

**A GUIDE TO**  
**DISC GOLF**  
**JENNI ESKELINEN**









# WHAT IS DISC GOLF?

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Hello!

I am your new disc golf friend. This is an instructional guide to disc golf. Did you know that various exercises and fitness training can make you an even better disc golfer?

Lets come and practice throwing discs and do some exercise. It is important to practice the right way. It is easier to learn the technique if the body has strength, stamina and flexibility.

A good physical condition is important in disc golf because:

- You can practice longer
- You can safely develop technique and throw with more power.
- It is easier for you to move around.
- There is less risk of injury.

This instructional guide contains diverse exercises for disc golf and physical training. Come and exercise with me!

Before we begin we should get familiar with the safety precautions on the next page. There are a few things to remember so that practice and play will be safer!



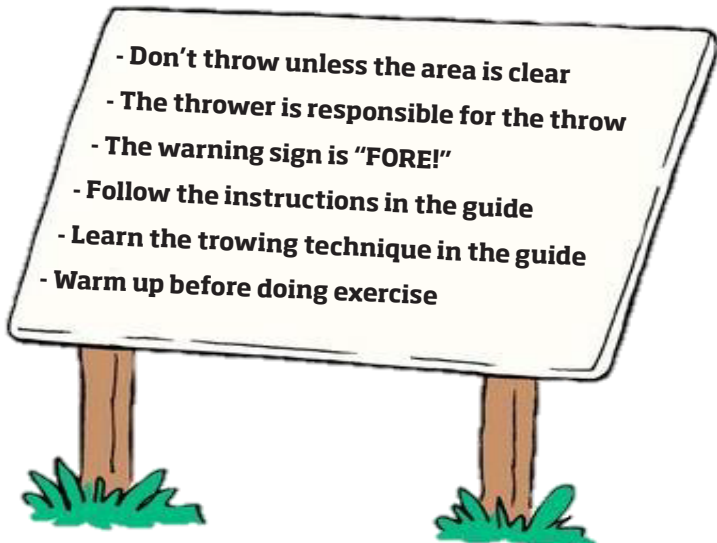
# SAFETY

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Disc golf is not the same as toy frisbee. Disc golf discs can both injure people and damage things because they are heavier, fly faster and have sharper edges than the discs that are made for playing catch.

Before you throw a disc golf disc you should make sure that no one is present on the area in front of you (the lawn, hole, course) and it is safe to throw. Disc golf courses and practice areas are usually in public parks where other people are normally present. Every throw is the player's responsibility. If he or she thinks that after throwing the disk there might be risk to others, a loud call of "FORE!" is the warning sign.

You should carefully follow the instructions in the guide when it comes to throwing technique, physical exercise, relaxation and stretching. It is important to do things correctly and safely. Remember that it is necessary to warm up before all exercise. Also disc golf exercise.



# DISC GOLF DISCS

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There are three types of discs:

- Drivers
- Midrange
- Putters



Drivers have **sharper edges** and fly **fast**. A **good technique** is required to throw them fast and far.



Midranges are slower than drivers and easier to throw.



Putters are **rounder** and glide **slower**. They fly straighter than the other discs and they are **easier to throw**.

As you saw on the last page, disc golf disks are of different types (driver, midrange, putter). They also have different qualities and behave differently.

They are of different shapes, made of different plastic and differ in weight. They are made for different throws. The shorter the distance we wish to throw, the slower and straighter disc we can use. Such discs are easier to control. If we wish to throw far, a thin driver that has lesser air resistance might be a better choice.

The faster the disc, the better technique is required to throw it. We also use the words over- and understable to describe the flight of the disc. Overstable discs have tendency to go to the left before they land, when thrown backhand by a right handed player. The more the stability of a disc, the more it goes to the left while flying.

Disc golf discs usually weigh between 150-180 grams. Less power is needed to throw a light disc than a heavier one.

Discs are made of plastic types that vary in characteristics and durability. Each player chooses the plastic that suits him or her.





# PROJECT 1: DO YOU KNOW THE DISCS?

What do you know about the qualities of these discs?

Innova Champion Boss  
Discmania S-line FD  
Discraft Elite-Z Buzzz  
Latitude 64° Zero soft Pure

Write the answers below.



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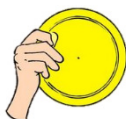
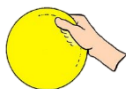
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# GRIP FOR BACKHAND THROW

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Each player chooses the grip he or she finds most comfortable. The thumb always presses firmly and securely against the opposing fingers.



## Fan grip

- The fingers are spread and form a kind of a wing on the bottom side of the disc.
- The grip is firm and gives good control of the disc.



## Fork grip

- Index finger and littlefinger support the bottom plate of the disc while ring finger and middle finger grab the rim.
- This grip is firmer then the fan grip.



## Power grip

- The fingers grab the rim firmly.
- The best grip for a powerful throw.

# GRIP FOR A FOREHAND THROW

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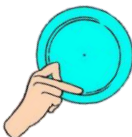
## Split grip

- Middle finger on the rim and index finger under the bottom plate.
- Gives good control but not much power.



## Stack grip

- Index finger supports the middle finger on the rim.
- Straight fingers.
- The most common forehand grip.



## Power grip

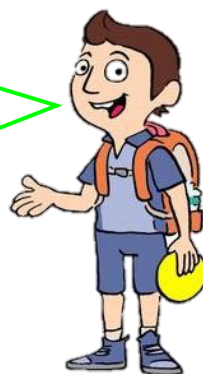
- Middle finger on the rim and the index fingertip presses the rim behind it.
- This grip can generate great power and rotation in the throw.

# PROJECT 2:

## DIFFERENT GRIPS

Try various grips with your disc.

Which one seems most natural and normal to you?



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# PROJECT 3:

## THROWING WITH DIFFERENT GRIPS



Try using different grips while throwing.  
Did your disc fly differently? What did your friends think?

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# WARM UP

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Remember always to warm up before exercise. You will benefit more from the exercise if your body is ready for it.



Warming up reduces risk of injury. Warm-up prepares the body for training or competition, warms the muscles and makes the body ready for the task ahead. Cold muscles can easily sprain and it is harder to train throwing technique effortlessly and successfully.

## WARM UP EXERCISES



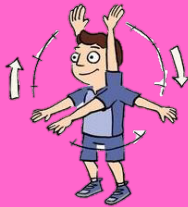
HIP ROTATION



TORSO ROTATION



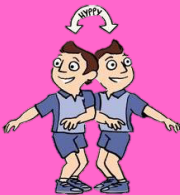
SHOULDER ROTATION



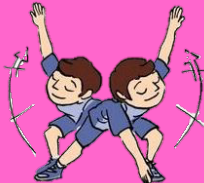
ARM SWINGS



TOE TOUCHES



TWIST HOPS



ARM, LEG AND TORSO  
STRETCHES



SKI STEPS



THROWING MOTION  
WITH TOWEL



LUNGES WITH UPRIGHT  
ARMS

Instructions for these exercises are on page 51

# EXERCISE 1: 10 WARM UP EXERCISES

Warm up by doing the exercises from last page:

- 10 hip rotations
- 10 torso rotations
- 10 shoulder rotations
- 10 arm swings
- 5 toe touches

- 10 twist hops
- 10 arm, leg and torso stretches
- 10 ski steps
- 10 knee squats with upright arms
- 5 throwing motions with a towel (remember to switch hands)

Put together your own warm up routine using the exercises on last page. By always doing the same routine the warm up becomes easy and efficient.





# EXERCISE 2: PLAYING CATCH

## Preparation:

Get 4-6 to join you. You need one putter. Make a circle on the ground with about 10 meter radius and stand on around its edges.

## The exercise:

One of you starts by throwing the disc to another and runs directly towards that player. The receiver then throws the disc to the next one and runs towards that player. The object is to catch the disc, throw it to the next player and start running before the player that threw to you can catch you.



# THROWING TECHNIQUE

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When you practice throwing you should remember to shift the weight, rotate the body and pull sharply.



Backhand is the most common throwing technique. When throwing backhand the disc is pulled across the chest and leg power and rotations of torso and shoulders is applied to the throw. A backhand throw begins with a slow, steady draw but ends in a sharp pull.

The forehand throw relies more on the hand and arm than the body. Most of the throw's power is produced by the movement of elbow, wrist and fingers. The hand creates a powerful rotation.

# BACKHAND

In the starting position you turn sideways towards your target. You keep your feet shoulder's width apart. Begin by bringing the disc away from your target by turning your upper body. The bodyweight rests on your back leg. Then you pull the disc horizontally across your chest with increasing speed in the motion. Your weight shifts to your front leg at the same time you perform a sudden and swift throwing motion. The motion is followed trough after the disc has been released.



Starting position



Reachback



Pull



Follow-through



Starting position



First step



Second step:  
x-step



Third step forward



Follow through

You can throw farther by doing a run-up.

The run-up is composed of three steps:

The first step you take in the direction of the throw with the same side leg as your throwing hand.

The second step you take with the other leg by bringing it forward behind the first leg while beginning the reachback.

The third step you take forward at the same time you speed up the pull and throw. The loose hand and foot follow through the forward motion as the body rotates and your back shoulder ends up turning in the direction of the throw.

# EXERCISE 3: THROWING FORM 1

It is a good warm up to imitate the form (throwing motion) with a towel. The movement is the same as when throwing backhand and you should focus on the technique, the weight transfer from back to front foot, the rotation and pull. If you can make the towel snap, you can most likely throw a disc well and far with your form.



# EXERCISE 4: THROWING FORM 2

Do the same as in the previous exercise, but now you take the three run-up steps before rotating the body and snapping the towel.

It can be good to exercise with a friend. Ask a friend to watch you while you exercise the technique and give you advice on proper execution. Help others and give them advice as well!

Why make a run-up? The aim is to throw farther and improve the rhythm and timing of the form.



# FOREHAND THROW

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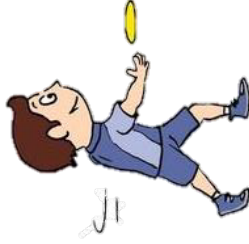
In a forehand throw you face sideways towards your target. During reachback the bodyweight transfers to the back foot and the hip moves backwards. You start the front swing by pulling the elbow front with your wrist turned backwards so it can produce a powerful spin with a quick whiplash movement. The weight transfers to the front foot. Follow the movement through so that the throwing hand swings forward in front of the same side leg, the one you step forward with after the throw.



Turn sideways towards your target



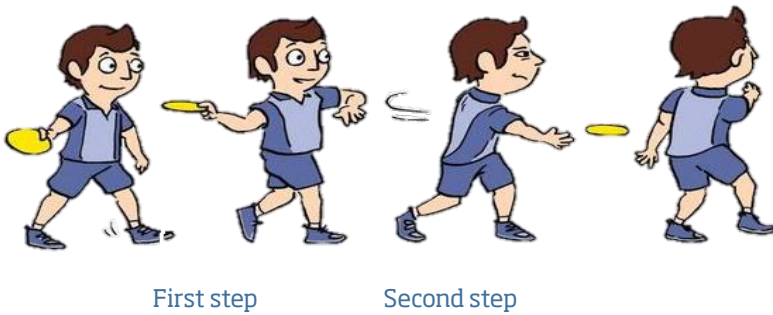
Reachback



Weight transferred to front foot



The hand swings forward



A run-up increases distance and the rhythm of the throw

The run-up consists of two steps:

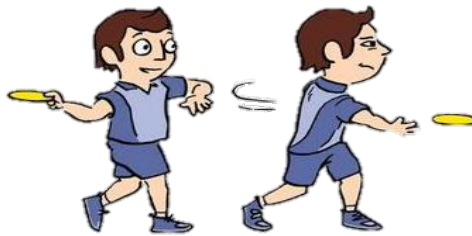
**First you step forward** with the leg that is on the same side as the throwing hand. Simultaneously you begin the swing by drawing the hip backwards.

**The second step** is taken deliberately forward while the elbow leads the throwing motion ending in a quick whiplash movement of the wrist. You follow through by stepping forward with the leg on the same side as the throwing hand.



# EXERCISE 5: FOREHAND SPIN

Practice the forehand throw from a standstill. Try to produce as much spin on the disc as you can with your wrist and fingers.



Practice producing spin with the run-up.

Try throwing different types of discs. Does it feel differently when you throw a driver, a midrange or a putter?

# ANGLE OF RELEASE

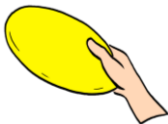
On the disc golf course you must be able to make the disc travel on different flight paths to bring it where you want it to go.

You can throw the disc flat or throw it on an angle. Hyzer and anhyzer are the words used to describe the angle of the disc when thrown. The descriptions below apply to right handed throws.



## Hyzer throw

- Trajectory from right to left
- The far edge of the disc leans downwards



## Anhyzer throw

- Trajectory from left to right
- The far edge of the disc leans upwards



# PUTTING

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The most important thing in putting is having a structured routine. You do not rotate the body when putting!



Each player develops his or her own putting style. Behind each style there are, however, similar principles. There are two main fundamental techniques: **Spin-put** or **push-put**. In spin putting the fingers and wrist produce spin on the disc. In push-putting the whole arm powers up the throw and the elbow does not bend much. The disc spins less when push-putting than when spin-putting.



The putting grip  
is a light and supple finger grip.

Putting stance

- Good balance
- Head and neck towards the target
- The back leg provides power and push



The putt

- Pushed or thrown
- No body rotation
- The hand reaches toward the basket



# EXERCISE 6: PUTTING POLKA

**Preparation:** Mark 3m, 4m, 5m, 6m, 7m, 8m, 9m og 10m distance points from the target. You need two putters.

**Exercise:** Putt twice from the 3m mark. If you make both you move to the next marker. If you only make one of the putts you putt twice again from the same marker. If you make neither of the putts you move to the next marker closer to the target. Try to concentrate 100%.



# EXERCISE 7: DISC GOLF PÉTANQUE

**Preparation:** Make a line on the ground. You putt behind it. You need three putters. You choose how many rounds there are in the game, it is best to have at least three rounds.

**Exercise:** Put a mini marker on the ground some distance from the line. The object is to throw and make the discs land on top of the mini marker. The throw next to the mini receives three points, two for the second closest and one for the third closest throw. The one that receives the highest total score from all the rounds wins the game!



# STAMINA

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With a good stamina you are able to play and move longer without getting tired. With diverse endurance exercises you increase your stamina.



Stamina is the ability to not getting easily tired. A good stamina means that you can play longer without getting tired. To increase stamina it is good to do some kind of exercise or activity for at least 1-2 hours each day.

## GOOD EXERCISE



WALKING



RUNNING



CYCLING



SWIMMING



SKIPPING



IN-LINE SKATING



You get a good exercise that increases your strength by, for instance, bicycling to the disc golf course. Can you do a double jump rope-skipping?



## EXERCISE 8: THROW AND CATCH

**Preparation:** Make a circle on the ground. You need five discs.

**Exercise:** The player throws the disc from inside the circle and tries to catch it as far from it as possible. The player marks the spot where he or she catches. Players get five attempts each round.

Try throwing with putters or midranges or drivers if you wish. Ultimate discs or dog frisbees can also be used for this exercise.

# THE MUSCLES

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Build-up exercises for the muscles are part of all training. Kinetic energy is the basis of all exercise.



Energy is the foundation for all movement. In sports, movement is produced by muscle energy and without sufficient strength one can not exercise properly. The aim of build-up exercise is to help the muscles grow and to increase their power and strength.

## BUILD-UP EXERCISES



SQUATS



JUMPING JACKS



SUPERMAN



PUSH UPS



LUNGES



SIT UPS



BRIDGE



PLANK

Instructions for these exercises are on page 51

# EXERCISE 9: BUILD-UP EXERCISES

15x Squats

As many push ups as you can

15x Supermans

15x Jumping Jacks

12x Lunges

15x Shoulder rotations in both directions

15x Sit ups

15x Bridges

Plank for as long as you can

Remember to warm up before  
doing build-up exercises.



# STRETCHING

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Stretching exercises help the muscles and joints to move easily.

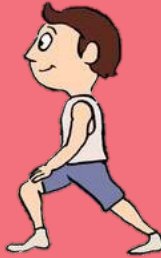


In order for us to move effortlessly and use our body properly we need flexibility. Flexibility is a part of a good physical condition. It is important for both success in sports and daily activity. Learning the right technique is easier if the body is flexible.

## STRETCHING EXERCISES



GLUTEAL



GASTROCNEMIUS



HAMSTRING



CALF



BACK



FRONT OF THIGHS



CHEST



SHOULDERS



NECK

Instructions for these exercises are on page 52

# EXERCISE 10: SUPPLE JOINTS

The stretching exercises from opposite page:

Gluteal:

- Hold the stretch for 5 seconds and relax alternately. Five repetitions.
- Change sides.

Gastrocnemus:

- Hold the stretch for 5 seconds and relax alternately. Five repetitions.
- Change sides.

Hamstring:

- Hold the stretch for 5 seconds and relax alternately. Five repetitions.
- Change leg.

Calf:

- Hold the stretch for 45 seconds on each leg.

Back:

- Grab the inside of knees with your hands and lift shoulders upwards

Front of thighs:

- Hold the stretch for 5 seconds and relax alternately. Five repetitions.
- Change leg.

Chest:

- Hold the stretch for 5 seconds and relax alternately. Five repetitions.

Shoulders:

- Hold the stretch for 45 seconds

Neck:

- Hold the stretch for 45 seconds

# EXERCISE ROUTINE

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There are three different exercise routines with disc golf exercises. Each routine consists of warm up, practice, build up exercises and stretches. Write down your workouts so that you can monitor the progress!

I made some exercises so that you can begin training for disc golf and improve your strength and health. You can do exercise every day. By doing all the exercises weekly you get a good and even training. Make a mark in the schedule when you have finished an exercise. Write down the repetitions of the build up exercises. I want to see how well you are performing!





## Exercise routine 1

Tick the exercises you do each week. You can see the exercises on corresponding pages.

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Warm up - 10 page 11										
Putt pages 25-26										
Lunges page 31										
Back page 31										
Sit ups page 31										
Cycling										
Stretching page 34										

## Exercise routine 2

Tick the exercises you do each week. You can see the exercises on corresponding pages.

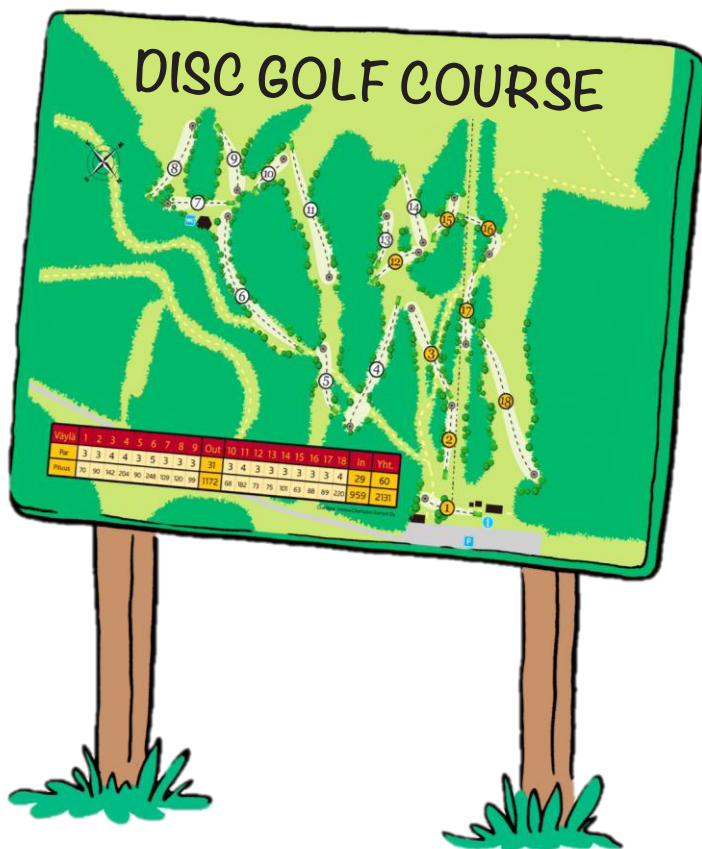
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Warm up - 10 page 11										
Backhand pages 15-16										
Squats page 31										
Plank page 31										
Sit ups page 31										
Cyngling										
Stretches page 34										

### Exercise routine 3

Tick the exercises you do each week. You can see the exercises on corresponding pages.

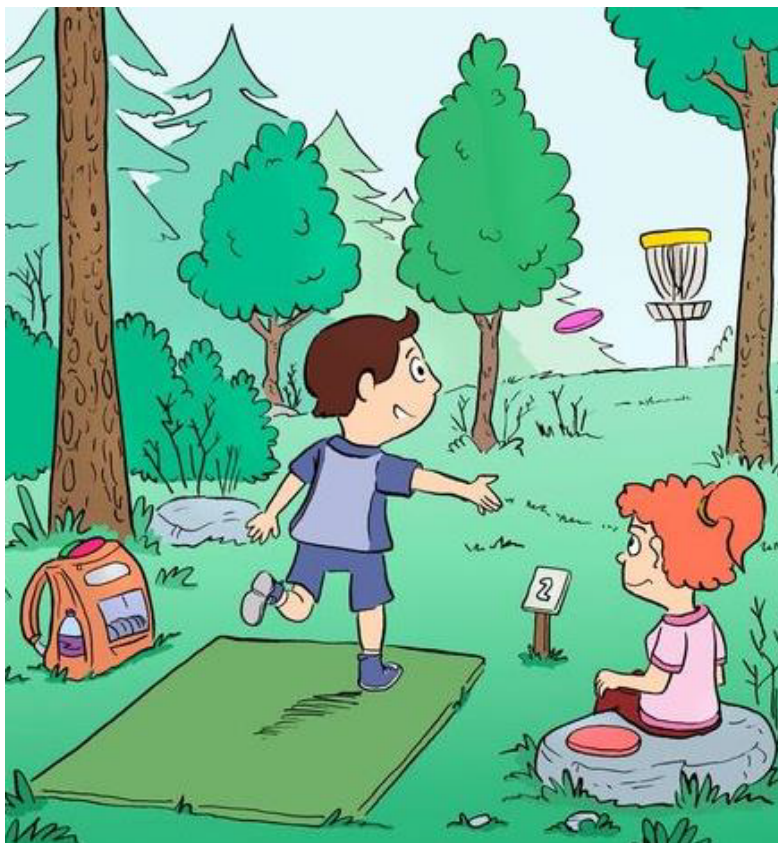
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Warm up - 10 page 11										
Forehand pages 15-16										
Bridge síða 31										
Jumping Jacks page 31										
Sit ups and Superman page 31										
Skipping										
Stretches page 34										

# THE DISC GOLF COURSE



# THE HOLE

The hole begins at the sign by the teepad where you throw first and ends at the target.



Remember that the player is always responsible for his or her throw. Before you throw, make sure that no one is on area in front of you!

All obstacles, signs, trees and objects on the course are part of it and may not be removed.

All rules that may be in effect on the course must be followed. The most common rules are applied to mandatories and OB.

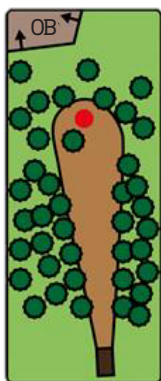
Mandatory means that the disc must travel on the right side of a sign or an object. A mandatory object may be a tree that has to be passed on one side.

OB indicates when a disc is out of the course boundaries. An area that is not part of the course is OB and all other areas are in bounds. OB is usually marked with white pegs or lines. You may never throw from an OB area.



# PROJECT 4: HOLE SIGN

What can you tell me about the hole map below? Write down at least three observations.



Par 3  
41m

#2

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# PROJECT 5: HIDDEN WORDS

Find 10 words that are used in disc golf in the table of scrambled letters below. The words may be written from right or left, up or down or diagonally.

T	E	E	P	A	D	H	M	O	B
R	M	L	V	C	A	Y	W	D	E
D	D	A	N	H	Y	Z	E	R	S
R	Z	X	N	P	I	E	T	I	F
I	T	U	N	D	H	R	R	V	C
V	S	P	W	F	A	S	V	E	T
E	X	U	Q	E	Z	T	R	K	Y
R	N	T	R	H	A	J	O	L	M
C	F	T	T	H	R	O	W	R	W
T	U	E	N	M	D	B	S	E	Y
T	A	R	G	E	T	L	X	C	Z



# ASSESSMENT

## 1) PUTTING

### Preparation:

Mark ten spots from the target with 1 meter apart. The last marker will then be 10 meters away from it.

### Assessment:

Putt once from each marker. For each putt made from the 1-6 meter markers you get 1 point. For each putt you make from the 7-10 meter markers you get 2 points. You can get a maximum of 14 points.



SCORE SHEET											
Date	1m	2m	3m	4m	5m	6m	7m	8m	9m	10m	Total

## 2) UPSHOT

### Preparation:

Make a circle on the ground with a 10 meter radius. Mark spots in 10m, 20m, 30m, 40 m and 50m distance from the circle.

### Assessment:

Make two throws from each spot, once with a putter and once with a midrange and try to make them land in the circle. You get 1 point for each disc that stops in the circle. You get 10 throws in all.



SCORE SHEET						
Date	10m	20m	30m	40m	50m	Total

### 3) DRIVE

#### Preparation:

Choose a spot for a tee with enough area in front of you to throw far.

#### Assessment:

Make five drives from the tee. You then measure how far the middle disc went. The two farthest and the two closest discs do not count (unless they are all longer than 60 meters). The points:

- 0 - 10 m = 1 point
- 10-20 m = 3 points
- 20-30 m = 5 points
- 30-40 m = 7 points
- 40-50 m = 8 points
- 50-60 m = 9 points

If all the throws are longer than 60 meters you get 5 bonus points.



SCORE SHEET								
Date	0-10 m	10-120 m	20-30 m	30-40 m	40-50 m	50-60 m	60-70 m	Total

# EXERCISE 11: KEEP YOUR CONCENTRATION

Go through the assessment without losing your concentration. That means that even if you fail when throwing a putt, an upshot or a drive, you keep going to the end as if nothing has happened.

If you wish to compete in disc golf, these exercises are a great way to practice your concentration. Each throw counts and you will have to keep your concentration from the beginning until the end of the competition.



It was fun practicing with you. I hope you keep on training your disc golf skills and stay active and do exercise to keep in good shape. Remember that a good physical condition is important in disc golf because:

- You can practice longer
- You can safely develop technique and throw with more power.
- It is easier for you to move around.
- There is less risk of injury.

It was great to get to know you! Keep practicing. You should fill out the forms for your exercise routines to monitor your progress. You can also develop and put together your own routines, but remember to mix together exercises that enhance stamina, strength and flexibility.

Best of luck practicing and throwing!



# GLOSSARY

## Instructions on warm up exercises

### HIP ROTATION

- Make a big circle with your hips.
- Alternate directions.



### TORSO ROTATION

- Feet apart
- Wind the torso from side to side.
- Hips face forwards.



### SHOULDER ROTATION

- Hands along sides.
- Rotate shoulders by doing circles while lifting and lowering shoulders.



### ARM SWINGS

- Swing the arms in circles.
- One at a time.
- Forwards and backwards.



### TOE TOUCHES

- Lower the hands to the floor.
- Arch the back upwards.
- Slowly straighten up and stretch backwards.



### TWIST HOPS

- Jump on the spot, feet together, turning toes from side to side.
- Arms swing in opposite direction.



### ARM, LEG AND TORSO STRETCH

- Feet apart.
- Bend left leg and touch left foot with right hand and vice versa.
- When one hand touches, the other stretches upwards.



### SKI STEPS

- Jump on the spot. Left foot and right hand forward together and vice versa.



### THROWING MOTION WITH A TOWEL

- Reach back and let the elbow lead the pulling movement.
- Make the towel snap.



### LUNGES WITH UPRIGHT ARMS

- Don't let knees bend beyond toes.
- Lunge forward with alternate legs.
- Push yourself to an upright position.



## BUILD UP EXERCISES

### SQUATS

- Feet shoulder width apart, toes slightly outwards.
- Arms straight forwards.
- Chin up, straight back.
- Sit down until knees are 90°.
- Straighten up slowly.



### PUSH UPS

- Straight body.
- Hands below shoulders.
- Lower down slowly, push up slowly.
- Don't let the stomach sink or the buttocks rise.



### SUPERMAN

- Lie flat on the floor, arms along sides.
- Lift your head and heels as high as you can without bending the neck or your knees.



### JUMPING JACKS

- Start feet together, arms by your sides.
- Jump on the spot with feet and hands outwards..
- Next jump puts feet together and arms by your sides again.



### LUNGES

- Arms straight in the air.
- Lunge forward with alternate feet while bending front knee to 90°.



### BRIDGE

- Hands by your side, palms and soles touch the floor.
- Lift your back and stomach upwards.
- Lower slowly.



### SIT UPS

- Hands on your neck.
- Right elbow tries to touch left knee and then left elbow tries to touch right knee.



### PLANK

- Straight body.
- Elbows and palms on floor.
- Hold the plank for thirty seconds at a time.





## STRETCHING EXERCISES

### GLUTEAL

- Left hand on hip, right leg over left knee..
- Straight back, lean forward
- Hold the stretch for three deep breaths.
- Alternate legs.



### GASTROCNEMIUS

- One leg forward, hips follow.
- Straight back, soles flat.
- Hold the stretch for three deep breaths.
- Alternate legs.



### HAMSTRING, CALF

- Both hands on thigh.
- Straight leg, toes in the air.
- Hold the stretch for three deep breaths.
- Alternate legs..



### CALFS

- Palms on floor, back straight, buttocks in the air.
- Right foot on left heel.
- Left sole flat.
- Hold for three breaths and alternate.



### BACK

- Feet slightly apart.
- Back arched, knees bent, lower head towards knees.



### FRONT OF THIGHS

- Leg bent backwards, grip the ankle and pull slowly.
- Push hips forward.
- Alternate legs.



### CHEST

- Straight body, hands clasped behind back.
- Stretch arms upwards and away from the body.



### SHOULDERS

- Left elbow pulled slowly to the right.
- Feel stretch in tricep and shoulder blade. Alternate.



### NECK

- Left hand on right shoulder, right hand on head above left ear. Pull slowly.



- Turn chin slowly towards left shoulder. Three breaths.
- Alternate.

### Innova Champion Boss

- Produced by Innova
- Made of hard Champion plastic
- Speed 13 driver
- Fast and difficult disc

### Discraft Elite-Z Buzzz

- Produced by Discraft
- Made from Z plastic
- Midrange
- Stable

### Discmania S-line FD

- Produced by Discmania
- Mad from S-Line plastic
- Fairway driver
- Easy and comfortable

### Latitude 64° Zero soft Pure

- Produced by Latitude 64°
- Made from Zero soft plastic
- Straight putter



Par 3  
41m

#2

### HOLE MAP

Many things can be observed on the picture:  
This is hole number 2, it is par 3, 41 meters long. Behind the target is OB where the disc might go out of bounds. There are trees along the fairway and the basket is almost behind a tree. The hole seems rather straight.

T	E	E	P	A	D	H	M	O	B
R	M	L	V	C	A	Y	W	D	E
D	D	A	N	H	Y	Z	E	R	S
R	Z	X	N	P	I	E	T	I	F
I	T	U	N	D	H	R	R	V	C
V	S	P	W	F	A	S	V	E	T
E	X	U	Q	E	Z	T	R	K	Y
R	N	T	R	H	A	J	Q	L	M
C	F	T	T	H	R	O	W	R	W
T	U	E	N	M	D	B	S	E	Y
T	A	R	G	E	T	L	X	C	Z



