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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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