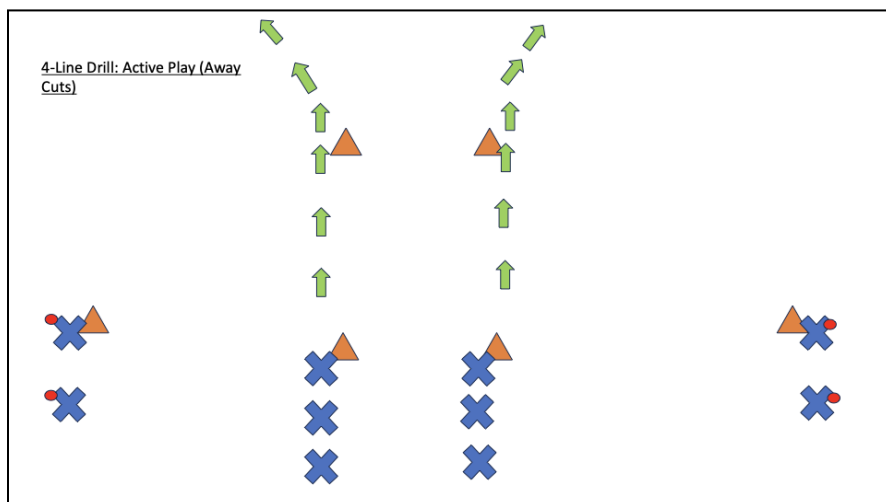
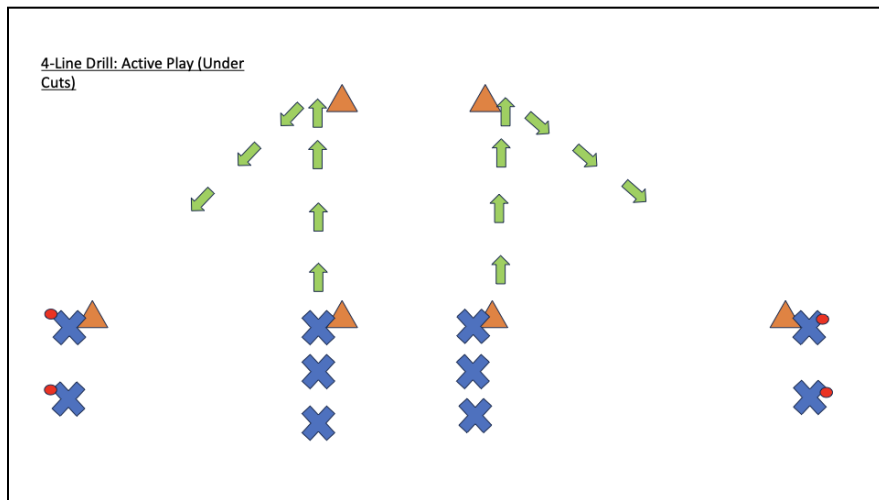
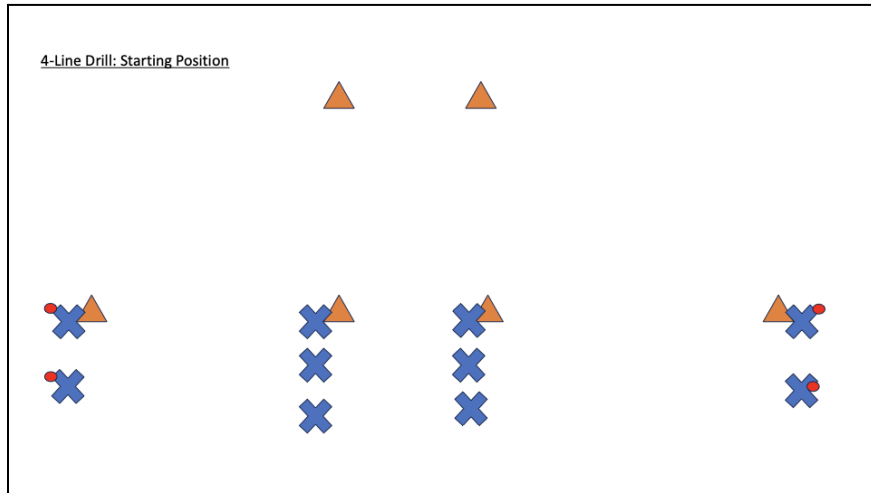


Catching and Throwing Exercise: 4-line Drill

- Setup
 - 5-30 participants. 5+ discs.
 - One experienced person is the designated thrower and everyone else will stand in a single file line with the first person being 10 yards away and lined up evenly with the thrower. You can set another cone 15 yards in front of the single file line.
- Rules
 - The thrower will tap the disc into play and the receiver will make a cut. The first cut the receiver makes is an “under” cut which involves running to the cone, stopping, and running back towards the thrower who will pass them the disc.
 - The second cut is an “away” cut which involves sprinting away from the thrower. Once the receiver gets 20+ yards away the thrower can pass them the disc.
 - Once participants feel comfortable with both cuts, have them pair-off for the “away” cuts so that it becomes a 1v1 reception contest.
- Key Points
 - Once a participant catches the disc, have them return it to the thrower when returning to the receiver line.
 - DO NOT allow kids to throw the disc back after receiving it, this will result in getting hit in the face
 - You can run two drills right next to each other if you have too many participants for 1 receiver line.
- Skills Being Developed: reading the disc + catching + running
- Adjustments
 - This drill is highly dependent on the skill of the thrower: the more skilled the thrower, the further away participants can run for the “away” cuts.
 - It can be hard throwing catch-able disc to small targets, adjust the spacing accordingly.
 - Play this “elimination style” where the person in the pair who catches the away throw moves onto a new partner who also caught their away pass. Do so until there is 1 winner.
 - You can add 1 more receiver during the “under” cut portion so that kids can practice throwing the disc after receiving it.



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