



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