



SUMMER CAP

**Tested, edited &
approved by:**

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Disc Golf

Grades: 3rd – 8th

Each of the five days is set to three-hour periods. Depending on how much time is allotted you may extend or shorten times if needed, however, the set minutes are a good time frame.

Day One:

Try to meet at the nearest disc golf course everyday, unless the weather is bad.

Introduction - 5 minutes: Start with the instructor stating their name, age, and why they are interested in disc golf. Talk about expectations within the camp like being good listeners, being patient, and showing good sportsmanship.

Intro to the camp - 10 minutes:

Explain how during the week you will be outside a lot, so kids need to dress appropriately for walking a lot, and to pay attention to the weather before the camp. Explain they need to come prepared, like bringing water, sunscreen, and a small snack if they want to. You will explain how you will teach them how to throw different types of discs in different ways.

Encourage the kids to bring their own discs if they have any, but remind them that they need their name and phone number on them in case they get lost. Explain that everyone has to throw their drive before they can find their disc. Once everyone has thrown a disc the person who's disc is farthest from the basket throws next. You continue this until everyone has made their disc.

First Round - 60 minutes:

Tell the kids that they will be only throwing backhand shots, and nothing else. Split the kids into even groups and spread them out within the course. If you have twenty kids with four helpers at a nine hole course, space them out every other hole,

with five kids per group. The helpers should have discs for the kids to each have three each. They should have a putter, mid-range, and driver. Before you start throwing, try to show the kids where they are trying to throw it in. The kids won't know how to throw a disc correctly and that is where the helpers need to show them so they don't hurt themselves.

Here is a video that the helpers should watch before the camp to help explain the form.

https://www.youtube.com/watch?v=N00BfNwc7ng&ab_channel=DynamicDiscs

Review - 10 minutes:

Talk about what worked and what didn't with the kids. If one throw worked on one hole but didn't on another. Try demonstrating some of the key points in throwing a disc to let the kids see where they might be off. Try to answer any questions the kids may have about the course, and technique.

Second Round - 60 minutes:

Go through another round and set up the same like the first round but switch up the groups. Remind kids that they have to throw one at a time and have to wait for everyone to throw before going to their disc. Try to show them different places to aim and see if they get better results at a hole.

Review - 10 minutes:

Talk about the last round and see if kids have any more questions.

Putting Practice - Rest of time:

Use the rest of time to practice putting. Putting is very important in the game and explain the different types of putting. There is spin and push putting.

This video is good to talk about both styles:

https://www.youtube.com/watch?v=BqV6Y5w2mJ8&ab_channel=DynamicDiscs

Set up different spots for the kids to put from. You can use the drivers and midranges to mark different spots around the basket to give the kids different angles.

All supplies needed will be listed at the end of the document.



Day Two:

Warm up - 15 minutes:

Take some time letting the kids warm up their arms, encourage them to go through the motion of throwing backhand shots without the disc.

Forehand Throws - 10 minutes:

Explain the difference between throwing forehand and backhand. Show the kids different ways to grip for a forehand.

This video should help the instructors demonstrate a forehand throw.

https://www.youtube.com/watch?v=rAwPexPmtcw&ab_channel=DynamicDiscs

First Round - 60 minutes:

Try to encourage the kids to throw different types of throws, like a forehand or a backhand. Do the same thing as day one and split the kids into equal groups and spread out through the course. Remind them that they go one at a time and no one stands in front of someone that is throwing.

Review - 5 minutes:

Talk about what the kids thought worked and didn't after throwing two different ways.

Second Round - 60 minutes:

Focus on how the kids throw. If you see that their shots are constantly at an angle that will make the disc spike into the ground, show them how they can correct it. Most times it's because of their release angle.

Review - 5 minutes:

Talk to the kids about whether changing how they threw helped or not.

Putting Practice - Rest of Time:

Set up different spots for the kids to putt from. You can use the drivers and midranges to mark different spots around the basket to give the kids different angles.



Day Three:

Warm Up - 15 minutes:

Take some time letting the kids warm up their arms, encourage them to go through the motion of throwing both backhand and forehand grips, without the disc. Maybe some putting as well if they want to.

Talk about scorekeeping - 10 minutes:

Explain what a birdie, eagle, ace, par, bogey, ect...

Ace = hole in one, Eagle = two under par, Birdie = one under par, Par = average shots needed per hole, Bogey = one over par, Double Bogey = two over par. Tell the kids to keep track of how many shots they took in each hole they play, and also look at the par for each hole.

First Round - 60 minutes:

Split the kids up into different groups. Let the kids look at the Par for each hole, try to keep score of each kid.

Review - 10 minutes:

Compare scores with each kid, then split them up by their scores, if there are sixteen kids. You can group them by where they are based off of scores. The top 4 in one group, then 5-8, 9-12,13-16.

Second Round - 60 minutes:

Encourage the kids to keep track of their own scores, but write them down yourself to keep track of the score throughout the whole round.

Putting Practice - Rest of Time:

Set up different spots for the kids to putt from. You can use the drivers and midranges to mark different spots around the basket to give the kids different angles.

Day Four:

Warm Up - 15 minutes:

Take some time letting the kids warm up their arms, encourage them to go through the motion of throwing both backhand and forehand grips, without the disc. Maybe some putting as well if they want to.



Round 1 - 45 minutes:

Kids now should have more of an understanding of the course layout and how to move quicker through the round. Still keep track of each score, and split the kids into groups.

Review 5 minutes:

Tally the scores from all the kids and separate them based off of scores.

Round 2 - 45 minutes:

Play through the second round and take scores.

Review: 5 minutes:

Gather the scores from both rounds and see if any kids moved up or down with their scores.

Round 3 - 45 minutes:

Go through the last round of the day and continue tracking the score.

Final scores - 10 minutes:

Tally up the scores from all 3 rounds to see who had the best score throughout all 3 rounds.

Day Five:

Warm Up - 15 minutes:

Take some time letting the kids warm up their arms, encourage them to go through the motion of throwing both backhand and forehand grips, without the disc. Maybe some putting as well if they want to. Since today is the final day, you can make this day more like a tournament to see who is the winner of the camp.

Round 1 - 45 minutes:

Kids now should have more of an understanding of the course layout and how to move quicker through the round. Still keep track of each score, and split the kids into groups.

Review 5 minutes:

Tally the scores from all the kids and separate them based off of scores.



Round 2 - 45 minutes:

Play through the second round and take scores.

Review: 5 minutes:

Gather the scores from both rounds and see if any kids moved up or down with their scores.

Round 3 - 45 minutes:

Go through the last round of the day and continue tracking the score.

Final scores - 10 minutes:

Tally up the scores from all 3 rounds to see who had the best score throughout all 3 rounds.

In Case of Bad Weather:

Meet in a designated area

Putting Practice inside - 30 minutes:

You will need a practice basket and set it up in a large area inside if possible.

Watch Professional Disc Golf Coverage:

Can easily find some videos on YouTube to watch recent rounds.



Supplies Needed

- 3 discs per kid (putter, midrange, driver)
- Disc golf basket (<https://www.dynamicdiscs.com/collections/disc-golf-baskets>)

