

GSWAP

HELPING NEW PLAYERS WITH THROWING

Challenge	What to check	Symptoms	Corrective actions
Disc is not flying flat	G Grip	- The disc's flight is wobbly. - The disc is slipping out of the throwers hand.	Check that they have their thumb on the small ridges on the top of the disc. If they cannot comfortably hold their thumb on the ridges, have them grip their thumb tighter wherever they can hold it.
Disc is missing the target to the left or right	S Stance	- The throw is coming out flat, but is directed wide of the target. - The thrower is letting go of the disc directly in front of their body.	For backhands, the thrower should have the tip of their shoulder pointed at the target. For forehands, the thrower should have the middle of their chest pointed at the target. Encourage the thrower to step out into a pivot first and find their balance before finishing the throwing action, rather than try to step out and throw in the same movement.
Disc is falling short of the target	W Wrist	- The disc appears to be spinning slowly in flight. - The disc drops sharply before reaching the target.	Have the thrower cock their wrist back further before the throw so that the back edge of the disc is touching or nearly touching their forearm. Check that the thrower isn't trying to use their whole arm to "push" the throw forward. Challenge them to not move their arm at all and only use their wrist!
Disc is drifting or curving away from the target	A Angle	- The disc is curving "outside" (the edge furthest from the thrower's body is higher) - The disc is curving "inside" (the edge closest to the thrower's body is higher)	To correct outside curve, the disc needs to be held with the outside edge tilted towards the ground. To correct inside curve, the disc needs to be held with the outside edge tilted up further. Challenge the thrower to experiment with different tilt angles to see what works best for them!
Disc is going too high or too low for the target	P Point	- The disc is going well above the target (often combined with another symptom) - The disc is hitting the ground before reaching the target	Check where the thrower is pointing after they release the disc. They should be pointing at the target's shoulders with their palm facing down for backhand, or facing up for a forehand. This ensures a smooth follow-through action.