

Forehand Basics

The Forehand (AKA flick) is the throw that most players use to throw on the opposite side from their backhand: If you're right handed, backhands are most comfortably released on the left side of your body and a forehand will allow you to do the same on the right side of your body. Forehands in general are harder to learn than backhands, such that many defensive schemes will try to force players to throw only forehands. However once learned, many players find that the flick can have certain advantages over backhands including reach, release speed and control.

<https://www.youtube.com/embed/AiU5518a1q0>

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