

TEE AREA

The tee pad is where you take your first throw on each hole. The tee sign contains the hole information including the hole number, par, distance and a map of the fairway.

HOW TO THROW

4 Follow through after you throw by allowing your body to swing around, rotating on your foot.

3 Release the disc on the line you want to throw. Hold on to the disc firmly so it rips out of your hand as you drive...

2 Pull the disc through your chest on a straight line. Keep your head over the disc and make sure to keep your elbow raised up to maximise power...

1 Stand side-on with your shoulders pointing in the direction you want to throw. Turn your body and reach back with a straight arm...

DRIVING

Driving is a long-range throw



DRIVING GRIP

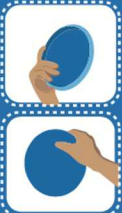
Press your four fingers inside the wall of the rim. Place your thumb on top of the disc and grip firmly, pinching the disc between your thumb and fingers.

PUTTING

Putting is a short throw towards the basket

PUTTING GRIP

Fan your fingers out under the disc. Place your little finger against the inside of the rim and rest your index finger on the outside of the rim of the disc.



1 Stand with your knees slightly bent in a comfortable position with your front foot pointing towards the basket...

2 Shift your weight to your back foot and bring the disc towards your body...

3 In the same motion, shift your weight forward again, spring off your back foot and spin the disc out of your hand towards the basket.

DISC GOLF BASKET

The hole in disc golf is the disc catching basket. The hole is complete when your disc comes to rest in the basket cage or chains.