

## Disc Games Study Guide

### Questions

1. What object was thrown before the frisbee was invented? \_\_\_\_\_

2. What year was the professional frisbee model sold? \_\_\_\_\_

3. Which shoulder is facing your target when throwing backhand. \_\_\_\_\_

4. Do you release the disc flat? \_\_\_\_\_

5. Is the grip the same for backhand and forehand throws? \_\_\_\_\_

6. Why is the wrist flick important when throwing? \_\_\_\_\_

7. Are you allowed to run with the disc in Ultimate? \_\_\_\_\_

8. In Ultimate what happens if a player drops the disc? \_\_\_\_\_

9. The player with the \_\_\_\_\_ total throws wins in disc golf

**History:** The “Frisbie Baking Company” of Bridgeport, Connecticut, made pies that were sold to many New England colleges. Hungry college students soon discovered that the empty pie tins could be tossed and caught, providing endless hours of game and sport. Walter Morrison produced a plastic version of the Frisbie that could fly further and with better accuracy than a tin pie plate, called the “Pluto Platter”. In 1964 the first professional model was sold and the name had been changed to the trademark name Frisbee as we know it today.

### Backhand throw:

**Grip-** Hold the disc with your thumb on top and index finger on outside of rim with your other 3 fingers spread out on bottom of disc.

**Throw-** Hold the disc in your throwing hand and bring your arm across your body like you are swinging a racquet backhand. Stand sideways so your throwing shoulder is facing your target. Step forward with the same side as your throwing arm. Extend your arm and flick your wrist as you throw. Release the disc flat.

### Forehand throw/Side arm throw:

**Grip-** Make a peace sign with index and middle finger they will go on bottom of disc next to the edge. Thumb is on side sticking up. Palm is facing up.

**Throw-** It is similar to a forehand swing using a racquet. Hold disc level and flick your wrist. The wrist flick is important because that gives the disc the rotation you want.

### Games:

There are many different games and activities that can be played with a Disc but the two most popular games are Ultimate Frisbee and Disc Golf.

**Ultimate Frisbee-** Object of game is to earn points by passing the disc to a teammate in the end zone. Both feet of the receiver must be in the end zone. Players can pass the disc to one another but cannot RUN with the disc. If a player drops the disc or has an incomplete pass then it is a turnover and the opposing team takes possession of the disc.

**Disc Golf-** Game is played like traditional golf but with a disc instead of balls and clubs. One point (stroke) is counted each time the disc is thrown. The goal is to play each hole in the fewest throws possible. The player with the lowest total throws wins.







