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| **Pancake Catch (Two Handed)*** Watch Disc to Hands
* One Hand on Top, One Hand on Bottom (Like a Giant Clam)
* Fingers Spread
* Clap Hands Down on Disc

**Catch Point: Waist to Chin** |
| **Alligator Catch (Two Handed)*** Same Cues as Pancake Catch – But Arms are Straight Hands Far from Body
* Use for Fast Flying Discs

**Catch Point: Belly Button to Shoulders** |
| **Rim Catch** **(Two Handed)*** Two Hands Reach to Catch
* Both Hands Grab Leading Edge of Disc (One Hand on Either Side)

**Catch Point: Toes to Above the Head** |
| **C-Catch (One Handed)*** Hand Forms a “C” – Fingers Together with Thumb Forming the C
* Throw Above the Elbow – Catch with Thumb on Bottom
* Throw Below the Elbow – Catch with Thumb on Top

**Catch Point: Toes to Above the Head** |

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