



Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

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IPPEA Conference 2012

Disc Golf

Presented by: Tony Sweeney (Froebel College)

FLYING DISCS TECHNIQUE

Backhand

This is probably the most commonly learned throw, and also one of the most powerful.

- **Grip:** Fingers are curled under the disc's rim, and the thumb is placed on top of the disc to hold it in place. The index finger may either be on the edge of the disc (to help aim), or four fingers may be tucked underneath the rim (to aid power).
- **Throw:** The thrower draws the throwing arm across the body to build velocity for the disc. During this movement, the arm straightens out. As the arm becomes straight, the wrist is flicked, to impart spin.



Backhand Grip, Top View



Backhand Grip, Bottom View

Forehand

This throw is also known as the *flick*, *two-finger*, or the *side-arm*. Focused in the wrist, this throw takes little time to execute. Along with the backhand, it is one of the two most common throws used in Ultimate

- **Grip:** The middle finger is extended and laid along the rim of the disc. The index finger is placed against the middle finger for power, or pressed on the bottom of the disc pointing towards the center for stability. The thumb is pressed against the top of the disc. The wrist is cocked back, and the arm is extended out from the body.

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- **Throw:** A snap of the wrist imparts spin as the disc releases off the middle finger, as well as some forward velocity. Extension of the lower arm provides additional power, as does shoulder and upper body rotation.



Forehand Grip, Top View



Forehand Grip, Bottom View

Guide to Disc Golf

<http://www.youtube.com/watch?v=FFQ8S1LcioQ>

Throwing Basics: <http://www.youtube.com/watch?v=Sgn6Os4YSW0&feature=related>

FRISBEE GOLF/DISC GOLF/ FROLF

The object of the game is to traverse a course from beginning to end in the fewest numbers of throws of the disc. Each consecutive throw is made from where the disc came to rest after the throw. The score is determined by counting the number of throws made on each hole, plus penalty throws, and then totalling all holes' score. The winner is the player who completes the course with the lowest score.

Disc golf is a game that expects high standards of etiquette and courtesy. Among the basic considerations of etiquette are such things as concern for spectators and other players and respect for plant life on the course. These rules have been designed to promote fair play for all disc golfers.

Rules of Play

General: The game of disc golf consists of throwing a flying disc from the teeing area to a target (e.g. hula hoop/bin) by a throw or successive throws. The competitor who plays the stipulated round or rounds in the fewest throws plus penalty throws is the winner.

Teeing Off: Play shall begin on each hole with the player throwing from within the teeing area. When the disc is released, at least one of the player's supporting points must be in contact with the surface of the teeing area, and all of the player's supporting points must be within the teeing area

All details on Disc golf are available on <http://www.pdga.com>



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