

Throwing Exercise: High Rise Throwing

- Setup
 - 8-20 participants, played in pairs so an even number is needed. 1 disc for every pair of participants.
 - Half the cones can be laid horizontally, spaced out evenly about 3-5 yards apart. Across from each cone will be a companion cone, but the distance between each pair of cones will get progressively longer so that the set of cones on one end will only be ~5 yards away, while on the other end the cones may be 20-25 yards apart.
- Rules
 - Participants will be paired and given one disc, they can be standing on any set of cones as long as they're across from each other. Once the game begins, partners must successfully throw to each other across the cones. If they drop it or the disc touches the ground, that pair must leave their station and run to the shortest set of cones and begin throwing again. If a pair is throwing and the participants next to them move to the bottom, they may "move up" to replace them along the line. The goal is for you and your partner to be at the pair of cones the furthest distance apart at the end of the timed round (~1-3 minutes).
 - At the end of the timed round, the coach asks the pair at the furthest distance to complete a challenge before the round is over (e.g "complete 10 throws where they must be forehands and all catches must be one hand). If the pair completes it, they win. If not, the next pair moves up and has a chance to complete it. You can also just end the game at the end of the timed round and whichever pair is at the final station "wins."
- Key Point(s)
 - Run along the outside of the cones when "moving down" to the shortest cones
- Skills Being Developed: throws + catches
- Adjustments
 - Adjust the distance between cones to lower/raise difficulty
 - Give a specific throw to work on for each round (e.g. "this round it's all forehands")
 - You can adjust how far a receiver is allowed to move to catch a disc (more movement = easier, less movement = harder)
 - The "final challenge" for pairs allows for a lot of creative challenges, use appropriately (e.g. "catches must be made while standing on one foot," "you have to drop and do one pushup while the disc is in the air before you catch it")
 - Have participants switch partners every round

Top Dog Throwing: Starting Position

