

Modified Disc Golf – Instructional Modifications and Skills Involved

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Instructional modifications that may be helpful particularly if activity is new or unknown:

Physical assistance/ guidance

Hand over hand assistance

Tactile modeling

Fade assistance as activity becomes familiar and skills develop

Sighted guide to walk to Frisbee after throw

Tactile map to review course

Picture or object sequence to communicate steps in the sequence of routine

Consider using a counting ring or system for students to keep track on throws

Provide a sound source at hoop/ target - person clapping

Tie a bell from hoop to use as indicator when target is hit

Instruct player of distance from hoop/target

Skills involved:

Locates starting tee

Identifies target or hoop

Maintains a functional grip on disc

Moves arm in preferred throwing motion

Releases disc

Locates, walks/moves to disc after throw

Identifies the player's Frisbee furthest distance from target after everyone in group throws

Faces the target

Throws from position of where disc landed

Waits for everyone in group to complete first throw before walking to disc

Understands the concept to make the fewest throws possible to get disc through/ into target

Squats down and picks up disc/reaches for disc

Reaches down and picks up disc off ground

Attempts to use the correct amount of force to throw disc to target

Demonstrates a strategy

Counts each throw

Records score for each hole

Adds score of each hole at end of round



