

Focus on Forehand

(1.5 hr indoor practice, can be used outside) by Lynne Nolan, 2-10-2015

Coaches Note: Players are often reluctant to throw a forehand throw if they are new to learning it. This practice is geared toward building confidence and practicing throwing the forehand. We did this practice last week in the field house at school. Ton o'fun.

Target: Players will improve their forehand throwing technique and implement the forehand throw in "game like" scrimmage.

A sneak peek at where this practice is going:

At the end of practice, our scrimmage will have the following rules:

- 1) All forward or downfield throws MUST be forehands. (A backhand throw down field is a turnover.)
- 2) Backward or dump throws can be either forehand or backhand.
- 3) No overhead throws.

Here's how we got there: (You can do your regular team warm-up, run, stretch, plyos, etc.) Then,

- 1) Warm-up all throws with a partner or in groups of three. Backhands, forehands, overheads. During this time some individual technique coaching can occur.
- 2) ½ circle drill – groups of 5 -8 players, 2 discs per group. Player A is in the "hot seat". The ½ circle is 10 -12 ft away. They will receive and throw to everyone. This gives them lots of repetition, and they have to think, adjust their body position, and throw a "catchable throw".

Player A throws to # 2, then receives the disc from #1

Then A throws to #3, and receives from #2

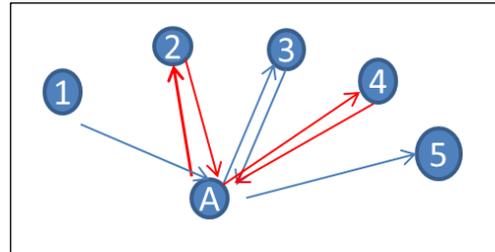
Then A throws to #4, and receives from #3

Then A throws to #5, and receives from #4

Then A throws back to #4, and receives from #5

Then A throws to #3 and receives from #4...

*now working back to the starting point.



Once they get back to the start, #1 moves to the "hot seat". The circle shifts, with player A moving into #5's spot.

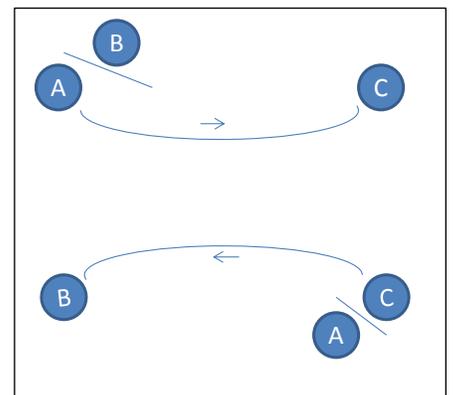
All throws are FOREHANDS. Everything is catchable! Better players will move quickly through this, but newer throwers will get lots of good reps because their teammates are watching and participating.

- 3) Throw 'N Go (3 man drill) – Now we are throwing forehands with a defender on us... relax, step out, steady and throw.

To begin, in a group of three- the thrower, the marker and the receiver are in a 10 – 15 yd area.

Thrower (A) throws past the Marker (B) to the receiver (C), and then runs to C to become the marker on C. C then throws to B, and goes to be the marker. This continues...

- 1) The Marker forces forehand.
- 2) The Thrower waits until the Marker arrives. Add a fake to more experienced players. No overhead throws allowed.
- 3) "It's not hot potato." "Find your balance." "Throw the catchable throw."



- 4) Scrimmage! Teams of 5 – 7 depending on how much room you have.
Rules: Forward throws MUST be forehands. Dump or backward throws can be either forehand or backhand. No overheads.
Phase 1 – Coach calls out turnovers. Let team free form and figure it out.
Phase 2 - Encourage the "dump/swing"* *a dump swing drill could be done prior to scrimmaging if you have time.
Phase 3 – Add Endzone strategy. (Players are cutting to the deadzone, which is a very difficult break mark forehand!)
Phase 4 – Allow overhead throws.