

Disc Golf

Skills and Drills

Individual Drills

#1. (Individual-Stationary) 5 Essential Components

- A. Tuck** (tuck frisbee across chest)
- B. Grip** (grip frisbee with water gun grip...thumb on top with index finger on side and middle, ring and pinky fingers curled underneath)
- C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- D. Foot Work** (jump-hop forward off both feet-putt, 1 step forward-chip, 3 or 5 steps forward approach –drive)

E. Motor Skills Cues

1. Strokes (step by step progression with frisbee but not throwing frisbee)

Putting Cues

A. Stance (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

B. Grip (grip frisbee with water gun grip...thumb on top with index finger on side and middle, ring and pinky fingers curled underneath)

C. Approach (transfer your weight by jump-hopping forward off both feet towards target)

D. Throw (release frisbee towards target with appropriate force....
extend arm and snap wrist)

E. Freeze Frame (after releasing frisbee and following through, hold
throwing arm out with index finger pointing straight at target)

Chipping Cues

A. Stance (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

B. Grip (grip frisbee with water gun grip...thumb on top with index finger on side and middle, ring and pinky fingers curled underneath)

C. Approach (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot by taking 1 step towards your target with the same foot as your dominant throwing hand...release frisbee towards target with appropriate forceextend arm and snap wrist)

D. Throw (release frisbee towards target with appropriate force....
extend arm and snap wrist)

E. Freeze Frame (after releasing frisbee and following through, hold
throwing arm out with index finger pointing straight at target)

Drive/Mid-Range Cues

A. Stance (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

B. Grip (grip frisbee with water gun grip...thumb on top with index finger on side and middle, ring and pinky fingers curled underneath)

C. Approach (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot by taking 3 or 5 steps towards your target...release frisbee towards target with appropriate forceextend arm and snap wrist)

D. Throw (release frisbee towards target with appropriate force.... extend arm and snap wrist)

E. Freeze Frame (after releasing frisbee and following through, hold throwing arm out with index finger pointing straight at target)

Whole Class (2 Groups...1/2 class on 1 sideline of field and other ½ class on opposite sideline of outdoor field)

#2. (Individual-Stationary) Putting (targets across middle of field)

#3. (Individual-Stationary) Chipping (targets across middle of field)

#4. (Individual-Stationary) Drive/Mid-Range (targets across middle of field)

***Explain**

F-Force (light, medium, heavy)

A-Angle (45 degrees, 90 degrees, parallel, perpendicular)

T-Trajectory (flight path of the frisbee)