

LESSON 1: THROLF

As in golf, a course with 'holes' is established. Players move around the course attempting to reach the target in the least number of throws.



What you need

- A range of 5–6 targets, set up at different heights over a course (indoor or outdoor)
- 1 disc per player
- Objects to create obstacles and barriers, such as towels, gym mats or benches
- A numbered flag or card for each 'hole'

What to do

Setting up

Establish the course and spread the players out on it.

Playing

- Players throw from a start line ('tee') next to each target.
- The next shot is taken from where their disc comes to rest.

Variation

- Play in 2s or 3s and count the lowest score for each target.
- Allocate different scores to the targets.

Scoring

- Score = total number of throws to reach all targets
- The lower the score the better

Learning Intention

Throlf puts measured throwing skills into a fun context.

Change it

Coaching

- Ask the players how they can ensure everyone is included.
- Highlight to the whole group good examples of throwing.

Game rules

- The player furthest from the target after the opening throw plays first.
- Set a maximum number of throws per target and/or the whole course (like 'par' in golf). Involve the players in this decision after the first round.

Easier

- If discs are rolling far from the course, players can take their next throw from where the disc landed, rather than where the disc came to rest.
- Shorter distances
- Bigger targets
- No obstacles or barriers

Harder

- Longer distances
- Smaller targets
- More obstacles or barriers

Equipment

- Use skittles or empty plastic milk bottles instead of targets.
- Vary the targets.

Playing area

- Create the equivalent of water hazards and bunkers (e.g. a blue blanket for a water hazard or an old gym mat for a sand bunker).
- Vary the distance from the throwing line ('tee') to the target.

Safety

Don't start play if players are still around the target. Tell players to call 'HEADS!' as a warning if a player is likely to be hit.

Ask the players

- What different throwing techniques have you used?
- How can you assess your performance in the game or at one hole?
- What could you change to be more accurate?
- How can you throw further without throwing harder?