

Throwing Basics

There is no “correct” way to throw a disc. People use all different types of throws, grips, and releases. So, if it feels good, and it works the way you expect it to, go ahead and use it.

Plan your shot. Sight the target; identify obstacles on the ground and in the air. Take your accuracy and abilities into account, and decide where you would like to place the shot. Stand solid with your feet roughly shoulder width and your weight distributed evenly. Sight your shot placement, envision the shot in your mind, and draw the disc back smoothly to the 6 O'clock position. Your weight should shift to your back foot. Pull the disc through and release at 12 O'clock. Your weight should shift from your back foot to your front during this motion. Complete your follow through—it is very important to follow through across your body, right back to the 6 O'clock position. Be sure to keep your arm at the same height throughout your throw—do not let your arm move “up” at the point of release or during your follow through. Keeping your arm at the same height (distance from the ground) and pulling all the way through back to 6 O'clock when you release will “flatten out” and “straighten out” your shots when you are starting out.

The way you release a disc has a huge affect on the flight path. Use hyzer and anhyzer during your release to influence the flight path of the disc.

Hyzer: Refers to the angle of the wrist on the throwing hand during the release of a disc. Releasing a disc with hyzer will increase the [stability](#) of the flight path of a throw. To release a disc with hyzer, when throwing backhand, increase the angle of the throwing hand towards the body--tilt your wrist more towards the ground at the point of release.

Anhyzer: Refers to the angle of the wrist on the throwing hand during the release of a disc. Releasing a disc with anhyzer will decrease the [stability](#) of the flight path of a throw. To release a disc with anhyzer, when throwing backhand, decrease the angle of the throwing hand towards the body--tilt your wrist further away from the ground at the point of release.

Combine the use of hyzer and anhyzer with the natural flight characteristics of a given disc to make the shot you need. **Understable** discs will turn right when released at high speed, stable discs fly straight when released at high speed, and **overstable** discs will turn left when released at high speed. (These statements are based on a right-handed player throwing backhanded--the flight characteristics are reversed when throwing sidearm or left handed). In a nutshell, when you need a disc to turn right for you, you throw a disc that is naturally inclined to do so (understable). When you need a disc to turn left, you choose one that turns left (overstable), and so on. Putters are pretty much all stable (straight), and designed to drop quickly at the end of their flight path. Use your putter whenever you are close enough to comfortably reach your desired shot placement with it.