



Frisbee Golf

Tactical Problems

Aiming

Controlling The Shot

Shot Selection

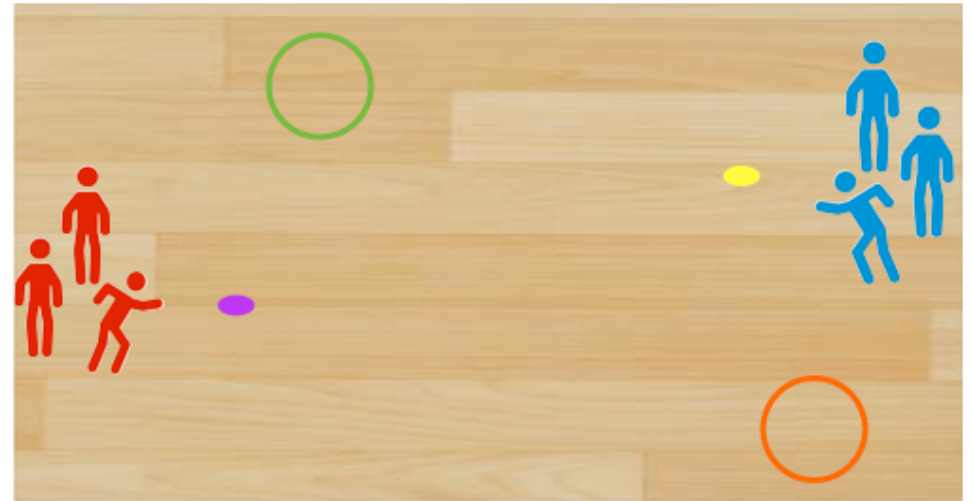
GRADES
3-6

Rules of Play

- Place nine hoops around the playing area.
- Each hoop is labeled one to nine
- Students are placed into teams of three to four. Each student has a frisbee.
- Players try to get their frisbee into the hoop in the least amount of throws possible (they track their score)
- Once all members of a team got their frisbee in a hoop, the team moves onto the following hoop.

Variations and Progressions

- Smaller target (small hoops, cones, etc)
- *Soccer Golf*: Instead of frisbees, use soccer balls. The teams must kick the ball towards the hoop.



Game Info

Equipment

Nine hoops, frisbees, score cards

Safety

Students should yell “fore” if their frisbee is headed towards another player

Tactical Talk

What method/technique do you use to aim your shot?

How do you make your shot go in the direction you want?

How do choose what type of shot to make?