





Activity Plan for Frisbee Throw & Disc Golf

Week 1			
Activity	How many or how long	How many days	Instructions
Frisbee Wrist Flick 	10 mins	3 days/wk	<p>Do you know how to throw a Frisbee? It's all about flicking your wrist to make the disc spin. A spinning disc will fly straighter, so it's easier to get the disc to go where you want. Start by making sure you are holding the disc properly. You should be holding the disc along the edge that is farthest away from you (the edge that is closest to your target). Your thumb should be on top of the disc, your index finger (the one you point with) along the edge of the disc and the other three fingers curled underneath against the rim. You can use your other hand at the back of the disc if you need help to keep it level. Once you are holding the disc properly, see if you can wiggle your wrist back and forth. You have to be able to wiggle your wrist if you want to do the wrist flick. See if you can let go of the disc just as you flick your wrist forward. Don't worry if the disc doesn't go very far. It's more important to get the flick right using just your wrist (not your whole arm).</p>

Week 2			
Activity	How many or how long	How many days	Instructions
Frisbee Throw 	10 mins	3 days/wk	<p>Now that you know how to do the wrist flick, actually throwing the Frisbee is pretty easy. Start by holding the disc with your thumb on top, index finger along the edge and other fingers curled underneath. The hardest part is to keep your elbow close to your body to start, but still keep your wrist nice and loose for a good flick. Curl your wrist towards your body so that the Frisbee almost touches your belly button and your hand and arm are wrapped around the disc. Your index finger, the palm of your hand and your forearm should all be touching the disc. Tilt the disc so that the side farthest from your body is slightly lower than the rest of the disc and then flick your wrist forward in one smooth motion and let go of the disc. To make the disc go farther you use the weight of your body. Start with most of your weight on the foot farthest from your target. As you throw, take a step forward onto the other foot. Try not to make a big arm swing when you throw. Remember, it's the wrist flick that makes the disc spin and it's the spin that makes the disc go farther.</p>

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Week 3			
Activity	How many or how long	How many days	Instructions
Throw Accuracy 	30 mins	Total for the week	Work on your throw accuracy this week. To challenge yourself, make sure that you throw at a variety of targets, big and small, closer or farther away from you, stationary or moving.

Week 4			
Activity	How many or how long	How many days	Instructions
Disc Golf 	40 mins	Total for the week	See if you can play a game of disc golf this week. Disc golf is played like ball golf, except using a flying disc. One point is counted each time the disc is thrown and when a penalty is incurred. The object is to acquire the lowest score, (without cheating). You must be standing behind the tee line or behind where your last throw landed before throwing again. The person farthest from the hole throws first. On a professional disc golf course, the “hole” is a metal basket on a pole. The basket is usually one metre or more above the ground and there are chains hanging down about the basket (that will cushion the disc and allow it to drop into the basket). If you don’t have a real disc golf course near your house, you can make your own by drawing circles on the ground or putting hoops or garbage cans around the course as holes.