

# Disc Games Study Guide

Name: \_\_\_\_\_

## 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. What throw do you not release flat? \_\_\_\_\_
5. Is the grip the same for backhand and forehand throws? \_\_\_\_\_
6. Why is the wrist flick important when throwing?  
\_\_\_\_\_  
\_\_\_\_\_
7. What type of catch is best?  
\_\_\_\_\_
8. Are you allowed to run with the disc in Ultimate? \_\_\_\_\_
9. In Ultimate what happens if a player drops the disc?  
\_\_\_\_\_
10. The player with the \_\_\_\_\_ total throws wins in disc golf.
11. What are four types of throws:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_

**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.



## **Throwing the disc:**

It is important to create spin on the disc in order to give it stability in the air. The angle of the disc at release and wind are two factors that influences the direction the disc will fly.

### **Backhand: This is the most common type of 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 if no wind. You might have to adjust the release angle if windy.

### **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 vertical and flick your wrist. Throw/flick the disc like trying to “skip” a flat rock across water. You will want to release this throw “almost” vertical.

\*\* Some people throw the forehand with the palm up and thumb inside the rim.

### **Underhand:**

**Grip -** backhand grip..

**Step** with opposite foot. Swing arm underhand, flick wrist finishing with thumb out to side and index finger pointed at target.

### **Overhead:**

**Grip-** thumb on bottom and fingers on top of disc.

**Stand** sideways and step with opposite foot. Throw is done with an overhead flick, elbow bent and leading with thumb down.

\*\*alternate overhead throw: “hammer”. This is done with a forehand grip with the frisbee thrown overhand like a baseball. The disc will fly upside down.

## **Catching:**

*One handed* catching is the most desirable, but more difficult. It allows for easy transition into throws--especially good for when playing ultimate. Catching high throws with one hand: keep hand open/flat with thumb down and pointed at incoming disc. When disc hits palm close fingers on top of disc. Catching low throws: open palm/fingers down and thumb up.

*Two handed* catching: “pan cake” style. One hand under disc and the hand on top of disc. This is a more secure type of catch.

13. What throw does the disc fly upside down?

13.. What are the two factors that most influence the direction the frisbee flies?

- a. \_\_\_\_\_
- b. \_\_\_\_\_

14. Throwers may hold the frisbee for \_\_\_\_\_ seconds while playing ultimate.

15. What kind of defense in ultimate will we play in PE classes?

16. Name two other frisbee games

- a. \_\_\_\_\_
- b. \_\_\_\_\_

17. In ultimate, when does a team "throw off"?

18. In ultimate, where does a team "throw off"?

**Disc 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 will be our most played PE disc game.

**Other frisbee games:**

- Double disc court, Kan Jam, polish horse shoes, guts, frisbee soccer.

**Ultimate Frisbee-** Object of game is to move the frisbee down the field and into the end zone. A team will earn 1 point for each catch made in the end zone.

Rules:

- Play begins with one team starting from the "5 step line from the goal line." This is also done after a score. The "start" will be done 5 steps from the goal line.
- Players can pass the disc to one another but cannot RUN with the disc. Throwers may only pivot.
- A thrower may hold the frisbee for 5 seconds.
- 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.
- Both feet of the receiver must be in the end zone.
- The team that scores, must throw the frisbee from the 10 yd line (10 large steps from their goal line).
- Defenders must play "warm" defense (one step away from thrower). No contact on the offensive player. B games might have no defense on the thrower.

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. Throws are done from wherever the previous disc stops moving (one foot must be put on that spot). The goal is to play each hole (target) in the fewest throws possible. The player with the lowest total throws wins.



