

CATCH CUE CARDS

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