

DISC GOLF CLASSROOM COLLAB

HANDBOOK

LESSON PLANS, TEACHING TIPS, & MORE



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GETTING STARTED:

- 1. Safety first! Review our Safety Do's and Don'ts Video with your class.**
- 2. Introduce the equipment. Familiarize yourself and your students with the basics of disc golf equipment.**
- 3. Start with the basics. Review the Basics of Disc Golf and introduce the mechanics and various thrown styles to your students.**
- 4. The most important part: have fun!**

SAFETY

- Only one player throws at a time (per group).
- Non-throwing players should stand behind the thrower at all times.



- Players should only throw if the area in front of them is completely clear of others.



- Focus on form and technique, and discourage full-power throws. These games are about learning the foundations of disc golf, not testing full throwing power.



**CHECK OUT OUR QUICK VIDEO ON
BEST PRACTICES AND EMPHASIZING
SAFETY IN YOUR CLASS!**



INTRODUCTION OF EQUIPMENT

DISC - R2 NEUTRON GLITCH:

- The main tool you need to play disc golf
- In terms of ball golf, the disc is essentially the club and the ball combined
- Like each golf club has different uses, each disc has different flight characteristics
- The Glitch is a hybrid catch disc, making it the ideal disc to learn disc golf with
- Easy-to-throw, maximum glide, and a familiar shape
- Players of all skill and power levels can utilize the Glitch in a safe, controlled manner
- R2 Neutron is a recycled plastic core, helping disc golf be more sustainable
- Reusability + Usability = Growing The Sport!



BASKET - BLACK HOLE LITE:

- The basket is the other tool you need to play disc golf
- Baskets serve as a target; the hole does not end until your disc comes to rest in the basket
- In terms of ball golf, the disc golf basket is the hole
- The Black Hole Lite is an easily transportable, great catching practice basket
- Weighing just under 26 lbs
- Can be set up or disassembled in 60 seconds

DISC STAND - POD:

- When practicing putting or teaching a lesson with stations, having a disc stand is crucial
- Keeping discs in a centralized area minimizes distractions and keeps lessons organized
- The Pod is sturdy, easily disassembled, and lightweight for easy transport
- Can hold 25 R2 Neutron Glitch



BASICS OF DISC GOLF

HOW TO PLAY:

Disc golf is played like traditional golf, but with a disc instead of a ball and clubs. Players complete holes by getting the disc into a basket in as few throws as possible, with each hole having a set par. While the rules are simple, factors like course design, weather, and skill make the game challenging and rewarding. It's both a physical and mental test, and mastering the basics builds a foundation for lifelong enjoyment and physical activity.

WATCH OUR BASICS OF DISC GOLF VIDEO TO BETTER HELP YOUR STUDENTS MASTER THE SPORT!



THROW STYLES:

Forehand - Throwing style with the disc resting in the crook between thumb and forefinger. The throwing motion is whiplike, similar to a sidearm throw in baseball.



Backhand - A style of throw with the disc resting in the thrower's palm and fingers curled under the disc.



Hyzer - An angle of release where the outside edge of the disc is below the inside edge at release. Causing the disc to fly more aggressively to the left when thrown right hand backhand.



Anhyzer - An angle of release where the outside edge of the disc is above the inside edge (above parallel) at release. This causes the disc to drift to the right when thrown right hand back hand.



TERMS TO KNOW:

- **Par** - The number of throws the course designer expects you will need to finish the hole. Par is the baseline score expected from a course.
- **Birdie** - When you finish a hole with one less throw than Par.
- **Bogey** - When you finish a hole with one more throw than Par. There can be Double Bogeys (+2), Triple Bogeys (+3), and Quadruple Bogeys (+4). Technically, there is no limit on the number of Bogeys one can acquire.
- **Eagle** - When you finish the hole with two fewer throws than Par, after throwing at least twice.
- **Ace** - A hole in one, finishing the hole with one throw! Aces are rare, exciting, and celebrated.

ACCURACY CONTEST

OVERVIEW:

Accuracy Contest is a points-based game for all ages, teaching key fundamentals of disc golf while students experience the core joy of the sport - controlling the flight of a disc.



GRADE LEVEL:
K-12



DURATION:
30-45 Minutes



SKILL FOCUS:
Accuracy, Shot Selection, Risk & Reward

OBJECTIVES:

- Introduce students to the basics of disc golf.
- Learn the core elements - aim and accuracy.
- Learn disc dynamics, throwing techniques, and release timing.
- Strategize based on trial and error.

MATERIALS:

- Discs (1 per student or team)
- Portable disc golf basket
- Cones or rope to mark score zones
- Optional: Scorecards or whiteboard

SETUP:

1. Place the target in an open area.
2. Use cones to mark point-scoring zones around the target.
3. Determine a class-appropriate starting line (30 - 120ft).
4. Decide the game-end, e.g., first to 10 points, most points after 3 passes, etc.
5. Create teams of 10 players per basket for large groups or short attention spans.

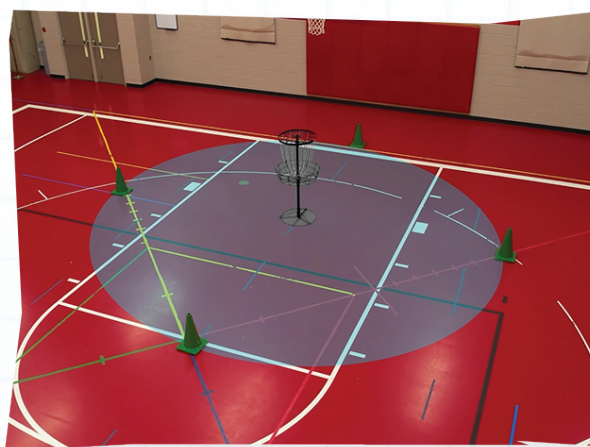


GAME SETUP

ACCURACY CONTEST

INSTRUCTIONS:

1. Organize students into a line appropriate for class size.
2. One student throws at a time while the teacher tracks or announces points:
 - A. 1 point: landing within 10 ft of basket
 - B. 2 points: a basket metal hit
 - C. 4 points: putt made
3. After each throw, the disc is retrieved to clear the area. If a putt is made, have the student quickly clear the basket. Encourage peer support and cheering.
4. Continue play until a set score or rotation limit is reached.
5. Conclude by recognizing both achievement and effort



TEACHING TIPS:

- Emphasize safety: only one thrower at a time, ensure the area is clear before each throw.
- Reinforce sportsmanship and enjoyment of skill development.
- Acknowledge all progress! Proximity and contact with the target are important too, not just successful putts.
- As students improve, shift focus from technique to strategic scoring decisions.

MODIFICATIONS:

- Use teams to build collaboration, individual play supports independence and accountability.
- Rotate teams between rounds to encourage skill development and strategy.
- Increase difficulty by adjusting distance or scoring values.
- For advanced play, count only successful putts.

**WATCH OUR QUICK VIDEO TUTORIAL
ON SETTING UP AND MAKING THE
MOST OF THIS ACTIVITY!**



AROUND THE WORLD

OVERVIEW:

An escalating challenge - moving from station to progressively harder station with each shot made - until you make it 'Around the World'.



GRADE LEVEL:
3-12



DURATION:
20-40 Minutes



SKILL FOCUS:
Accuracy, Focus,
Consistency,
Distance Control

OBJECTIVES:

- Practice consistent throwing at increasing distances.
- Learn to adapt to different throwing positions and angles.
- Gain consistency and throwing confidence under pressure.

MATERIALS:

- Discs (1 per student)
- Portable disc golf basket or marked target
- 5-10 cones to mark throwing stations

SETUP:

1. Arrange throw station markers around your target.
2. Place each marker at different distances (e.g., 10 ft, 15 ft, 20 ft, etc.).
3. Split the class into groups of 5-10 students.



GAME SETUP A.



GAME SETUP B.

AROUND THE WORLD

INSTRUCTIONS:

1. Students take turns throwing from their current station:
 - A. If the throw is successful, the student advances to the next station and continues.
 - B. If unsuccessful, the student remains at that station and the next player takes a turn.
2. Play continues in rotation until a student completes all stations (going “around the world”).



TEACHING TIPS:

- **Emphasize safety:** only one student throws at a time, ensure the area is clear before each attempt.
- Reinforce key throwing fundamentals (stance, aim, follow-through) to build consistency.
- Encourage strategic thinking, including shot selection and progression through stations.
- Track student progress to highlight growth over time.

MODIFICATIONS:

- Adjust the number and distance of stations to vary difficulty and duration.
- Add obstacles between stations and the target for increased challenge.
- Include a reverse round after students complete all stations.
- Use a relay or team-based format for larger groups.
- Two-shot option: Allow a second attempt. If both attempts are missed, the student restarts from the first station on their next turn.

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HORSE

OVERVIEW:

Students are encouraged to learn throwing styles and strategize difficult shots while also attempting to mimic what their classmates come up with to win the game.



GRADE LEVEL:
4-12



DURATION:
30-45 Minutes



SKILL FOCUS:
Accuracy, Creativity,
Shot Selection

OBJECTIVES:

- Improve aim and consistency with disc golf throws.
- Observe and replicate different throwing techniques.
- Apply strategy to create challenging but fair shots.

MATERIALS:

- Discs (1 per student)
- Portable disc golf basket or marked target
- Cones to mark throwing locations

SETUP:

1. Place the target in an open area.
2. Mark various zones for students to throw from.
3. Designate a rotation order for groups of 3-5 students.



GAME SETUP

HORSE

INSTRUCTIONS:

1. A student selects a throwing spot and shot type (e.g., forehand from 20 feet) and attempts the shot.
2. If successful, all other students must attempt the same shot from the same spot.
3. Any student who misses a successfully demonstrated shot receives a letter (H → O → R → S → E).
4. If the initial shot is missed, no letters are given and the next student selects a new shot.
5. Students are eliminated after spelling "HORSE," though they may continue participating informally.
6. Play continues until one student remains or time ends.



TEACHING TIPS:

- **Emphasize safety:** one thrower at a time, ensure the throwing area is clear.
- Reinforce sportsmanship and positive participation.
- Encourage creativity while maintaining fairness in shot selection.
- Model and teach a variety of throwing techniques (e.g., backhand, forehand, hyzer, anhyzer).

MODIFICATIONS:

- Use shorter words (e.g., "PIG") for younger students or limited time.
- Require inclusion of at least one beginner-level shot per round.
- Add obstacles to increase challenge and skill development.

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KNOCKOUT

OVERVIEW:

Students are encouraged to learn throwing styles and strategize difficult shots while also attempting to mimic what their classmates come up with to win the game.



GRADE LEVEL:
5-12



DURATION:
20-30 Minutes



SKILL FOCUS:
Playing Under
Pressure, Decision
Making

OBJECTIVES:

- Demonstrate accuracy under pressure.
- Develop consistency in a competitive format.
- Learn to focus and eliminate distractions.

MATERIALS:

- Discs (2 per basket)
- Portable disc golf basket or marked target
- Optional: Tape or cones to mark throw zone

SETUP:

1. Mark a starting line 10 - 20 feet from the basket.
2. Line students up behind the starting line.



GAME SETUP

KNOCKOUT

INSTRUCTIONS:

1. The first two students in line throw in sequence, aiming to hit the basket.
2. Outcomes:
 - A. If Player One scores first, both students are safe and rotate to the back.
 - B. If Player Two scores first, Player One is eliminated (“knocked out”)
 - C. If both miss, both rotate to the back.
3. Continue with the next two students once discs are cleared.
4. Play continues until one student remains.



TEACHING TIPS:

- **Emphasize safety:** ensure the area is clear before throwing and during retrieval.
- Reinforce focus, controlled breathing, and proper form.
- Emphasize accuracy and decision-making over speed.

MODIFICATIONS:

- Offer a “redemption round” for eliminated students.
- Add additional targets or baskets to increase difficulty.
- Run multiple lines for larger groups.
- Adjust throwing distance based on skill level or time.

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MINI COURSE

OVERVIEW:

Once students have learned the basics of the game, a mini-course is a perfect way to give them a taste of what the sport is all about!



GRADE LEVEL:
5-12



DURATION:
30-45 Minutes



SKILL FOCUS:
Accuracy, Shot
Selection, Strategy,
Risk & Reward

OBJECTIVES:

- Practice every skill learned in an actual round of disc golf, from game strategy to shot selection and throwing techniques.

MATERIALS:

- Mini Discs (1 per student)
- 3-18 Mini Disc Golf Baskets
- Cones to mark the starting line for each hole
- Optional: Scorecards (paper and pencil)

SETUP:

1. Strategically place baskets where errant throws won't interfere.
2. Mark starting lines an appropriate distance from each basket for your space and students' experience level.
3. Split the class into playing groups of 2-5 students, each starting on a different hole



GAME SETUP

MINI COURSE

INSTRUCTIONS:

1. Demonstrate how to play a hole from tee-off to completing the basket.
2. Student groups play each hole in sequence, advancing after completion.
3. The round ends when all groups have finished every hole.



TEACHING TIPS:

- **Emphasize safety:** one thrower at a time, students remain behind the thrower, only throw when the area is clear.
- Reinforce sportsmanship and peer encouragement.
- Emphasize control and accuracy over power.

MODIFICATIONS:

- Use small groups (doubles, triples, quads) with shared scoring.
- Adapt equipment based on space (e.g., standard baskets/discs indoors or outdoors).
- Maximize limited space by creating multiple tee areas for each basket.
- For small outdoor spaces, such as a baseball or soccer field, consider adding a Macro Course.

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BRINGING DISC GOLF TO CLASSROOMS

This initiative is designed to support educators and administrators in bringing a fun, accessible, and engaging activity to students. We believe disc golf is a unique accessible sport that promotes physical activity, outdoor learning, and community building.

Disc golf offers a unique opportunity to enhance physical education programs, create inclusive experiences for students of all skill levels, all while fostering both physical and mental development. The Classroom Collab is an important step for MVP, but its success depends on strong partnerships with schools and districts.

We're here to support you with equipment, curriculum guidance, and ongoing resources, but we also encourage you to share this opportunity within your networks. Whether it's starting a conversation with colleagues, introducing the idea to your district, or exploring ways to integrate disc golf into your programs, your leadership makes a difference.

Small steps can lead to lasting impact. Together, we can create meaningful experiences for students and build a foundation for lifelong engagement in physical activity.

Let's collab!

