

GOLF (DISK GOLF OPTION)

Prepared By:

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Target Groups:

12 years old or older

Time Allotted:

50 minute block

Pre-Requisites:

None

Materials Needed:

Disks

Have a list of Pro Disk Golfers for campers to research

Instructional Goal:

At the end of the week all scouts will have a solid foundation in golf (Disk Golf) and feel confident and comfortable with the rules and their abilities, so they are able to go out on their own and play.

Monday

Requirements:

1. Discuss safety on the golf course. Show that you know first aid for injuries or illnesses that could occur while golfing, including...

lightning,
heat reactions,
sunburn,
dehydration,
blisters,
animal or bug bites,
poison ivy exposure,
sprains,
and strains.

2. Option 2: Disc Golf

A. Study the "PDGA Official Rules of Disc Golf" now in use.

(1) Tell about the six areas of Courtesy (812).

(2) Describe the seven areas of Scoring (808).

B. Tell about your understanding of the "PDGA Disc Golfer's Code."

C. Do the following:

(1) Tell about the history of disc golf and why it is an inclusive game.

(2) Discuss with your counselor the contributions Ed Headrick made to the sport of disc golf.

(3) Describe the evolution of disc design.

(4) Tell about the accomplishments of a top disc golfer of your choice.

D. Do the following:

(1) Tell how disc golf can contribute to a healthy lifestyle, mentally and physically.

(2) Tell how a disc golf exercise plan can help you play better. Show two exercises that would help improve your game.

Tuesday

Requirements:

Option 2: Disc Golf

E. Show the following:

- (1) A good throwing grip
- (2) A good runup (X-step) when throwing a disc
- (3) Backhand shot
- (4) Forehand shot
- (5) Overhand shot
- (6) Rolling shot
- (7) A good (in-line) putting stance
- (8) A good straddle putting stance
- (9) A good putting grip
- (10) A good putting motion & follow through
- (11) The proper use of a mini-marking disc

G. Find out about three careers related to disc golf. Pick one and identify the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this interests you.

Wednesday

Requirements:

F. Play a minimum of 18-holes of disc golf with another disc golfer about your age and with your counselor, or an adult approved by your counselor. Do the following:

- (1) Follow the "PDGA Official Rules of Disc Golf."
- (2) Practice good disc golf etiquette.
- (3) Show respect to fellow disc golfers and other people in the park along with any wildlife, trees, and plants on the property.

Thursday

Requirements:

Continue working on requirement 2F

(If all requirements have been met, continue to practice on disc golf course)

Friday

Requirements:

Continue working on requirement 2F

(If all requirements have been met, continue to practice on disc golf course)