still back behind your ear. Your center of gravity moves forward with the weight shift.

The throwing side foot is planted. Your hips continue to turn, your lead shoulder turns toward target following your hips. Upper arm motion starts to bring the disc across your face. The elbow is bent and the disc is held at 45°. Your center of gravity continues to move forward with the weight shift toward your lead foot.

Hips continue to turn. Shoulders continue to turn, following hips slightly. The center of gravity continues to move forward. The throwing arm continues to pull around. The elbow is extended which will force the disc to rip out of the grip when the wrist snaps forward and then stops suddenly.

Shoulders and arms continue turning, pulling hard as the disc rips from your grip. The disc rips out of the grip at approximately a 45° angle after the wrist stops. The throwing foot then pivots as the body turns and the disc leaves.



The disc hits the ground down the fairway at an angle that will force it to stand up and roll.

Follow through results from pulling hard through the snap.

THE X STEP (for the right handed back hand drive)

The X step moves you smoothly from the back of the tee pad to the front and into position to throw. It really is a "step, hop and a step" during which your momentum moves smoothly forward. Along with the drawings indicating leg positions, we have indicated foot placement and weight distribution with a step diagram. The solid coloring represents weight placement. The green arrows indicate the movement of the body from the back to the front of the tee.

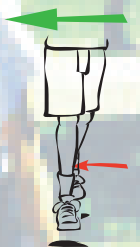
1. Front foot STEP

The X step begins (and ends) with both feet perpendicular to the target. Weight is on the front foot. The back foot pushes off to the hop and begins to slide behind the front foot. The body moves forward toward the plant and throw.



2. HOP to left foot

2a. Your back foot is behind your lead foot as you hop forward. At this point both feet are momentarily lifted off the ground as your body continues forward smoothly.



2b. The left foot lands with hips rotated back in position to throw. Your right foot is off the ground in preparation toward the plant step.



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3. Front foot STEP to plant

When the lead foot plants the throw begins. Your hips rotate first followed by shoulders and arm motion. When your weight transfers and your hips and shoulders rotate, the back heel lifts and eventually so does the entire back foot in the follow through. Just after release of the disc the front foot must pivot to relieve stress on the knee.

