

Zen Throwing

by Ben Wiggins with the help of Jaime Arambula, Sam Harkness, Miranda Roth, Josh Greenough, Peter Washington, Seth Wiggins, and Heidi-Marie Clemens.

For each exercise, use a mix of forehands and backhands primarily, with your game-like mix of other throws sprinkled in. Unless stated specifically, throw at a distance between 10-30 yards (or, better said, at a distance that you can expect to be able to complete at least 1/2 of the throws). A good Zen routine probably includes roughly half of these exercises, and is ~20 minutes long when very focused. Once you've tried them all, use the exercises that work for you and ignore the ones that are boring or don't seem to be necessary. When you are having specific throwing issues, you might come back to those at some point. The order presented below is a general order for this very long full routine, but can be adjusted.

✓	Name	Objective(s)	Duration	Directions	Upper Level
	<u>Warmup littles</u>	Warm up body	1 easy lap	Jog while throwing back and forth, less than 5 yards	
	<u>Back catches</u>	Hand quickness & learn optimum side to catch disc (The side spinning into your hand)	1 min	Catch on the side of the disc spinning toward you	Catch on the reverse side
	<u>Wall resets</u>	Minimize & eliminate disc tilt during wind up.	4x forehand 4x backhand	Pull back your throw to the farthest point that you normally reach. STOP. Moving only your head, turn and look at the angle of the disc. Only moving your wrist, adjust the angle of the disc to be as flat as possible. STOP. Move your head only until you can refocus on your partner. Throw.	
	<u>Backhand Reminders</u>	While throwing, take eyes off of disc in hand to focus on path and destination of disc	3x forehand 3x backhand	While stepping to throw your backhand, have your partner hold up a number of fingers on the hand that is farther from your backhand side. Call out the number before you throw.	
	<u>Strobe Catches</u>	Hone catching anticipation and reflexes	1 min	While receiving, blink eyes as rapidly as possible.	

	<u>Holding (the hardest one)</u>	Develop patience & learn to throw without a windup.	8 forehand 8 backhand (2-3 mins)	Wind up any throw. When you get to the point of the throw at which you will only go forward, stop. Hold for 5-6 full seconds, counting out loud. When you reach that time, throw in a forward motion (in other words, don't wind it up more).	
	<u>Rainbows</u>	Develop forehand/hammer strength by forcing coordinator of abs and wrist instead of leg, catching quickness, and confidence catching high throws one-handed.	<1 min.	Throw straight blades to your partner, aiming for their collar bone. Try to throw high enough that the disc leaves your field of vision. Throw with wrist power as much as possible (no step).	Catch on the top (trailing edge) of the disc.
	<u>Single-leg throws</u>	Smooth out the long-throwing motion by eliminating body torque and legs. Improve power from core, find effective accurate throwing range.	4 mins	Balance on opposite leg from throwing hand, throwing b forehands. If you complete a throw, back up a step. If your partner needs to move to catch, step closer. Do forehands first (generally flat) until you get to a good working distance where you don't gradually step closer or farther much.	Stay balanced for 3-4 throws at a time, including the catch. Use fakes without losing balance.
	<u>The Arc</u>	Develop comfortability, accuracy and strength in small angle changes without compensating with legs or power.	2 mins	Place feet shoulder width apart. Throw backhands, starting with low and very inside-out (disc nearly vertical). For each backhand, throw from a slightly raised angle continuing until you are throwing a nearly vertical disc from a high position. Try to locate each throw to the same region of your partner's torso. Repeat with forehands. Imagine Leonardo's human physiology sketches , but with a disc in each hand.	Repeat the Arc, but with the disc flat for each throw (this will require changing grips).
	<u>R & D throw</u>	Develop new throws	1 min	Pick a throw that you cannot currently throw well & throw this repeatedly.	

	<u>Throw Hard</u>	Smooth out longer throw mechanics, gain confidence with a fast disc, challenge yourself. Stay calm in wind/fast throws/quick reactions	1 min	Throw hard at 10-15 yards.	
	<u>Quiet Catches</u>	Develop catching dexterity by breaking the pattern of noise/clumsy clap and claw catches.	1 min	Catch each throw with as little noise as possible, even when throwing hard. It may help to extend arms and catch while pulling them back towards your body.	Do this while moving toward the thrower.
	<u>Line Dancing</u>	Develop familiarity with close-to-the-line throws.	2 mins	Straddle a line while throwing with your partner. Just before catching, move your feet so that you are 'in' on one side of the line.	Try to be 'in' on the far side of the line of the disc. Choose, during the throw, the side on which your partner should try to be 'in'.
	<u>Target Throwing</u>	Increase accuracy	2 mins	Partner puts up a one-hand target. Try to hit that target. If you can't hit it perfectly, try to make your misses be farther away from the hand on a line from the targets heart.	
	<u>Full-Power Windups</u>	Improve the efficiency and smoothness of your release by combining maximum movement with a minimally stabilized disc.	<1 min	Wind-up for each throw as if you were throwing absolutely as hard and far as you can. Throw only 10 yards or so, trying to throw smoothly and without flutter even though your body is propelling.	
	<u>Catch and Release Long</u>	Develop long throws in a game-like way by forcing quickness. Remove parts of your normal huck motion that are not quick enough to be game-usable, Remember: Short/early hucks are often caught. Long/late hucks are often turnovers.	2 mins	At a longer-than-normal distance, catch and throw as quickly as possible.	As you are catching, have your partner yell out 'Backhand' or 'Forehand' so that you are reacting to needs of the situation.

	<u>The Seth Game</u>	Perfecting touch throws (especially hucks) by controlling the tilt of the disc at the end of the throw, which has a great deal of influence on the final location of the throw.	2 mins	At any distance, try to throw with touch (high spin to speed ratio) throws that will land very close to your partner's feet.	Try to throw with enough touch that you can bring your partner to move from where their feet are planted to catch your throw as it settles just annoyingly out of their reach.
	<u>Off-leg Pivots</u>	Evening out the distribution of strength and work to lessen the chance of injury.	2 mins	With the disc in your off hand, do some even-out work by pivoting deep, low, powerfully and quickly on your non-throwing leg.	
	<u>Dishies</u>	Improve short game throws and removing extra eye-head movements that are not required.	20 throws	From <2 yards apart, very short throws from a variety of angles including push passes, forehands, and backhands. Don't forget your left hand.	Throw each throw in the same grip that you catch with. Alternatively, increase the speed.
	<u>Catch Reverts</u>	Remind your body by overemphasis that it needs to watch the disc as far into your hands as possible.	6 throws	On each catch, look the disc all the way into your hands and pause until your eyes refocus on the disc (usually on some specific detail like the flight rings or a part of printed logo). Don't move to throw until you have completely focused (1-2 seconds).	