

The Frisbee skills Part 1

Instructions

12/11/17

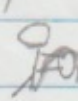
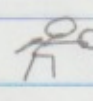
Do you like Frisbee? Well this article will tell you how to throw and catch. This article will also tell you about the type of gear, the rules and people that I know and that helped me.

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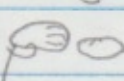
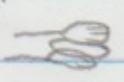
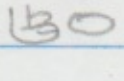
Frisbee Throws

Pablo At. 2

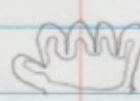
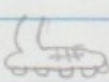
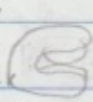
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If you want to throw a Back hand  you hold the wall of the frisbee like your holding a rail. If you want to throw a forehand. You put your index and middle  finger on the wall of the frisbee.

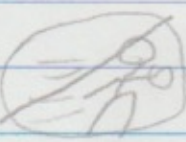
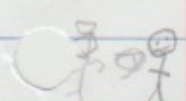
Catchers

If the frisbee is over the shoulders you do a high crab. If the frisbee  is between your shoulders and knees. Catch  it like a alligator. If the frisbee is  under your knees then you catch it with low crab.

Kind of gear

 Gloves. For grip. Shin guards. It gave me a bruise because i didnt wear them.  Clefts. For slippery grass. Mouth piece.  Because i almost lost a tooth.

Rules

 You can't walk or run with the frisbee. You can only step one time.  You can't throw it off someone and catch it again.

People

My coach Rocky used to play and he is still really good. Brodie Smith knows Rocky and I told Rocky I hope to meet him, so then Rocky gave me a Brodie Smith Frisbee. Brodie Smith is a good player too.

The frisbee skills. instructions.

Conclusion

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I hope you learned alot about frisbee. And hopefully you go play with all you friends and these instructions could make you a profe professional.