



Adaptive  
Disc Golf  
Training

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# Agenda

- What is disc golf
- What equipment is necessary to play disc golf
- How to use equipment
- Disc golf rules
- Where to play disc golf
- Why play disc golf
- Virginia events
- Virtual putting competition





# What is Disc Golf?

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Disc golf is played much like golf. Instead of a ball and clubs, though, players use a flying disc or Frisbee®. The sport was formalized in the 1970s and shares with golf the object of completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws).





# What is Disc Golf? Continued

A golf disc is thrown from a tee area to a target, which is the "hole." The hole can be one of a number of disc golf targets; the most common is an elevated metal basket. As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed.





# What is Disc Golf? Continued

Disc golf shares the same joys and frustrations of golf, whether it's sinking a long putt or hitting a tree halfway down the fairway.

- **Accessible**- Economic barriers to play are minimal. A typical golf disc may cost as little as \$8 and most courses in public parks are free to play.
- **A Lifetime Sport**- Players seldom “age out” of disc golf. While the motor skills involved in play are simple and replicable a game will never proceed the same way twice. Each time on the course presents a fresh set of problem-solving challenges.
- **Outdoors**- In some ways this goes without saying. The mental and physical benefits of outdoor recreation have been known for years.
- **Fun**- Without this none of the rest matters. Disc golf is fun for those wishing to challenge themselves in developing new skills, as a competitive outlet, or simply as something to do in a natural environment. Players can match their pace to their capabilities and proceed from there.





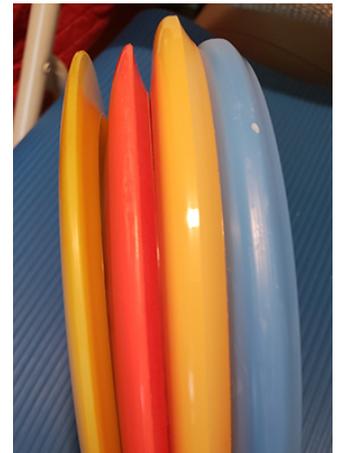
# What Equipment?

Disc golf can be enjoyed with absolutely minimal equipment.

One disc is sufficient for a player to get started. There are a plethora of golf discs on the market ranging from “Frisbee-like” putters to sharp edged high tech drivers. Each will fly differently as regards distance, direction, and controllability.

For players new to the game putters and midrange discs advertised as “understable” will be appropriate choices. Discs will also cover a range of weights from roughly 180 grams down. Lower weights (under 170 grams) will be more appropriate for new players than heavier ones. One catch Frisbee can be enough to play given a lack of more specialized golf discs.

The standard equipment approximating the hole in traditional golf is an upright entrapment device commonly referred to as the basket. In the absence of a basket objects such as trees can be used as targets- throwing catch Frisbees at trees was literally the roots of the game.





# What Equipment?

Continued

- Disc(s)
  - Driver, Midrange/approach, Putter
  - Purchased online
    - Dicks Sporting Goods
    - Play it Again Sports
    - Find a disc golfer in your area
- Competitive Attitude, or not



- Basket - Most courses have 18 baskets



- Bag to carry discs – Not required, but very helpful when you have multiple discs



# How to Use Equipment

Literally any method of propelling the disc is acceptable provided no foreign object is involved.

Players may throw overhand (as in baseball), backhand or forehand (similar to those motions in tennis), or stand the disc on its edge and roll it. Rolling the disc provides disc golf's top players with their greatest distance potential and has also been the preferred method for wheelchair participants in our clinics.



(Back up slides go into further detail into disc types, how to hold a disc for either a backhand, or forehand throw.)



# Disc Golf Rules

In the most basic terms disc golf is literally the game of golf played with discs rather than clubs and balls with the disc subsuming the function of both.

Players make their way through a course consisting of tees and targets (equivalent to the hole) and attempt to do so in the fewest number of shots possible. The location of one shot dictates the lie for the subsequent shot. A hole is completed by the disc coming to rest in the upright basket or by striking the target should no baskets be available.

The official rules for disc golf can be found at: <https://www.pdga.com/rules/official-rules-disc-golf>

We have adapted a few new rules for participants in the 2021 National Veterans Wheelchair Games, e.g. placing a hula hoop at the base of the basket. Discs coming to rest on or inside the hula hoop complete the hole in the same manner as the disc coming to rest inside the basket. These rules will be published at a later date.





# Where to Play Disc Golf

There are over 6,300 courses in the United States. Locally we have two public courses, and three private courses.

Disc Golf Course Review ([discgolfcoursereview.com](http://discgolfcoursereview.com)) is a course directory for the sport, providing detailed information, photos, and player reviews.

The Professional Disc Golf Association (PDGA) is the sanctioning body for the sport and provides a host of resources on their website ([pdga.com](http://pdga.com)), including a course directory as well. PDGA State Coordinators are volunteers who will be able to assist in connecting you with the local disc golf community and provide guidance on courses, or potentially setting up a temporary and/or permanent course for disc golf adventures.

List of PDGS State Coordinators: <https://www.pdga.com/volunteers/state-coordinators>





# Why Play Disc Golf?

Disc golf provides upper and lower body conditioning, aerobic exercise, and mental stimulation. Concentration skills increase by mastering shots and negotiating obstacles, and players of limited fitness levels can start slowly and gradually increase their level of play.

Scheduling is also flexible: A casual round takes one to two hours and may be played alone, eliminating the difficulty of scheduling tee times. Perhaps the greatest attribute of the sport is the low barrier to entry. Discs cost anywhere from \$8 to \$15, with the more costly discs being made from more durable plastic. AND it only takes one disc for basic play.

And, of course, there's the sheer fun of the game - no matter what your age or skill level!





# Virginia Events

- First Event held Oct 2013
  - Loriella Park Spotsylvania, Virginia
  - Set up temp course spread across athletic fields
- Additional events held at
  - Loriella Park, Spotsylvania, Virginia
  - Bryan Park, Richmond, VA
  - Hunter Holmes McGuire, VA Medical Center, Richmond, VA
  - Gillies Creek Park, Richmond, VA
- Events included representatives from
  - VA Hospital
  - PVA
  - Injured / ill veterans
  - Local disc golf volunteers
  - Local corporate volunteers





# Virtual Putting Competition

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- Putting Competition starts Monday 6 July 2020, 8AM EST
- Putting Competition ends Thursday 9 July 2020, 1700 EST
- Two game options
  - With a basket
  - With an object, e.g. wall or tree
- Points for putts made / bonus points for making all putts at each distance
- Multiple submissions accepted



# Questions?

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# BACK UP SLIDES

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# References

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- [pdga.com](http://pdga.com)
- [dynamicdiscs.com](http://dynamicdiscs.com)
- [discgolfmentor.com](http://discgolfmentor.com)
- [averyjenkins.net/disc-golf-grips/](http://averyjenkins.net/disc-golf-grips/)
- Youtube – disc golf videos!



# How to Use Equipment

Three types of discs:

- Driver
  - Distance Driver
  - Fairway Driver
- Midrange/approach
- Putter

Note differences in the edges of the rim



Distance Driver

Fairway Driver

Midrange / Approach

Putter

Note differences in the inside rims





# How to Use Equipment - Continued

## Drivers:

- Distance Driver – greater “potential” to travel further. Have a wider inside rim and sharper nose. Not the best choice for beginners. (Speed 10 and higher)
- Fairway Driver – smaller inside rim compared to distance drivers. Easier to control and a good choice for inexperienced players. (Speed 7 – 9)



## Flight Numbers:

- Speed – indicates distance potential, higher number requires faster arm speed and disc revolution.
- Glide – ability to remain airborne. Higher number, e.g. 6 would stay in the air longer than a Glide 3.
- Turn – for a right hand, backhand throw, how much the disc will turn to the right in the early portion of the flight.
- Fade – for a right hand, backhand throw, how much the disc will sharply turn to the left in its finish.

**For new players recommend a fairway driver, similar ratings as what is on the orange disc on the right.**



# How to Use Equipment - Continued

## Midrange / Approach Disc:

- Typically have a straighter flight
- Doesn't vary much from their intended flight
- Smaller inside rims compared to drivers

## Putter:

- Slowest disc golf disc
- Have thinnest inside rim
- Intended to fly shorter distances
- Slowest spin rates, therefore less potential to deviate off-line



Midrange / Approach Disc:

Putter:



# How to Use Equipment - Continued

## Gripping the disc:

- Backhand Power Grip:
  - Hold disc firmly in the mid-line of palm
  - Thumb on the rim of the top plate
  - Fingers curled around the inside edge, with fingertips set inside the rim
  - Hold firmly, but not as tight as you can
  - Keep wrist straight as you throw





# How to Use Equipment - Continued

## Gripping the disc:

- Forehand / Sidearm:
  - Index and middle finger placed on underside of disc
  - Index and middle fingers extended and positioned where the pad of the middle finger rests against the inside rim
  - Thumb positioned on the top of the disc, where the rim meets the flight plate
  - Disc sits into the webbing of the hand between thumb and index finger
  - Ring and little finger are extended and rest on the front edge of the disc (they are for support of the disc and move out of the way when the disc is released)





# How to Use Equipment - Continued

## Gripping the disc:

- Putting:
  - Finger on rim, or
  - Finger not on rim

