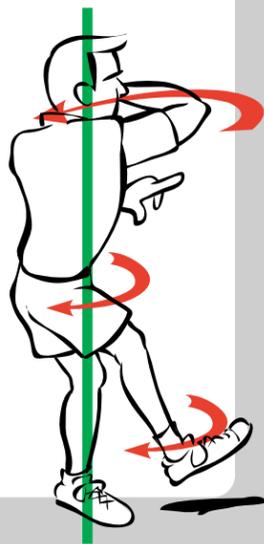


# HOW TO THROW BACKHAND ROLLERS

There are several types of rollers. Illustrated here is the basic Backhand Roller. Throughout the diagram a green line represents the center of gravity (balance) of the body weight. The red arrows indicate rotation.

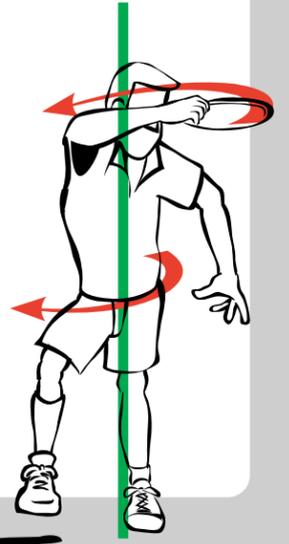
# 1

At the start of the throwing motion the off foot (opposite your throwing arm) has been set down perpendicular to the target. The disc is held high and close to the ear opposite your throwing arm. Your hips, shoulders and throwing arm are wound back. Your weight is on your off foot.



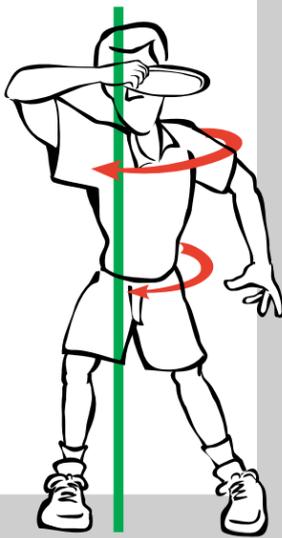
# 2

Your throwing side foot now begins forward toward a plant position, again perpendicular to the target. Your hips begin to turn. Shoulder rotation follows slightly. The disc is still back behind your ear. Your center of gravity moves forward with the weight shift.



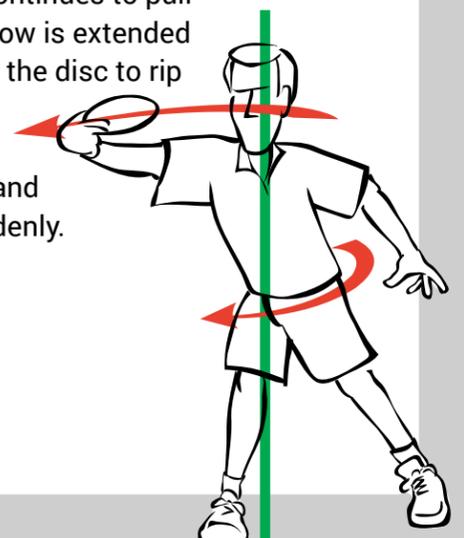
# 3

The throwing side foot is planted. Your hips continue to turn, your lead shoulder turns toward target following your hips. Upper arm motion starts to bring the disc across your face. The elbow is bent and the disc is held at 45°. Your center of gravity continues to move forward with the weight shift toward your lead foot.



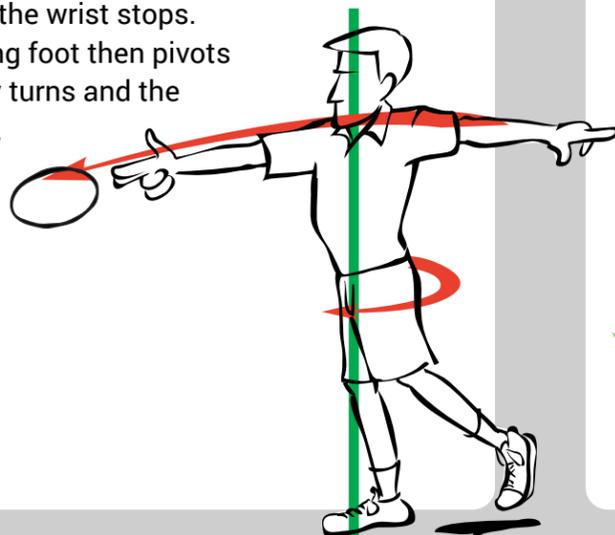
# 4

Hips continue to turn. Shoulders continue to turn, following hips slightly. The center of gravity continues to move forward. The throwing arm continues to pull around. The elbow is extended which will force the disc to rip out of the grip when the wrist snaps forward and then stops suddenly.



# 5

Shoulders and arms continue turning, pulling hard as the disc rips from your grip. The disc rips out of the grip at approximately a 45° angle after the wrist stops. The throwing foot then pivots as the body turns and the disc leaves.



# 6

The disc hits the ground down the fairway at an angle that will force it to stand up and roll. Follow through results from pulling hard through the snap.

