

# Disc Golf Basics

This playbook provides a step-by-step guide for beginners to learn the essential aspects of disc golf. It covers throwing techniques, understanding the rules, and proper etiquette on the course.

## Step 1: **Learn Rules**

Start by familiarizing yourself with the basic rules of disc golf. Understand how to score, the order of play, and what constitutes a penalty. Official rules can be found through the Professional Disc Golf Association (PDGA).

## Step 2: **Grip Techniques**

Study and practice the various grip techniques such as the backhand and forehand grips. Each throwing style has a unique grip that can provide better control and accuracy.

## Step 3: **Throwing Basics**

Learn the foundational throwing techniques. Start with the backhand throw, then proceed to learn the forehand throw, and other specialty throws like the hammer or tomahawk if interested.

## Step 4: **Putting Practice**

Practice putting by aiming at the basket from various distances. Focus on stance, grip, and arm movement to improve precision and consistency.

## Step 5: **Field Work**

Engage in field practice to work on distance, accuracy, and control. Use open fields to practice and refine your driving and approach shots without the pressure of an actual game.

## Step 6: **Course Play**

Play on an actual disc golf course to experience different layouts and obstacles. Apply the skills and knowledge you've gained from practice in a real game setting.

## Step 7: **Study Etiquette**

Learn and observe the proper etiquette which includes not distracting players, yielding to faster groups, and respect for the course by not littering and causing damage.

# **General Notes**

## **Safety First**

Always be aware of your surroundings and other players on the course to prevent injuries.

## **Community**

Join local disc golf communities or clubs to learn from more experienced players and participate in events.