

# DRIVING

Driving in disc golf is a long-range throw



**1** Stand with your shoulders lined up with direction you want to throw. Reach back with a straight arm...



**2** Pull the disc through your chest in a straight line...



**3** Release the disc flat on the line you want to throw. Follow through after you throw, rotating on your foot.

# DRIVING GRIP



Press your four fingers against the inside wall of the rim, pulling the rim into the crease of the palm. Place your thumb on top of the disc and grip firmly, pinching the disc between your thumb and fingers.



Fan your two middle fingers out under the disc. Place your pinkie finger against the inside of the rim and your index finger resting on the outside rim of the disc.



# PUTTING GRIP



**3** Rock your body forward again, springing off your back foot and spinning the disc out of your hand with your fingers open reaching towards the basket.

Tip! \* Focus on a single chain link in the centre of the basket. Putting at a smaller target increases your accuracy.



**2** Lean back, bringing the disc closer to your chest...



**1** Stand with your knees slightly bent and your foot pointing to the basket...

Putting in disc golf is a short throw towards the basket

# PUTTING