



Disc Golf Instructor Notes

Objective: To provide a safe environment for challenging and enjoyable activities to take place that develop participant's physical, social and mental skills.

The object of the game of disc golf is to complete the course in the fewest throws of the disc. The course consists of nine holes each with three tee spots depending on the course you are doing. Start with the Red course for beginners, move to the Blue course for Novices and finish with the Gold course for intermediate players and you will have completed 27 holes. Each hole is a separate unit for scoring.

Equipment Provided:

1. Crate of Discs – 18 Mid-Range Discs – Three of each colour.
2. Map and Score Card for the course – one per playing group
3. Pencils – one per playing group
4. Disc Baskets for each hole – in place around the course
5. Concrete Tee markers – Red for Beginner, Blue for Novice and Gold for Intermediate. These are already in place around the course
6. Initial Sign, Tee off Signs and Hole Flags in place around the course

Location: Assemble at the sign at the back of the Pizza Oven near the BBQ Shed.

Before You Start:

1. Check

- **Equipment** – Have you everything you need. Is it in good order and safe? This should've been collected from the centre ready for your activity.
Are individuals equipped with appropriate clothing, is footwear sturdy and enclosed? Sunscreen or insect repellent has been applied if needed.
- **Environment** – Beware as you move around the course. Is the area free of debris and animals including snakes, ants, spiders, and bees? Are there any people in your line of throw? Check the weather - Is it safe to continue?

2. Teach

Safety Guidelines and Play Etiquette

- Safety is very important – everyone is responsible to keep each other safe
- Warmup exercises for arms and legs
- Never throw if other players, people or wildlife are in range.
- Avoid trying to overpower your throw
- Keep away from other activities that may be operating.
- Always follow the rules of the game. Do not alter the course in any way.
- Silence is important: Stay quiet and stand behind the current thrower to avoid being a distraction.
- If a faster group is behind you, it is polite to let them "play through" and go in front of you
- Remove disc from basket after completing the hole.
- Make sure you take any rubbish with you and not leave it on the course

Disc Hold

These vary by shot type—power grips for distance, fan grips for accuracy, and specialized putting grips.



The two most common grips are:

- **Power Grip:** This is a great grip for starting a drive. Tuck all 4 fingers firmly into the rim of the disc and place your thumb on top of disc closer to the rim. The palm of your hand should be raised above the top of the disc to reduce air resistance.
- **Fan Grip:** This is great for accuracy but can't handle much power. With fingers spread across the bottom of the disc and thumb firmly on top.



What's your grip style? This can be different depending on age, size, experience etc.

1. **Hold the Disc Comfortably:** Place your thumb flat on the top of the disc's flight plate and your fingers along the underside rim.
2. **Test Finger Placement:** Try three basic finger positions: all fingers under the rim (power grip), just your fingertips (fan grip), or a stacked middle and ring finger (pinch grip). See which feels solid and controlled.
3. **Check Tension:** Hold the disc firmly enough that it won't slip but relaxed enough so you can snap your wrist during the throw.
4. **Practice Throws:** Take a few gentle throws with each grip style. Notice how the disc flies, your comfort level, and how the disc responds.
5. **Mix and Match:** Don't hesitate to blend grips depending on distance and throw types. Being flexible is a game-changer.

How to Throw

The backhand and forehand are the primary throws used in the game. Try to keep the disc flat so it doesn't go up in the air or hit the ground.

Backhand

- Stand sideways with your throwing shoulder pointing towards the target and your weight on your back foot.
- Hold the disc in your dominant hand, placing your thumb on top and using a hold that is comfortable and secure for you and suitable for the throw you are about to do.
- Hold your arm straight and stretch it behind you keeping the disc flat and at about waist height. Experiment with this position until you find a stature that is comfortable for you.
- Quickly swing your arm forward and release the disc when it's lined up with the target. Try swinging your arm at different speeds and see the effect on the disc.
- Transfer your weight to your front foot as you make the throw. Once your elbow reaches the middle of your body, place your weight onto your front foot. This will help to increase the momentum of your throw.
- If you find that you are getting a little off balance, bend your front leg slightly.
- Allow your arm to continue swinging after you release the disc. Following through will help to increase the distance of your throw and helps to prevent injuries. Allow your arm to keep swinging toward the target. The faster that you throw the golf disc; the further your arm will naturally follow through.



Forehand

- Hold the disc firmly to give you good control of the throw. A pinch grip often works best. Let the web between your thumb and index finger rest on the outside rim.
- Point your non-throwing shoulder toward the target. Stand sideways to the target with your feet shoulder-width apart. Bend your knees slightly to give you extra stability.
- Hold the disc flat and pull your arm back away from the target. Hold your forearm horizontally and then pull it back behind you to a comfortable position.
- Keep your wrist in a horizontal position, as this helps the disc to fly straight. Try to maintain this horizontal position throughout the throw.
- Flick your wrist and forearm forward and release the golf disc. Keep your forearm in a horizontal position as you quickly bring it forward. Release the disc when your wrist is pointing toward the target. The momentum of the flick will propel the disc into the air. The faster that you flick your wrist; the further the disc will fly.
- You may notice you flick your helps to make smooth.



that your hips turn slightly as forearm. This is natural and the movement nice and

How to Play

- Start
Each 'hole' begins with a throw from a concrete tee pad within 30 seconds for each player teeing off. After every player in the group has thrown, the player whose disc is furthest away from the basket throws next.
- Next Throw
Wherever the disc comes to rest on the fairway is your 'lie', and where you play your next throw from. You may take a run up, but you must throw from behind your lie. Stepping over the lie (follow through) is allowed after you release the disc.
- Putting
When putting from inside 10m from the basket, the player must not step past the lie until the disc has come to rest in the basket.
- Completion of Hole
A hole is completed when the disc comes to rest in the basket or chains. On top of the basket doesn't count and requires an additional stroke to complete the hole.
- Playing in Order
When you start the next new hole, the player with the lowest score on the previous hole throws first.
- Scoring
Players can record the number of throws plus any penalty strokes on a printed or digital scorecard after each hole. At the end of the game, all holes are totalled and the lowest score wins.
- Out of Bounds (OB)
A disc is out-of-bounds when it comes to rest in an OB area, as marked on the tee sign. A one-shot penalty is added to the player's score, and the next throw is taken from the point where the disc crossed the OB boundary.
- Mando (short for mandatory)

A 'mando' is a specific direction or route that the disc must take on a hole. It's marked with a sign or arrow on a tree. If a player's disc misses the mando, by flying to the wrong side or missing the marked route, they receive a one stroke penalty and must continue from a designated 'drop zone' area, which is marked on the course and tee sign.

- Lost Disc

All players need to look for the disc. If not found within three minutes, it is 'lost'. Play from the previous lie and add a one stroke penalty. All discs at the end need to be found and returned to the crate.

- Disc Comes to Rest in a Tree

Throw from underneath the disc with no penalty.

3. Ready to Roll – Enjoy the Activity

1. Divide the group into smaller groups of 4 people. Give each group a pencil and Score Card with the map on the back.
2. Each player in the group selects a different colour disc.
3. Start the groups on the course with them starting at different holes. They still must complete all the holes at each level prior to moving on to the next level. For example: Group 1 would start at Hole 1, Group 2 would start at Hole 3, Group 3 would start at Hole 5, Group 4 would start at Hole 7. This allows for some leeway for faster groups.
4. Ensure every child gets an opportunity and help those in need of assistance but don't do it for them.

5. Finishing Up the Activity

- **Debrief by asking the group questions. Some suggestions are below:**

What did they find challenging?

Did they achieve their goals?

How did they go improving their throwing and disc holds when completing the course?

Are they more confident now than before?

Did they need to resolve any conflict during the course?

How would they rate the activity?

- **Collect all Equipment**

Check everything is there and return to the Centre.

Spring Beach Youth Camp
DISC GOLF COURSE

ABOUT DISC GOLF
Disc golf is a fun and challenging game that anyone can play. It's played on a course with 9 holes, but instead of clubs and balls, players throw a disc and instead of swinging for holes in the ground, they target a metal basket with a ring and chains to catch the disc.

THE COURSE
Blue Hole
This is the only hole on the course that is a water hazard. The hole is located on the right side of the course and is a 100-foot hole.

Three Levels - Three Levels of Challenge
Each hole has three levels of challenge. The first level is the easiest, the second level is a bit more challenging, and the third level is the most challenging.

Marking the Course
Each hole has a sign that shows the hole number, distance to the basket, and a map of the hole. The baskets are also numbered and marked on the map. The signs are also numbered and marked on the map.

ETIQUETTE
- Be respectful of other people on the course.
- Don't throw or swing when you are not your turn.
- Allow faster groups to play through.
- Don't drink or eat on the course.
- Quiet Please! When others are throwing.

How to Play
Start
Each hole begins with a throw from a concrete tee pad. The tee pad is marked with the hole number, the distance to the basket, and the direction to the basket.

Play
After getting from the basket, the player must not step past the hole and the disc has to be in the basket.

Completion of Hole
A hole is completed when the disc comes to rest in the basket or chain. On top of the basket is a sign.

Playing to the Hole
When you get to the hole, you must play the disc to the basket or chain. The hole number, the distance to the basket, and the direction to the basket are marked on the sign.

Course Options

RED TEES - BEGINNER	BLUE TEES - NOVICE	GOLD TEES - INTERMEDIATE
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
10 11 12 13 14 15 16 17 18 19	10 11 12 13 14 15 16 17 18 19	10 11 12 13 14 15 16 17 18 19

LEGEND
Basket, Tee Pad, Tee Hole, Pathway, Tree / Shrub, Obstacle Course, Water, Grand Road, Building

DISC GOLF COURSE
Discology