

# Skills Development Lab

by Uity Results

## Hucking assessment and The Pulling Game

www.UityResults.com

Today's Date: \_\_\_\_\_

### Filming

Throw	video number or file name	shape of throw (OI, flat, high, etc)
Backhand from side		
Backhand from side		
Backhand from front		
Backhand from front		
12-50 yard backhand		
Forehand from front		
Forehand from front		
15-20 yard forehand		
Forehand from side		
Forehand from side		
Pull from front		
Pull from front		
Pull from side		
Pull from side		

### Hucking Alley Assessment

Disc #	distance	in/out
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
total in		
longest in throw		

Create an alley in front of you 20 meters wide  
Throw as far as you can as if you had a receiver in that alley

### Pulling Game Scoring

Disc #	throw	In bounds = 1 point	correct shape = 1 point (zero if out of bounds)	In the target third = 1 point	In the endzone = 1 point	total each disc.
1	Flat middle					
2	Flat left					
3	Flat right					
4	IO middle					
5	IO right					
6	IO left					
7	OI middle					
8	OI left					
9	OI right					
TOTAL						

Divide the field into thirds  
Aim for the middle, left, or right third as instructed