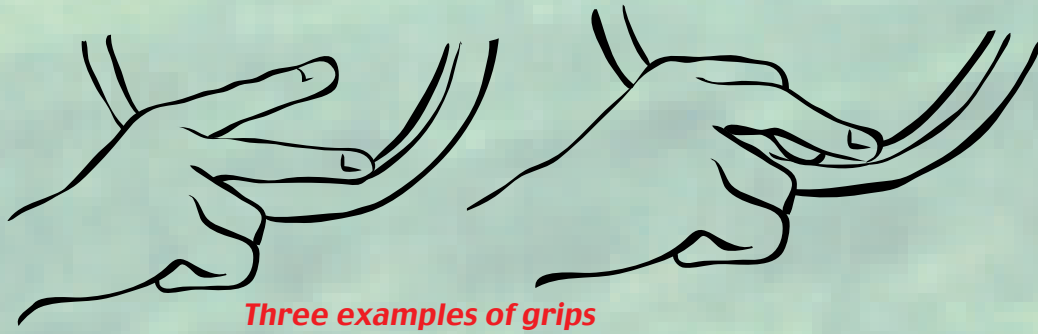


THE FOREHAND DRIVE

by Dave Dunipace - illustrations by Tom Bant

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

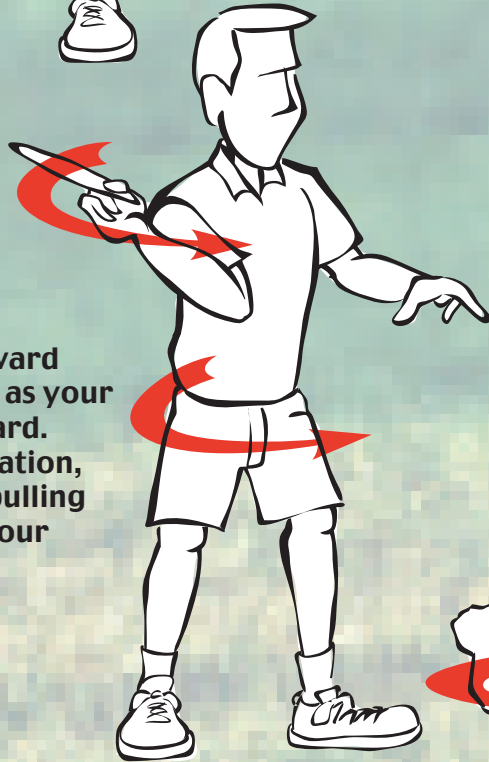
Note: It is important to put the pad of your finger(s) against the inside vertical wall of the disc's rim for maximum power. Squeeze the rim between your thumb and the "fist" knuckle of your index finger.



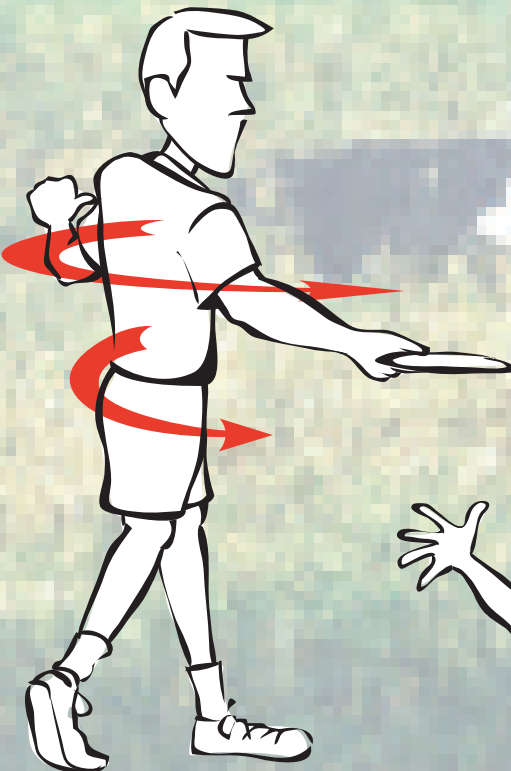
Thumbside (top of disc)



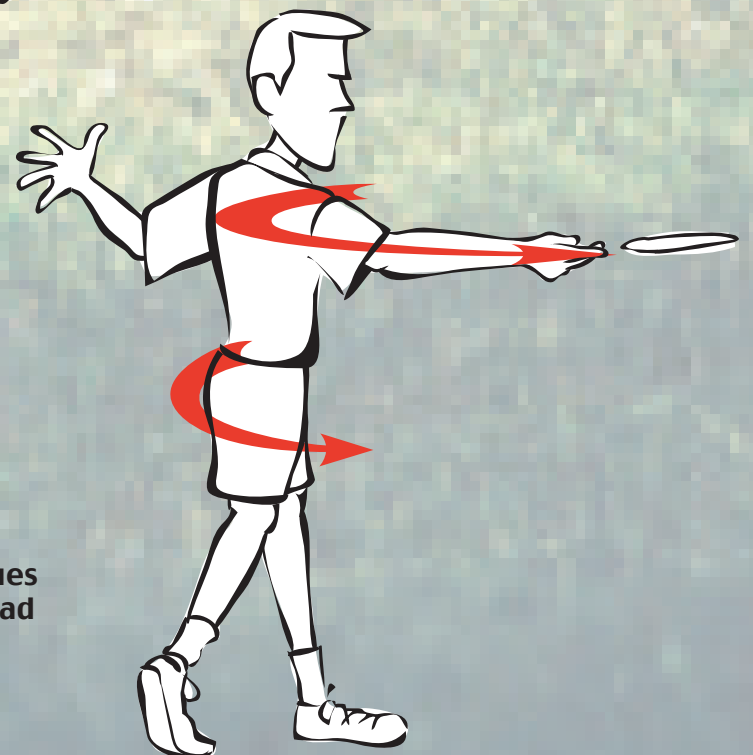
Begin with your feet comfortably perpendicular to the target. Your shoulders and hips wind back and weight is transferred to your back foot.



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.

