

# An Introduction to Disc Golf

Disc golf is a sport that has the same structure as golf. Players strive to complete the course in the fewest strokes. The challenges and rewards are similar; one thrilling shot is more than enough to bring players back another day.

Disc golf formally began in the 70's with the installation of the first permanent course and the formation of the PDGA (Professional Disc Golf Association). Today, there are over 3,000 free to play courses in the United States. The PDGA has 15,000 current members and sanctions over 1,000 tournaments being held nation wide each year.



To play, a golf disc is thrown from a tee area to an elevated metal basket or target which is the "hole". As a player progresses down the fairway, he or she must make each consecutive shot from the spot where the previous throw has landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, to "hole out", the player putts or lands their disc into the basket and the hole is completed. Disc golf shares the same joys and frustrations of traditional golf, whether it's sinking a long putt or hitting a tree halfway down the fairway. There are a few differences, though. Disc golf rarely requires a greens fee, you won't need to rent a cart, and you never get stuck with a bad tee time. It is designed to be enjoyed by people of all ages, male and female, regardless of economic status.

Disc golf provides a lifetime of fun, exercise, challenge and competition in the outdoors. One of the great features disc golf shares with golf is that they are both played in beautiful settings. A quality nine-hole disc golf course can cost as little as \$5,000 and can be established on as little as five acres of land. A championship-caliber 18-hole course on 30 to 40 acres can be realized for \$10,000-\$20,000. Disc golf courses can coexist with existing park facilities and other activity areas. The ideal location combines wooded and open terrains, and a variety of topographical change.

More and more people are taking up recreational activities in an effort to improve health and quality of life. Disc golf provides upper and lower body conditioning, aerobic exercise, and promotes a combination of physical and mental abilities that allow very little risk of physical injury. Concentration skills increase by mastering shots and negotiating obstacles. Players of limited fitness levels can start slowly and gradually increase their level of play as fitness improves. Scheduling is also flexible; a round takes one to two hours, and may be played alone, eliminating the difficulty of scheduling tee times. And as in traditional golf, disc golfers find themselves "hooked"; increasing the likelihood of frequent participation. Disc golf offers year-round fitness, even in snow. Perhaps the greatest attribute of the sport is the expense - or rather, the lack of it. A professional quality disc costs less than \$10, and it only takes one for basic play.

Health organizations have stated that a healthy lifestyle consists of taking 10,000 steps each day. An average round of disc golf can involve anywhere from 6,064 steps or around 3 miles and has a person well on their way to a healthy lifestyle.

# An Introduction to E.D.G.E.

Disc golf can be played from school age to golden age, making it one of the greatest lifetime fitness sports available. Recent studies have pointed to the increase in juvenile obesity and the decrease in youth fitness. Among the recommended solutions are walking and moderate exercise combined with an activity that can be learned at a young age and continued throughout a lifetime. Introducing disc golf to young people is a great way to address these recommended solutions.



The Educational Disc Golf Experience (EDGE) is a 501c3 non-profit organization dedicated to bringing the lifetime activity of disc golf to the youth of the world. EDGE combines fundamentals of the sport with educational objectives in the areas of science, math, civics, and the environment. The program provides a well-rounded, standards-based curriculum, instructional DVD and affordable equipment specifically designed for the school aged participants and the instructors who use it.

EDGE utilizes equipment that is geared specifically for beginning disc golfers and programs with limited storage space. The lightweight EDGE golf discs are an exclusive to the program and come in a softer, lighter weight plastic when compared to professional models. The EDGE disc is an all purpose disc designed to perform a variety of shots making it the one disc solution for the classroom. The EDGE program uses a high quality, lightweight collapsible target that comes with stakes and a carrying bag. At a mere thirteen pounds, The Traveler target can be easily stored and set up indoors for lessons and games or outside for a temporary course right on campus. There is a growing number of schools and youth camps that are permanently installing 9-18 hole disc golf courses on campus with great success. Most of these courses are available to the public after school hours and make a great connection between the schools and the community. Disc golf will empower your students with a new activity that they can play with peers and family for a lifetime.

From reinforcing classroom skills through a new activity, to developing lifetime habits of exercise and fitness, EDGE is designed to give teachers and youth program leaders the tools they need to succeed.

We have a number of packages available on our website and can customize a package to fit any organization's needs and budget. Let EDGE put together a quote for you today.

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# EDGE Putting Outline

## I. Introduction to Putting

- A. The most important component of disc golf
- B. Putting is the great leveler of disc golf
- C. Be consistent with “short range” putts
- D. Putting styles can and will vary based on situation and personal comfort

## II. Control Grip

- A. Fingers rest on the underside of the disc, not against the rim
- B. Index finger rests on the outside of the rim.

## III. Putting Stances

- A. **Straddle Stance**
  - 1. Feet are parallel with each other, shoulder width apart or wider
  - 2. Good to negotiate obstacles, advanced skill
- B. **Staggered Stance**
  - 1. Predominant throwing hand’s foot forward, pointed to the target
  - 2. Back foot dropped back in a wide comfortable staggered position
- C. **In-Line Stance**
  - 1. Predominant throwing hand’s foot forward, pointed to target
  - 2. Back foot behind front almost or directly in line with front foot
  - 3. Easy weight transfer, early success

## IV. Putting Motions

- A. **Pitch Putt (Vertical Plane)**
  - 1. Less spin, arm motion like pitching horseshoes
  - 2. Arm extends forward and up with the weight shift, like a pendulum
  - 3. Misses stay close to basket, putting range decreases
- B. **Spin Putt (Horizontal Plane)**
  - 1. More spin, arm and hand movement is a “shooing flies” motion
  - 2. The weight shifts back and arm curls into the chest and then out
  - 3. Easy to teach, putting range greater, misses fly farther by
- C. Emphasize a flat release
- D. Follow through with extension or shake hands with the basket
- E. Back leg will kick back as a counterbalance

## V. Focus

- A. Sweet Spot, right side of the pole for right-handed throwers
- B. Establish a routine
- C. Deep breath, clear head; don’t think, feel the putt

## VI. Wind

- A. Headwind will tend to lift the disc; putt nose down, low and strong
- B. Tailwind will tend to push the disc down; release the putt higher with good extension

# EDGE Approach Outline

## I. Introduction to Approach Shots

- A. The shot between the drive and the putt, 50 to 200 feet in length
- B. Goal is to land close to the basket and create a (“short range” putt)
- C. Land short of the basket allowing for the slide, skip and curl, 5 to 10 feet
- D. Imagine a comfort putting circle around the basket to increase the target landing area

## II. Grip

### A. Power Grip

- 1. All four fingers are stacked on the inside of the rim
- 2. The disc sits in the palm along the creases, diagonally
- 3. More power is transferred with this grip

### B. Control Grip

- 1. Fingers rest on the underside of the disc, not against the rim
- 2. Index finger rests on the outside of the rim
- 3. Offers clean low speed releases

- C. Both styles can be used interchangeably

## III. Solid Foundation

- A. Feet shoulder width apart and firmly planted
- B. Knees slightly bent
- C. Throwing shoulder pointed toward the basket (90 degree turn)
- D. X-step can be added later on for more power, but is not always needed

## IV. Body Mechanics

- A. Hips and torso act as a coil
- B. Arm extends to a comfortable reach back (away from target)
- C. Pull straight across chest
- D. Emphasis a level flat release

## V. Follow Through

- A. Throwing arm should continue through to the back of the body
- B. Pivot on throwing foot, back leg will rotate forward
- C. Shoulders will square to the target
- D. Prevents injury

## VI. Focus

- A. Think before the throw, not during
- B. Visualize the intended flight path and landing zone
- C. Establish a routine
- D. Deep breath, clear head

# EDGE Driving Outline

## I. Introduction to Driving

- A. The drive is defined as the shot from the tee
- B. Strive for accuracy, distance will follow
- C. Emphasize a strong grip, encourage flexibility and work on achieving excellent timing

## II. Grip

### A. Power Grip

- 1. All four fingers are stacked on the inside of the rim
  - 2. The disc sits in the palm along the creases, diagonally
  - 3. More power is transferred with this grip
- B. Firm grip, but no white knuckles
  - C. Wrist cocked down and stiff, but not curled back

## III. Body Mechanics

- A. Arms tucked into torso
- B. Upper body twist opposite of the throw
- C. Center of gravity is behind the front foot
- D. Reach the elbow back as far as comfortable
- E. Front foot has been planted, hips and shoulders rotate
- F. Elbow extends and the disc snaps into position
- G. Disc is release as weight is over the plant foot
- H. Arm and shoulders pull through as disc rips out of grip
- I. Strive for a compressed acceleration on the “hit”

## IV. Follow Through

- A. Extend through and complete the intended line
- B. Back leg will rotate forward
- C. Shoulders will square to the target
- D. Pivot on throwing foot
- E. Prevents injury

## V. Imagery

- A. Don't think- Feel.
- B. Strive for fluid, rhythmic, integration of movement

## VI. Focus

- A. Think before the throw
- B. Visualize the intended flight path and landing zone
- C. Establish a routine
- D. Deep Breath