



APPROACH LESSON PLAN 5: “SHUFFLE DISC”

(MIDDLE AND HIGH SCHOOL) (20 MINUTES)

By Des and Jay Reading

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WHAT THE STUDENTS WILL LEARN

In this lesson, the students will learn to:

- Seek out, participate with and show respect for a peer with a lesser skill ability.
- Enjoy working with others in a activity to achieve a common goal.
- Recognize physical activity as a positive opportunity for social and group interaction.
- Provide appropriate support for a teammate while throwing the approach shot as to put the disc as close as possible to the basket.

STANDARDS MET

The standards met are:

- 1
- 5
- 6

MATERIALS NEEDED

The materials needed are:

- One Putt/Approach disc or Mid-Range and Putter combo per every two players on a team
- One basket per game
- Cones to mark throwing spots
- One mini-marker per every two players on a team

WARM-UP (10 MINUTES)

Start with some familiar stretches and a light jog. (See the “Stretch Guide” for some disc golf related stretches)



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LESSON: "SHUFFLE DISC" (20 MINUTES)

Before starting the lesson, set the disc court up like the diagram on the next page. Follow these steps for the lesson:

STEP	ACTION
1	Divide teams into even numbers with four to six players per team being optimal. Partners will pair up within the team and take opposite sides of the court.
2	Explain the object of the game is for the throwing side of the court to make upshots as close to the basket as possible, so the putting side of the court can "putt out" and finish the round.
3	Start the round by having each throwing side of the court team member pick a cone and take turns throwing one approach shot.
4	Have the throwing side then scores points by getting one point for each of their discs closest to the basket than the other team's closest disc. For example, team one has two discs closer to the basket than team two's closest disc. Team one would score two points (like bocce). If team one only had one disc closest to the basket before team two's closest disc, team one would only score a single point. Once the throwing side has scored their throws, the putting side is up.
5	Have the putting side mark their lie with a mini marker and putt each of their partner's discs. They will score one point for the team with each made putt. Note: Any throw that is aced will automatically score two points, as no putt will be needed. The aced disc would also mark the closest to the pin for the ace's team in case the team can score with other closest discs.
6	Rotate the team's partners after each round as throwers and putters. After each side has thrown from all three spots they can rotate sides.
7	Play the game to 21, but the game should conclude by finishing the rounds scoring so that the highest score past 21 would be the winner.

TEACHER'S TIPS



Here are some tips for teachers:

- Bracketed tournaments can be fun for this lesson and classes may be able to play several teams during a class.
- For an extra twist, you could specify a certain type of approach shot to be thrown from the different cone spots.
- For Middle School, you could move the cones in to 80 and 120 feet.



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**SHUFFLE DISC COURT
DIAGRAM**

Following is a diagram for Shuffle Disc Court:


