

Catch the Spirit Ultimate Throwing Plan

Level	Stage	Periodization
beginner	OFF season	Preparatory
beginner	PRE-season	Preparatory/First Transition
beginner	IN season	Competition
intermediate	OFF season	Preparatory
intermediate	PRE-season	Preparatory/First Transition
intermediate	IN season	Competition
Advanced	OFF season	Preparatory
Advanced	PRE-season	Preparatory/First Transition
Advanced	IN season	Competition

**REMEMBER TO STAY HYDRATED THROUGHOUT EXERCISE.
HAVE FOOD READY TO EAT AFTER EXERCISING.**

Warm up
1 min jog/bike
10 squats
5 lunges each leg
10 big upper body twists
Arm circles forwards and back
Anything else you need to get your body ready.

OFF season

PRE-season

IN season

errors?

errors?

errors?

Week 1 date:	100 short throws Free Throw	Week 1 date:	Super 70's Mid range pass Long passes and pulls	Week 1 date:	100 short throws Mid range pass
Week 2 date:	100 short throws Long passes and pulls Disc Golf	Week 2 date:	100 short throws FH focus BH focus	Week 2 date:	100 short throws Long passes and pulls
Week 3 date:	100 short throws BH focus Free Throw	Week 3 date:	Super 70's 3 person break force drill Disc Golf	Week 3 date:	Super 70's 3 person break force drill
Week 4 date:	100 short throws FH focus Free Throw	Week 4 date:	100 short throws FH focus Free Throw	Week 4 date:	100 short throws Free Throw
Week 5 date:	100 short throws Mid range pass Disc Golf	Week 5 date:	100 short throws BH focus Free Throw	Week 5 date:	Super 70's Free Throw
Week 6 date:	100 short throws Wind Circle Free Throw	Week 6 date:	Super 70's Wind Circle Mid range pass 3 person break force drill	Week 6 date:	Mid range pass Wind Circle

OFF season

PRE-season

IN season

errors?

errors?

errors?

Week 1 date:	100 short throws Free Throw Super 70's	Week 1 date:	Super 70's Mid range pass Long passes and pulls Free Throw	Week 1 date:	Wind Circle Mid range pass
Week 2 date:	100 short throws Long passes and pulls Disc Golf Super 70's	Week 2 date:	100 short throws FH focus BH focus Disc Golf	Week 2 date:	Super 70's Long passes and pulls
Week 3 date:	100 short throws BH focus Free Throw Super 70's	Week 3 date:	Super 70's 3 person break force drill Disc Golf 100 short throws	Week 3 date:	Mid range pass 3 person break force drill
Week 4 date:	100 short throws FH focus Free Throw Super 70's	Week 4 date:	100 short throws FH focus Free Throw Super 70's	Week 4 date:	FH focus 3 person break force drill
Week 5 date:	100 short throws Mid range pass Disc Golf Super 70's	Week 5 date:	100 short throws BH focus Free Throw Super 70's	Week 5 date:	BH focus 3 person break force drill
Week 6 date:	100 short throws Wind Circle Free Throw Super 70's	Week 6 date:	Super 70's Wind Circle Mid range pass 3 person break force drill	Week 6 date:	Mid range pass Wind Circle

OFF season

PRE-season

IN season

errors?

errors?

Week 1 date:	Mid range pass Free Throw Super 70's	Week 1 date:	3 person break force drill Mid range pass Long passes and pulls Free Throw	Week 1 date:	100 short throws
Week 2 date:	100 short throws Long passes and pulls Disc Golf	Week 2 date:	3 person break force drill FH focus BH focus Disc Golf	Week 2 date:	Super 70's
Week 3 date:	FH focus BH focus Free Throw Super 70's	Week 3 date:	Mid range pass 3 person break force drill Disc Golf Super 70's	Week 3 date:	Long passes and pulls
Week 4 date:	3 person break force drill Mid range pass Free Throw Super 70's	Week 4 date:	3 person break force drill FH focus Free Throw Super 70's	Week 4 date:	100 short throws
Week 5 date:	3 person break force drill Mid range pass Disc Golf Super 70's	Week 5 date:	3 person break force drill BH focus Free Throw Super 70's	Week 5 date:	Super 70's
Week 6 date:	3 person break force drill Wind Circle Free Throw Super 70's	Week 6 date:	Long passes and pulls Wind Circle Mid range pass 3 person break force drill	Week 6 date:	Wind Circle