



DISC GOLF IN SCHOOLS

5 LESSON PLAN

DISC GOLF IN SCHOOLS

These 5 lesson plans are designed to give students a taste of disc golf. The first 4 lessons have been designed to be conducted in a school without access to baskets. The final lesson is best at a local course but could be played if there is a safe area around the school.

The lessons do need a supply of discs. Disc golf discs are best. It does not matter what type of discs these are putters, drivers etc- we will not differentiate the discs in these lessons. Ultimate discs would work as well. You will also need markers and hoops or rope.

We have tried to thoroughly explain all the techniques covered in the lessons but sometimes a video does help.

A simple google search will bring up videos for any of these techniques. Further links are available in the pdf version of this booklet.

Like all sports safety is a big concern and we don't want anyone to get hit by a disc. Safety is worked into all the activities, but it is important to stress that being hit by a disc can hurt. That is why players should never throw or run to retrieve a disc until it is safe to do so. A disc can also damage property so ensure all activities are conducted in a clear area such as a basketball court or field.

We hope your students enjoy their introduction to disc golf.

THIS BOOKLET PREPARED BY AUSTRALIAN DISC GOLF, RAD-CREATIONS AND BESPOKE DISC GOLF



**Australian
Disc Golf**



**Booklet Feedback
Form**

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LESSON 1: INTRODUCTION

LESSON RATIONALE:

This lesson lets participants sample what they will experience when playing disc golf and aims to develop an interest in the sport from participants.

LEARNING OUTCOMES:

At the conclusion of this lesson students will have been exposed to the following aspects of disc golf:

Disc golf terminology:

Disc, Basket, Throw

Disc golf skills:

- Accuracy
- Throwing for distance

Disc golf rules:

- Never throw if there is a risk of hitting someone
- Players take it in turns to throw a disc.
- The aim of disc golf is to get your disc into the basket in as few throws as possible.
- Each throw must be taken from a tee pad or behind a previously thrown disc or mini.
- As a self-referred sport players need to pay attention to other player's throws.

INTRODUCTION:

Who here has played golf or mini golf?

Who here has ever thrown a frisbee?

Disc golf combines the skills of frisbee throwing with the rules and game play of golf. Instead of hitting a ball with a club into a hole you throw a disc into a chain basket. The aim is to get it in the basket in as few shots as possible.

WARM UP: Heads or tails

ACTIVITIES:

Throws in disc golf require accuracy and distance. The following games introduce short and then long throws.

Future lessons will work on technique. ***The most important thing to do is to not throw if there is a risk of hitting someone.***

ACTIVITY 1: Gyronaughts & Crosses – Short accurate throws

ACTIVITY 2: Driving Range – Long throws

Warm Up: Heads or Tails

Equipment:

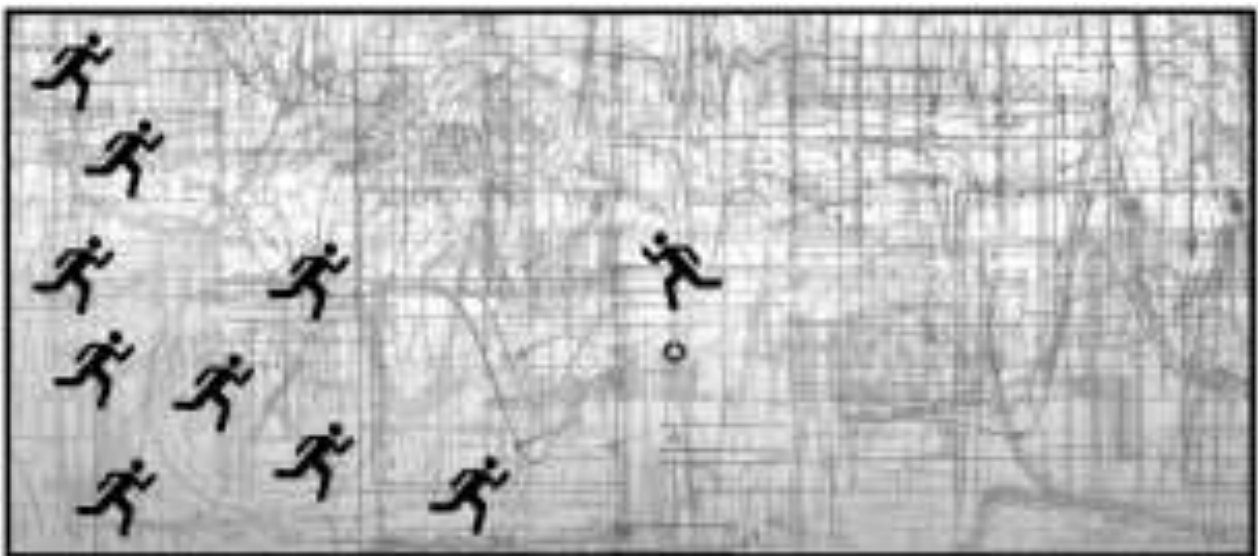
- Markers or defined playing space eg Basketball court
- 1x discs

Set up:

Create a square or rectangular playing area that players can run from one end to the other. Chose one player as the tagger.

Game play:

Players start at one end of the playing area with the tagger in the centre. The tagger has a disc and they shout “heads or tails” before flipping the disc into the air. Players must select what side they think the disc will land on by either placing their hands on their head or backside. Players who guessed correctly get to run across game area without getting tagged. Once they are across, players who chose incorrectly must run across while evading the tagger and avoiding being tagged. When a player is tagged they join the tagger in the middle for remaining rounds.



Activity 1: Gyronaughts & Crosses

Skills: Accuracy, short throws

Equipment:

- 9 x hoops (or other way to mark board eg rope)
- 2 x minis or markers
- 8 x discs

Set up:

Arrange hoops in a 3x3 formation representing a game of naughts and crosses. Hoops are useful for teaching participants to putt with the disc flat to avoid it rolling. This skill will transfer well to basket putting. Place two minis at an appropriate distance from hoops based upon participant skill and experience. Form two teams ideally of 4

Game Play:

This game is effectively a game of naughts and crosses where participants must putt their disc aiming to land it in a hoop. Teams alternate turns at throwing a disc to a hoop. Each player has a turn in each round. Teams are provided with 4 discs although they only need to land 3 in a row. If all 4 discs from each team have been used and no team has won, the round is called a draw and you start again (or let teams select a disc and rethrow until a team wins). Change the distance to the hoops to vary rounds.



Activity 2: CTP

Skills: Long throws

Equipment:

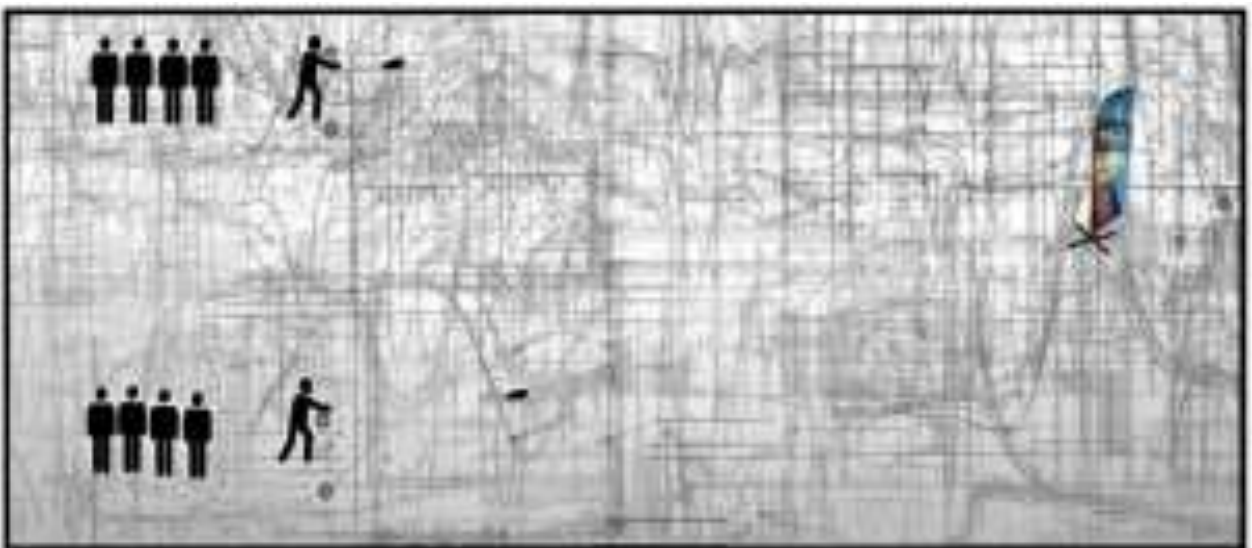
- A disc per participant
- 2 x minis or markers
- Flag, marker, hoop or basket as target
- Additional marker (flag or mini)

Set up:

Set up 2 minis to represent the front of a tee pad. At a distance appropriate for experience and skill, place a target for participants to aim towards. For a larger group set up multiple teepads from which throws can be safely made at the same time.

Game Play:

Each participant takes it in turns to drive towards the flag with the aim to land the closest. After each has thrown, the winning player can place a marker where their disc landed. Further rounds can try to pass the marker. Discs should not be retrieved until everyone has thrown and it is safe to do so. Move the teepad to practice different throws.



LESSON 2: PUTTING FOCUS

LESSON RATIONALE:

After taking part in the introductory lesson participants will now start to focus on developing putting skills. Putting is a short throw towards the basket.

LEARNING OUTCOMES:

At the conclusion of this lesson students will have been exposed to the following aspects of disc golf:

Disc golf terminology:

Disc, Putt, Lie, Basket

Disc golf skills:

- gripping the disc
- Putting technique
- Putting needs to focus on technique and accuracy rather than power and distance.

Disc golf rules:

- Never throw if there is a risk of hitting someone
- The aim of disc golf is to get your disc into the basket in as few throws as possible.
- Players take it in turns to throw a disc.
- Each throw must be taken from a tee pad or behind a previously thrown disc or mini
- As a self-referred sport players need to pay attention to other player's throws.

INTRODUCTION:

Last lesson we were introduced to disc golf. Today we are going to practice putting.

WARM UP: Rob the nest

ACTIVITY 1: Cone guts

ACTIVITY 2: Hot shots

If you have access to a basket or bin you could add or substitute the bonus activity.

BONUS ACTIVITY: Ring of fire

Technique: Putting

Skills: Putting

DEMONSTRATION:

Grip – Fan grip

Stance – Power stance-Jump from facing the basket to side on to target. With throwing hand closest to basket

Move feet so pointing to the basket. Bend knees a little so comfortable.

Action – Shift weight to back foot with disc towards your body. Transfer weight to front foot while pushing the

disc towards the basket and springing off back foot.

Finish – Finish by pointing hand towards basket – like shaking hands with it.

Putting Grip

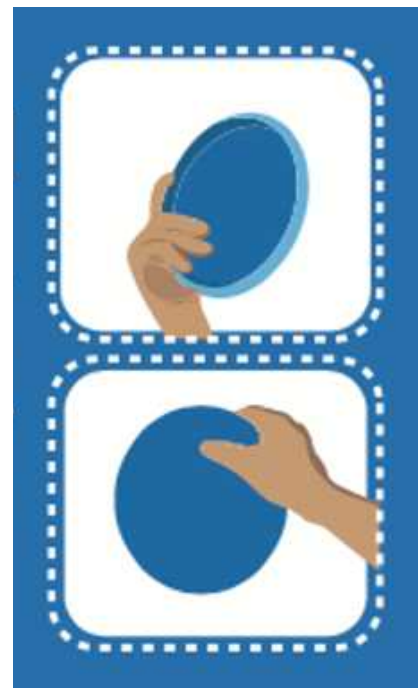
Fan your fingers out under the disc.
Place your little finger against the inside of the rim and rest your index finger on the outside of the rim of the disc.

Putting stance

- Good balance
- Head and neck towards the target
- The back leg provides power and push

The putt

- Pushed or thrown
- No body rotation
- The hand reaches toward the basket



Warm Up: Rob the nest

Equipment:

- Hoops (or baskets) x 5
- Discs (any number)

Set up:

Place one hoop in the middle full of discs. Place remaining hoops around it. Split students into 4 equal teams lined up behind each hoop.

Game Play:

Students from each team take it in turns to run to the centre hoop to grab a disc out and take it back to their team's hoop. Play continues until all discs from the centre hoop have been taken. At this point, players take it in turns to run to any other team hoop and steal their discs to take back to theirs. Play ceases on your call. The team who collected the most discs wins. To vary the game you can select a certain disc to be worth more points.



Activity 1: Cone guts

Skills: Short accurate throws

Equipment:

- 12 x cones or other markers
- 1 x disc

Set up:

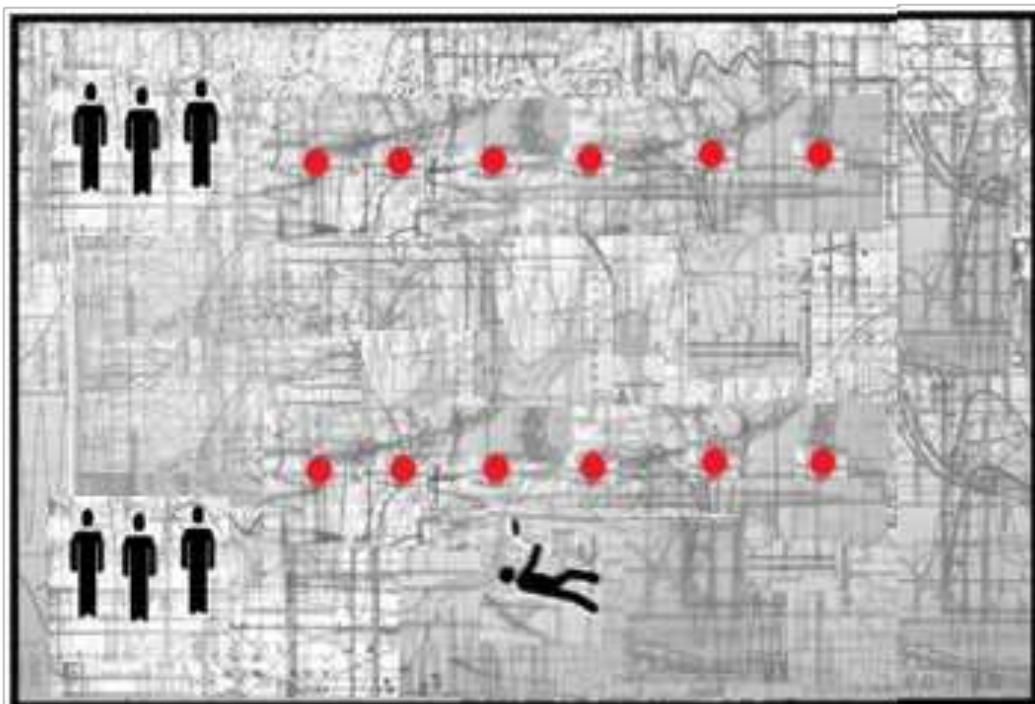
Place cones in two parallel lines about 8m apart. Divide players into two teams.

Game Play:

Players take turns throwing from behind their row of cones trying to knock over a cone on the opposing team. Score 1 point for each cone hit. Players should watch each throw to see if it hits a cone. First team to reach 15 wins. Move the lines closer or further apart to vary rounds.

Safety:

Make sure no one is at risk of being hit before throwing the disc.



Activity 2: Hot Shots

Skills: Practicing putts from different distances

Equipment:

- 4 x hoops
- 4 discs
- 20-30 x minis or markers

Set up:

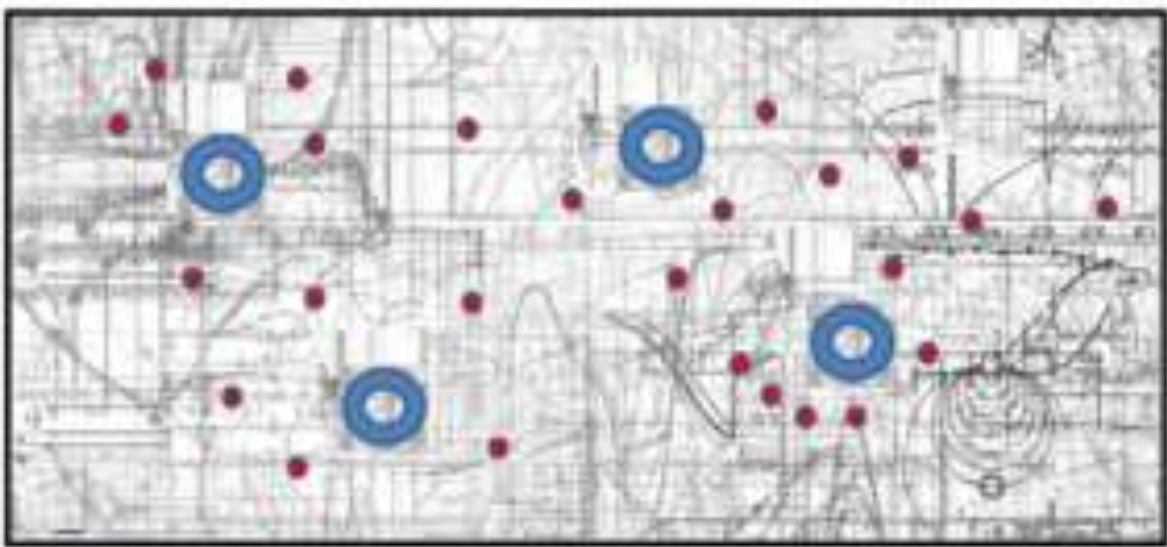
Position hoops around playing area. Arrange markers at different distances up to 10m around hoops. Divide group into 4 teams with one disc per team.

Game Play:

When play commences one member of each team runs to a marker and attempts to putt the disc into a hoop. If they putt successfully they pick up the marker. If they miss they leave the marker on be ground. They then retrieve the disc and return to the team so the next person can have a turn. Play continues until all markers are picked up or a certain time has elapsed. The team who collected the most markers is the winner.

Safety:

Players need to be aware of where other players are to ensure they don't hit someone running to a marker or run through where someone is taking a shot. When you have few markers left players may need to wait their turn. If need you could limit it to 1 hoop per team.



Bonus Activity: Ring of Fire

Skills: Putting

Equipment:

- 1 basket
- Disc per participant

Set up:

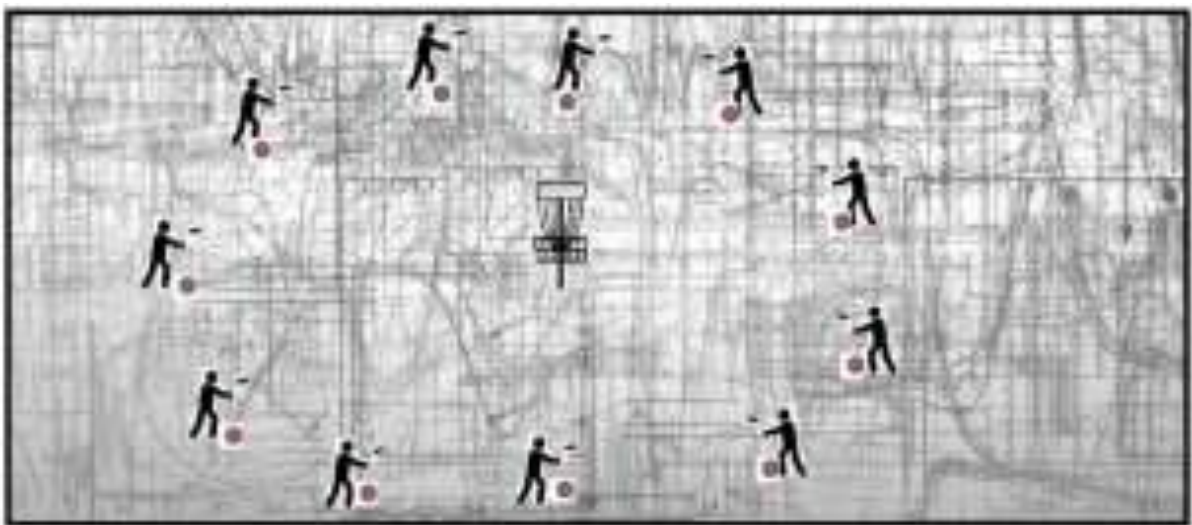
Get players to form a large circle with the basket at the centre. Each player should be holding a disc.

Game Play:

Select all or a group of participants and call out “ring” followed by “of” followed by “fire”. Participants call out after you and on “fire” they all putt simultaneously. After each putt attempt participants should only collect their disc when instructed to and once all discs have been thrown. Repeat as many times as desired. Those who make it into the basket get another shot from the same distance until there is one winner. Then everyone is in again. You can vary the distance or slit into groups.

Safety:

As all players throw simultaneously, ensure everyone is a safe distance away from each other and that players are aware of overthrows.



LESSON 3: DRIVING FOCUS

LESSON RATIONALE:

Participants will now start to focus on developing driving skills. Driving is a long range throw.

LEARNING OUTCOMES:

At the conclusion of this lesson students will have been exposed to the following aspects of disc golf:

Disc golf terminology:

Disc, Drive, Tee, Backhand, Basket

Disc golf skills:

- gripping the disc – Power grip vs fan grip
- Backhand driving technique

Disc golf rules:

- Never throw if there is a risk of hitting someone.
- The aim of disc golf is to get your disc into the basket in as few throws as possible.
- Players take it in turns to throw a disc.
- Each throw must be taken from a tee pad or behind a previously thrown disc or mini
- As a self-referred sport players need to pay attention to other player's throws.

INTRODUCTION:

Last lesson we looked at short throws. Today we will be learning how to throw for distance.

WARM UP: OB Island tag

ACTIVITY 1: Driving range

ACTIVITY 2: Disc Golf Baseball

If you have access to a basket or bin you could add or substitute the bonus activity.

BONUS ACTIVITY: Ace race

Technique: Driving

Skills: Driving

DEMONSTRATION:

Grip – Power grip

Stance – Stand side on to the basket with throwing hand closest to the basket. Feet should be shoulder width apart.

Action – Reach back with the disc. When ready to throw pull disc through chest on a straight line while transferring weight to front foot. Release disc with a flick of the wrist to give it spin.

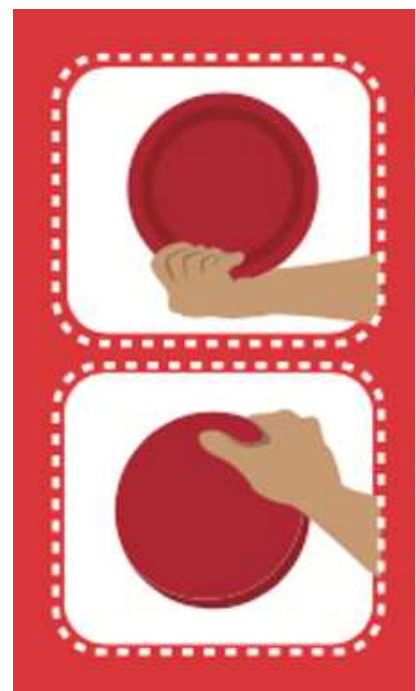
Finish – Follow through allowing body to swing around pivoting on front foot. A backhand throw for a right handed player will fade to the left at the end of its flight and to the right for a left handed player.

Troubleshooting: If the disc is going up in the air check the front of the disc is being released flat not nose up. It helps to keep the elbow up in line with chest. Similarly, if the disc is going down check release is not nose down.

Advanced: Players who get the hang of driving can experiment with the angle that the disc is on when released - Hyzer and anhyzer.

Driving Grip

Press your four fingers inside the wall of the rim. Place your thumb on top of the disc and grip firmly, pinching the disc between your thumb and fingers.



Warm Up: Out-of-bounds (OB) Island Tag

Equipment:

- Cones or markers.

Set up:

In a large game area, use cones or markers to create three island like shapes for participants to move between.

Game Play:

Select 1-4 taggers. Taggers are not allowed on the islands and must stay in the OB areas only. All other participants can run freely from island to island across the OB while avoiding getting tagged. When tagged, a participant also becomes a tagger. Instructions can be given as to what island people must run to and when etc. Continue play until all players are tagged or until a coach determined time.



Activity 1: Driving range

Skills: Driving

Equipment:

- A selection cones or markers
- 2 -6x minis or other markers
- 1 disc per player

Set up:

Set up 1 or multiple teepads using the minis.

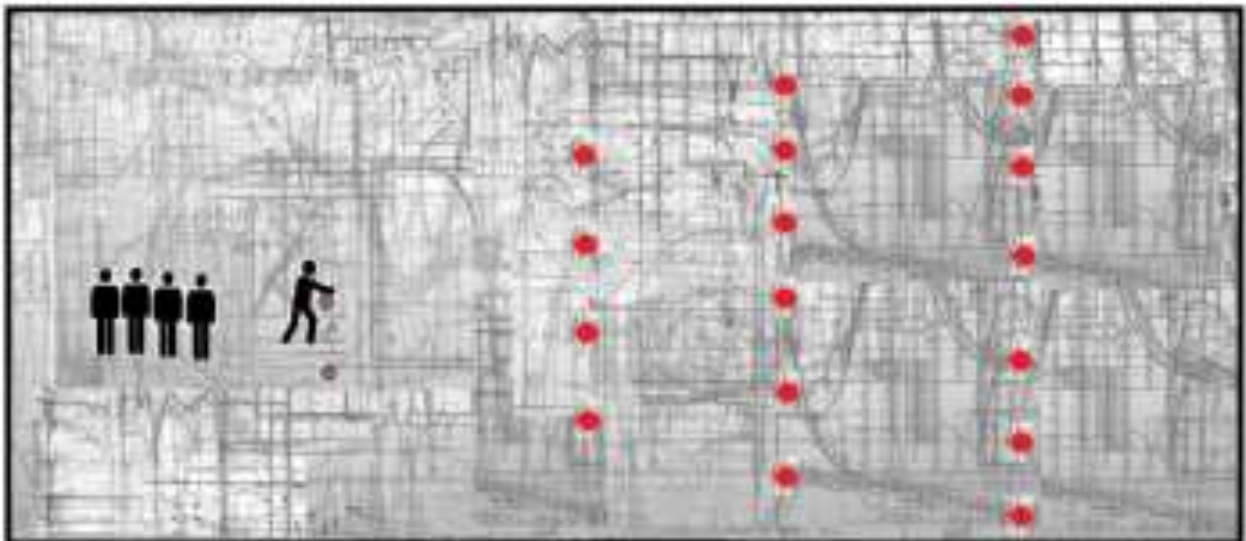
At various distances away from the tee pad (eg 25m, 35m, 45m), set up a row of ground markers.

Game Play:

Each players takes it in turn to drive their disc for maximum distance. All players wait until everyone has thrown prior to retrieving their disc. Players observe their own distance using the markers as a guide as to approximately how far they have thrown. Players should try to beat their own distance on their next turn.

Safety:

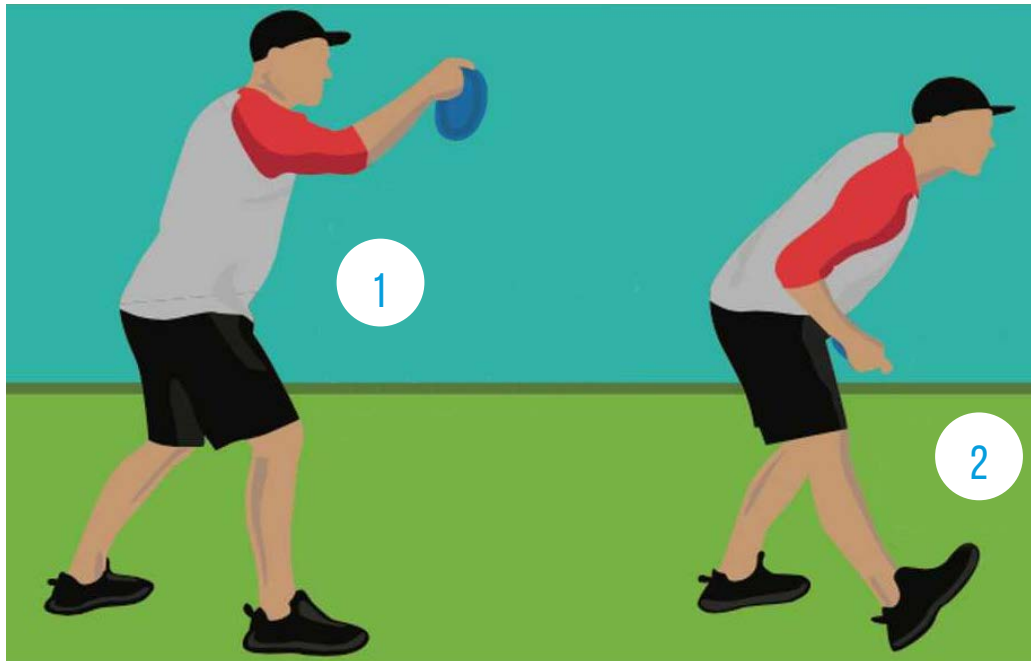
Ensure everyone has thrown before discs are retrieved – you can use a signal.



PUTTING

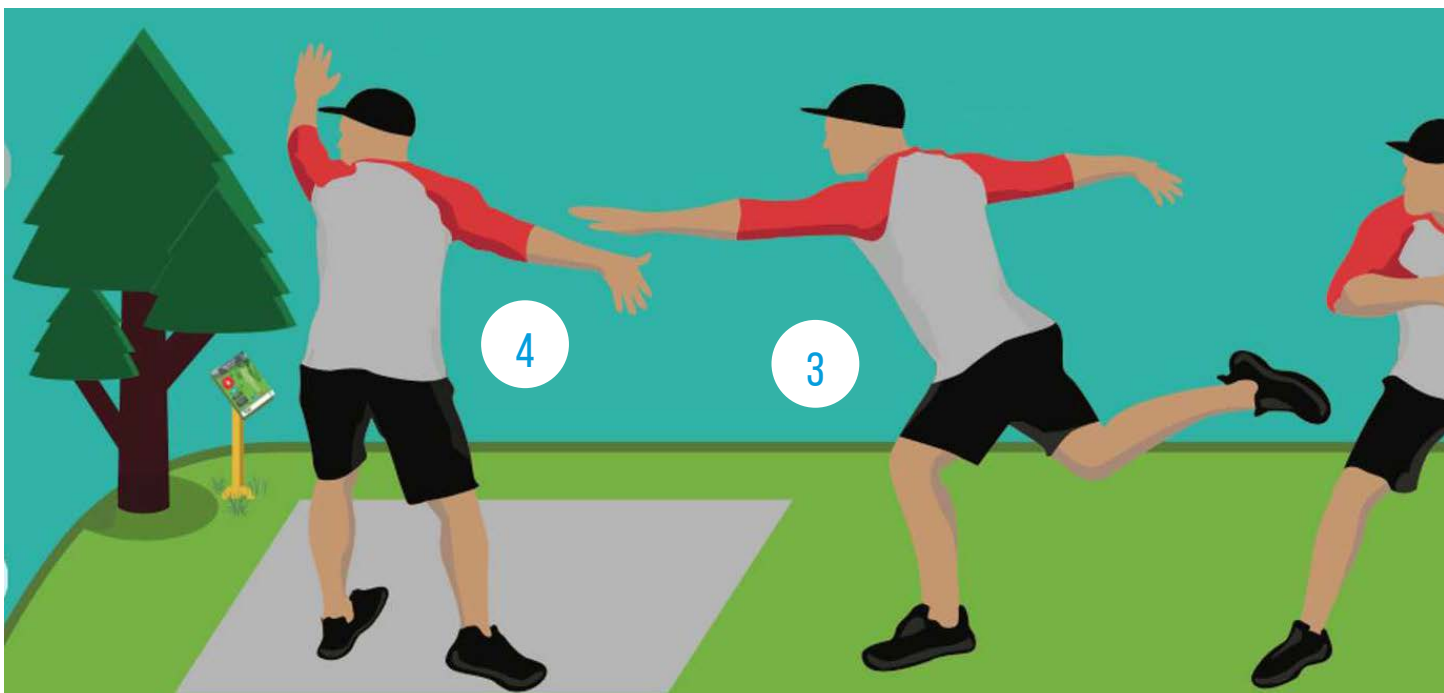
Disc Golf Basket

The 'hole' in disc golf is the disc catching basket. The 'hole' is complete when your disc comes to rest in the basket cage or chains.



Stand with your knees slightly bent in a comfortable position with your front foot pointing towards the basket

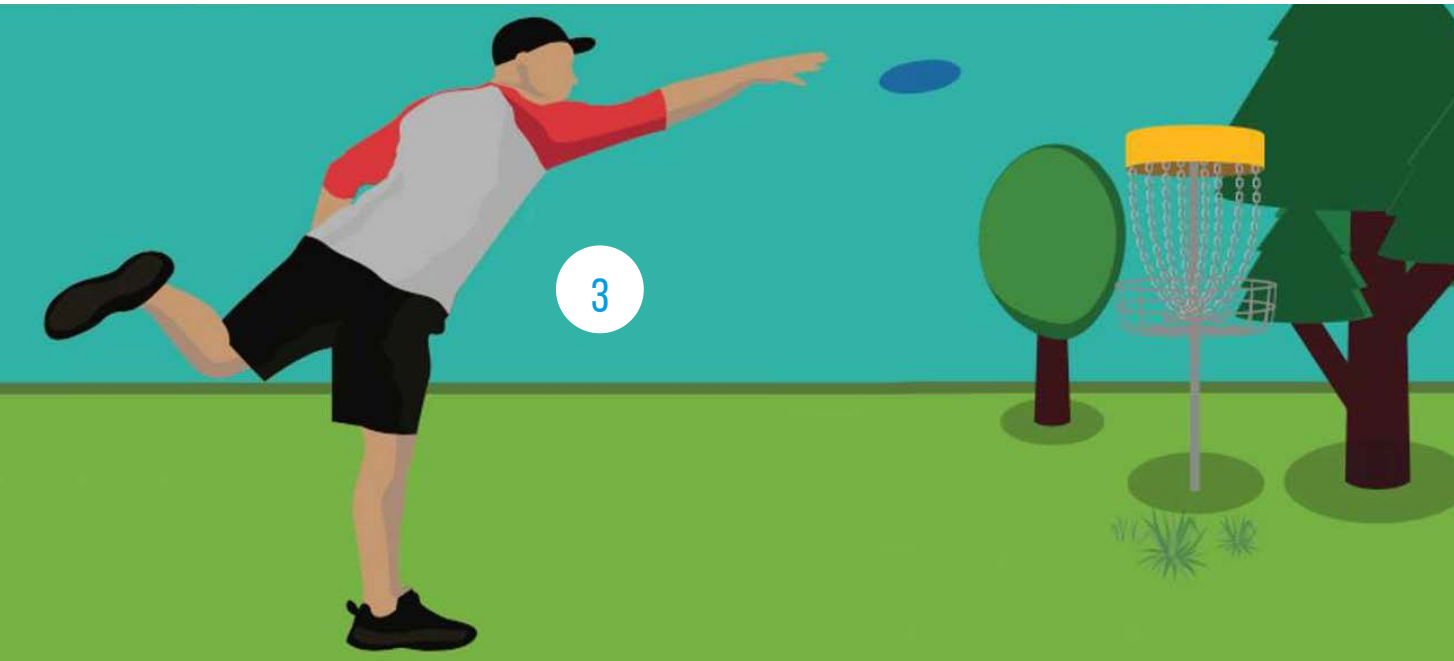
Shift your weight to your front foot and bring the disc towards the basket



Follow through after you throw by allowing your body to swing around, rotating on your foot.

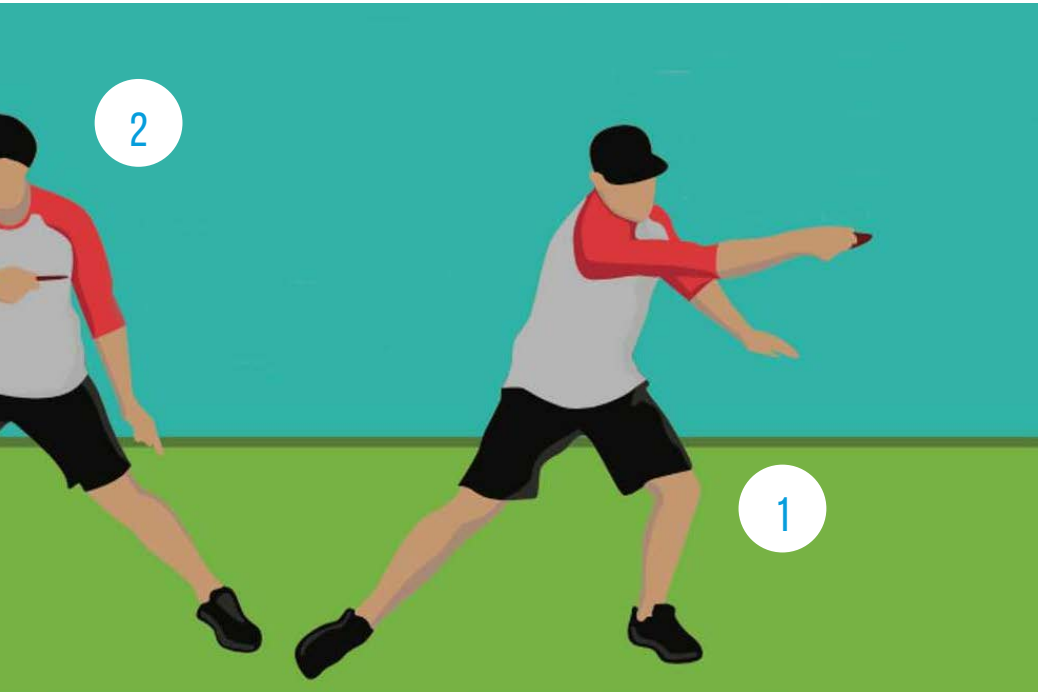
Release the disc on the line you want to throw. Hold on to the disc firmly so it rips out of your hand as you drive...

Pull the disc straight line and make it raised up to the basket



our back foot and
s your body...

In the same motion, shift your weight forward again,
spring off your back foot and spin the disc out of your
hand towards the basket.



c through your chest on a
e. Keep your head over the
ake sure to keep your elbow
maximise power...

Stand side-on with your shoulders
pointing in the direction you want to
throw. Turn your body and reach back
with a straight arm.

DRIVING

Tee Area

The tee pad is where you take your first throw on each hole. The tee sign contains the hole information including the hole number, par, distance and a map of the fairway.



Activity 2: Disc golf baseball

Skills: Driving

Equipment:

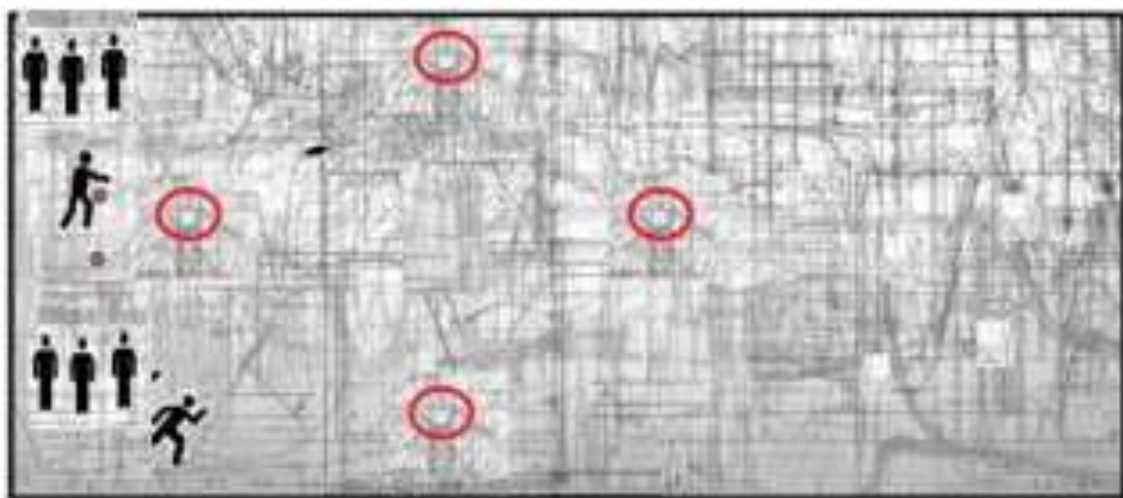
- 4x Hoops.
- 1 x disc
- 2x minis or markers

Set up:

Place hoops in the formation of a baseball diamond. Set up a teepad behind home hoop. Split the group into 2 teams.

Game Play:

The first “batter” stands at the home hoop. The first “fielder” stands on a line behind the “batter”. All remaining players stand at a safe distance behind the batter. The “batter” throws a disc and must run around the bases. They can continue to run bases as long as it takes for fielders to stop them .so they can accumulate more than 1 run per throw. Once the disc is thrown by the batter, the fielder runs to retrieve the disc and runs with it back to the teepad. Once the return they yell “out” and the batter must stop running. The number of laps of the bases completed gets added to the team’s score.



Bonus Activity: Ace Race

Skills: Driving for accuracy

Equipment:

- 1-4 baskets
- 4 minis or markers
- 1-2 discs per player

Set up:

Set up a group of baskets tightly together in a bundle.

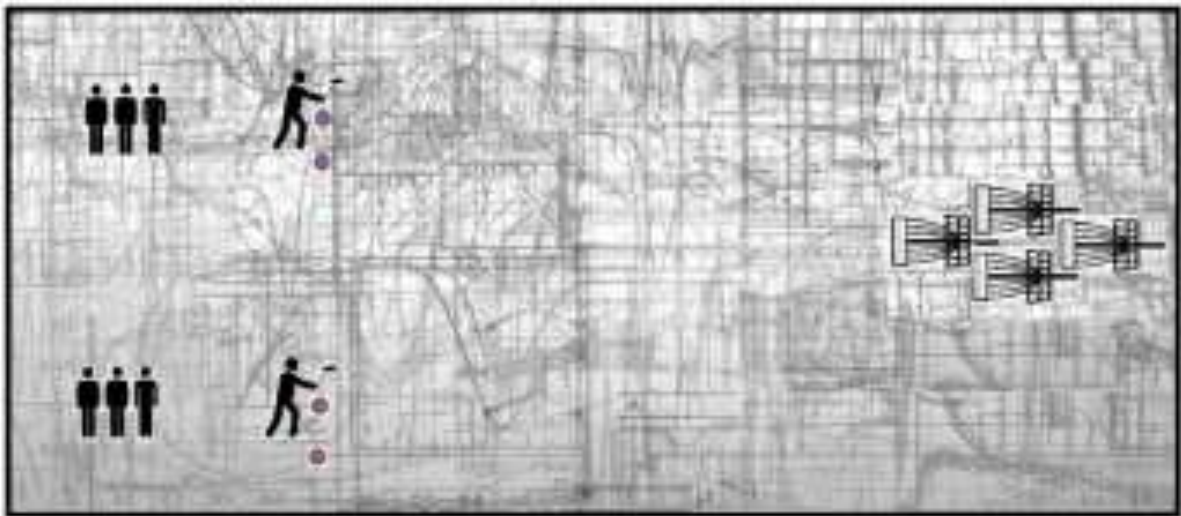
Set up two tee areas using the mini markers about 25m from the baskets.

Game Play:

Players take turns to tee off aiming for the basket. If you have enough discs each player can take 2 shots consecutively. Award points for an ace (in the basket), a chain out or basket hit or closest to the basket. You can change the distance to the basket for further rounds.

Safety:

Ensure everyone has thrown before discs are retrieved – you can use a signal.



LESSON 4: MORE SKILLS

LESSON RATIONALE:

Participants will learn some different throws and techniques.

LEARNING OUTCOMES:

At the conclusion of this lesson students will have been exposed to the following aspects of disc golf:

Disc golf terminology:

Disc, Drive, Tee, Backhand, Forehand, X-step, mando

Disc golf skills:

- gripping the disc – Split finger grip
- Driving technique

Disc golf rules:

- Never throw if there is a risk of hitting someone
- The aim of disc golf is to get your disc into the basket in as few throws as possible.
- Players take it in turns to throw a disc.
- Each throw must be taken from a tee pad or behind a previously thrown disc or mini
- As a self-referred sport players need to pay attention to other player's throws.

INTRODUCTION:

We have looked at putts and backhand drives today we are going to learn forehand throws and put it all together.

WARM UP: X-step - You can use the X step to get more power on a backhand drive.

ACTIVITY 1: Mando mania

ACTIVITY 2: Drive for show put for dough

Technique: Forehand throws

Some people prefer to drive with a forehand throw. It can also be useful to get out of trouble for example if stuck behind a tree.

DEMONSTRATION:

Grip – Split grip

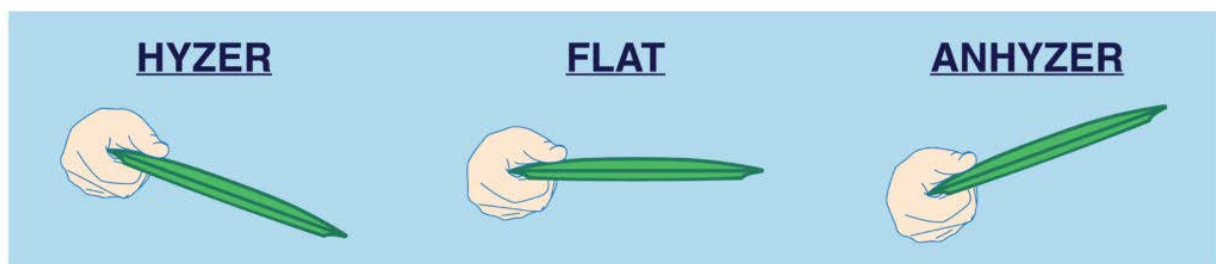
Stance – Stand with legs shoulder width apart facing direction you wish to throw. Elbow of throwing hand close to body at hip.

Action – Take a step forward with opposite foot to throwing hand reaching back with throwing hand but keeping elbow bent. As weight is transferred to front foot bring wrist forward, straight arm and flick the disc out.

Finish – Follow through with other foot coming forward. A forehand throw for a right handed player will fade to the right at the end of its flight and to the left for a left handed player

Troubleshooting: If the disc is going up in the air check the front of the disc is being released flat not nose up. Similarly, If the disc is going down check release is not nose down.

Advanced: Players who get the hang of driving can experiment with the angle that the disc is on when released - Hyzer and anhyzer.



Warm up: X-step

Skills: Footwork

Equipment:

- Clear flat area such as a basketball court or field.

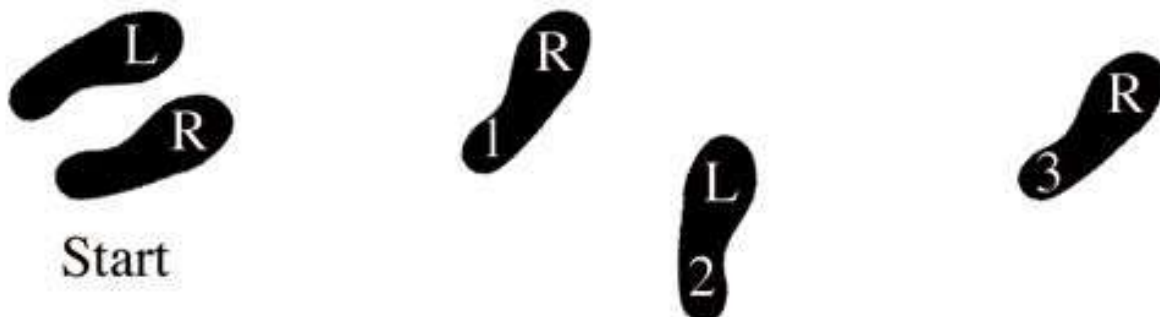
Set up:

Players start at one end of the area a safe distance from each other.

Game Play:

The X-step is like a dance move and is used to generate more power from a backhand drive. Start by demonstrating the X-step. Start side on with dominant hand facing forward. Take a step to the side with front foot. Then cross back foot behind front foot to end up slightly ahead of it. Finally step again with the first foot transferring weight to it.

Players can then practice the X-step, making their way across the playing area. When they all make it to the end turn around and go back. Start out slow and then get faster. The step behind should be very quick.



Activity 1: Mando mania

Skills: Throwing for accuracy

Equipment:

- 2 x feathers flags or trees or markers
- 1 x disc per participant
- 2 x minis or markers

Set up:

Position 2 minis to represent the front of a tee pad.

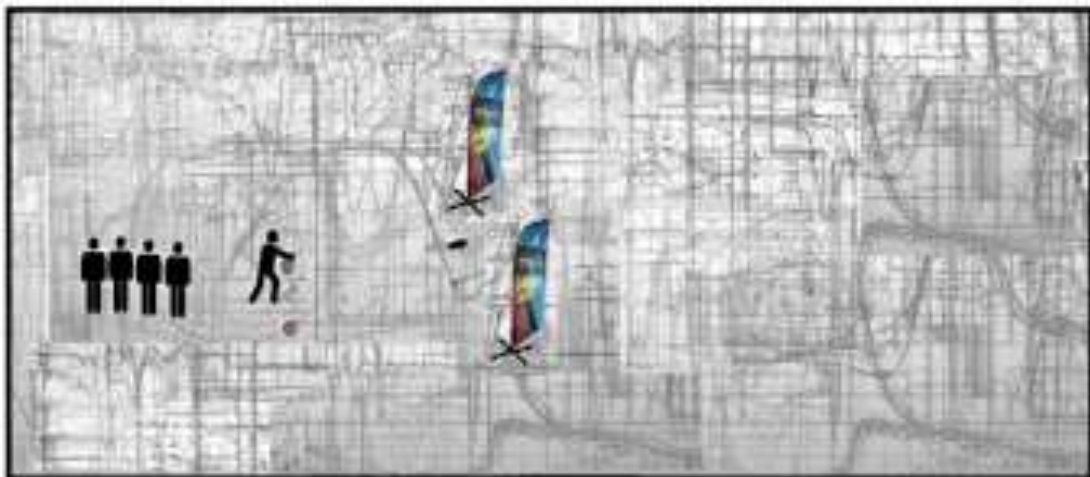
Use feathered flags to form the mando. Distance about 15m from the tee and about 7m apart. Use multiple safe teepads for a larger group.

Game Play:

Participants in each group take it in turns to drive through the mando. Each participant who makes the mando gets one point. Participants cannot retrieve their disc until all participants have thrown. Play can continue until a specified score for an individual is reached or at a time determined by the coach. Practice forehand drives to begin with, then whichever they want to practice for later throws. They can even try adding the X-step to a backhand drive.

Safety:

Ensure everyone has thrown before discs are retrieved – you can use a signal.



Activity 2: Drive for show putt for dough

Skills: Driving

Equipment (per group):

- 1 x Basket or hoop or bin
- 4 x discs
- 3 x minis

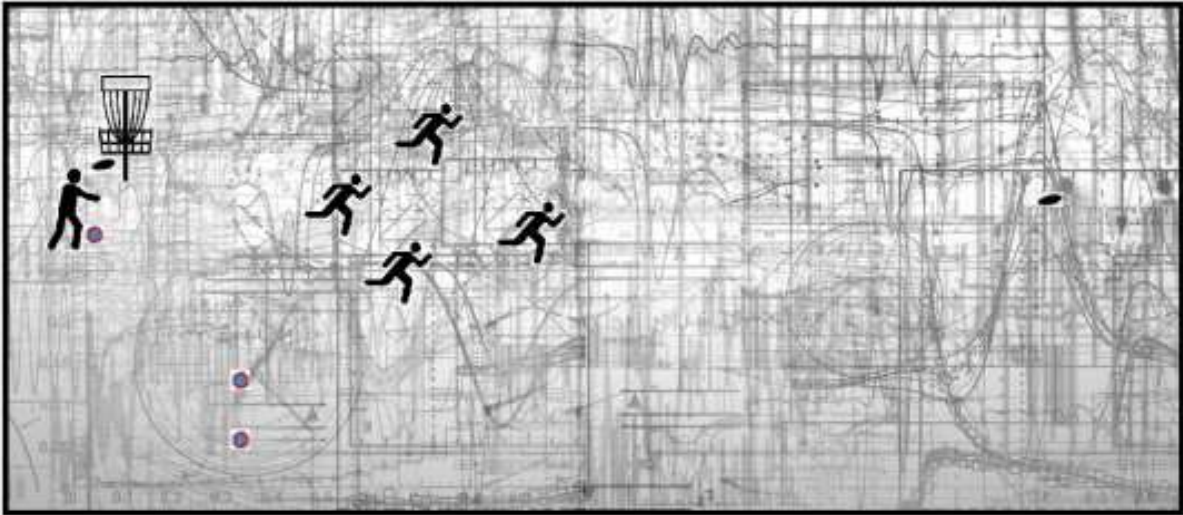
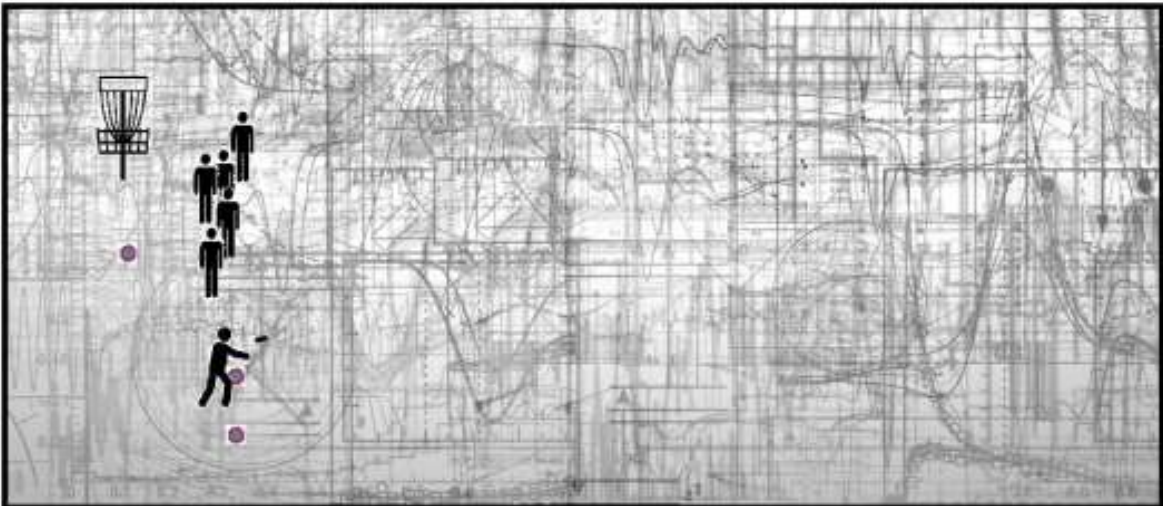
Set up:

Position two minis to represent the front of a tee pad. Place a basket in close proximity to the tee pad with another mini positioned for the putting lie. For large groups, set up more stations or rotate groups.

Game Play:

The first player drives for distance from the tee pad. Once thrown, the other members in their team race to collect the disc and run it back to the tee pad as quickly as possible (depending on the group size this could be all other players or 1-2 players). While the other group members are retrieving the disc, the player who drove now putts the 3 other discs into the basket from the putting lie with each putt resulting in one point. They can continue putting the 3 discs as many times as possible until their drive is returned. Rotate players driving and retrieving. The player with the highest putting score is the winner.

Activity 2: Drive for show putt for dough



LESSON 5: PLAY A ROUND

LESSON RATIONALE:

Participants will put what they have learnt together to play some holes of disc golf.

LEARNING OUTCOMES:

Disc golf terminology:

Disc, Drive, Tee, Backhand, Forehand, Putt, Basket

Disc golf skills:

- scoring
- picking the right throw for the situation

Disc golf rules:

- Never throw if there is a risk of hitting someone
- The aim of disc golf is to get your disc into the basket in as few throws as possible.
- Players take it in turns to throw a disc.
- Each throw must be taken from a tee pad or behind a previously thrown disc or mini
- As a self-referred sport players need to pay attention to other player's throws.

Set up:

This lesson is best run at a local course. If this is not possible and you have space somewhere safe, you could set up some object golf holes. This involves designating a tee area and a target eg a garbage bin or pole. Players should be divided into groups of 3-5. Each group can start on a separate hole or start on hole 1 waiting for the previous group to finish before teeing off.

Some players may not want to keep score. That is fine they should be encouraged to try their best and keep improving. Like golf, disc golf is also a mental game so getting back up after a bad throw is an important skill to learn. The scores should be used to keep track of how individual players improve if subsequent rounds are played.

One option for reluctant players is to pair them with someone where they both throw and then go to the best shot for their next shot.

INTRODUCTION:

In the lesson you will have the chance to put together what you have learnt in the previous lessons. You will need to plan your shots and keep track of your own score.

On each hole, players in the group take it in turns to tee off. You should first check it is safe to throw, plan your shot and then throw. You should remain quiet while someone is throwing and watch where their throw lands.

Once everyone in the group had their drive you can move from the tee area. Take your next shot from where your disc landed, the person furthest from the basket throws next. The rest of the group should wait behind them. When you get close to the basket switch to putting. Make sure you are keeping track of how many throws you have taken to land in the basket. When everyone has finished the hole record the scores and move to the next hole.

At the end of the round add up the scores for each hole. Enjoy your round.

ADVANCED SCORE KEEPING:

You can keep score using the **UDisc** app. It can be downloaded on both Android and Apple devices and is available through <https://udisc.com/>

UDisc can link to the course you intend to play with the students.

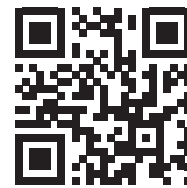
COURSE RESOURCE LINKS:



UDisc



Disc Golf Metrix



Flyspot

HOW TO PLAY - ON COURSE

Safety and Courtesy

- Always give other park users the right of way.
- Never throw when other players or park users are within range.
- Respect the course – put rubbish in bins and keep the park tidy.
- Take care when walking through terrain.

Start

Each hole begins with a tee-off throw from the tee pad. After everyone has thrown, the player whose disc is furthest from the basket throws next.

Next Throw

Wherever your disc lands on the fairway is the spot where you must take your next throw towards the basket. Players may take a run up, but you must throw from behind this spot. A follow through is allowed after you release the disc.

Putting

Throws which are less than 10m from the basket require players to stay behind the spot until the disc comes to rest.

Completion of Hole

A hole is completed when your disc comes to rest in the basket catcher or chains. On top of the basket does not count.

Playing in Order

When you start each new hole, the player with the lowest score on the previous hole throws first.

Out of Bounds

A disc is out of bounds (OB) when it is completely surrounded by the OB area as marked on the tee sign. A one-throw penalty is added to the score and the next throw is taken from the point where the disc went OB. All throws on or over roads and footpaths are out of bounds.

Trees

If a disc comes to rest in a tree, the next throw is played from underneath with no penalty.

DISC GOLF BASICS

1 **Check**

Never Throw when there is a risk of hitting someone. Wait until it is safe to throw, check blind spots and show respect to the public.

2 **Plan**

Pick a path from the tee to the basket trying to avoid trees, other obstacles and water hazards.

3 **Tee Off**

Begin by throwing from the tee area towards the basket. Watch while everyone in your group tees off.

4 **Next Throw**

Take your second throw from where your disc lands. The player whose disc is furthest from the basket throws next.

5 **Hole Out**

Continue taking throws in turn until your disc comes to rest in the basket. Count how many throws it took to finish the hole.

