



Practice Plan. Spring Session 2019

Please design a system for checking the students in and out. We should use a technique that follows district requirements. Use a classroom, with internet access, to begin each practice.

Weekly instruction videos are located at www.usydga.com. Click the “Coaches Corner” link and then watch the appropriate “Weekly Instructional Video”. You can begin each practice with 5 to 10 minutes of video instruction, using the classroom where you are checking in.

Refer to your Field Strategy Guide before setting up the different drills. Each field is set up differently, based on usable areas. Sometimes you must choose one drill over another from one day to the next. Your training will show you how to use your field effectively and safely. Please follow the daily and weekly routines below. Being thorough is the best way to give the gift of disc golf and all the possibly experience to your students.

Daily Routine

1. Check in and make sure you have this Plan, F.S. Guide & Calendar on your clip board.
2. Go through some or all of the Etiquette (students should repeat these, as a group, as often as possible)
3. Short discussion of the Rules of Play. Discuss using the word “FORE!!!!” when appropriate. Always, remind “where to stand when others are throwing”, and to “PAY ATTENTION and watch when others are throwing around you”. “Duck and cover” when you hear “FORE”!!!!. “DO NOT look into the direction of the warning”.
4. Check out the individual week details. Add drills and trick-shots as mentioned
5. Lead at least 1 short stretch for each of the following: Calf, Hamstring, Hips, Posterior & Anterior Deltoid, Forearm & “Tri’s”.
6. Lead a few seconds of each of the following calisthenics: shoulder rolls, jumping jacks, hip twist with arms out, run in place (high knees).
7. Students should play a key role in setting up the field and tearing it down. Assigning daily jobs works well and empowers students.

WEEK 1

1. Day 1 is about field setup, videos, and intro. Not a lot of throwing. Day 2 is about setting up and getting used to throwing and station rotation.
2. Show the “How To” and “Safety” videos. These videos show the students how to help set up the daily drills. Plus, they back you up, as a coach, when it comes to safety. Please, DO NOT, introduce the Driver this week. Throwing the Putter and Midrange is the safest place to start and will give you time to figure out when to introduce the driver. Safety first. Knowing student field habits helps when appropriating groups, matching, equating and preventing incident reports.
3. Hand out the entire student pack on the first day. This pack is intended to inform parents and students of all the different events they are invited to. Please do this on day 1 so parents have plenty of time to plan. Please say multiple times in the first 2 weeks, “Important to show the packet to parents, if you want to attend off-campus events”.
4. Show the “Intro to Backhand” “Intro to Forehand” & “Intro to Putt” videos. You can put a disc in their hand while showing the videos. Some students are naturally “fore-hander’s”. Students can choose where to begin.
5. As a group, show the students how to set up your field. Be thorough so they know how to set it up every day moving forward. Spend a few minutes prior to day one and give yourself an idea of how you want your field set up. Use your training and the Field Strategy Guide as a reference.
6. To start your fieldwork, use the following drills; Open Field (no basket), 2 Approach drills (with Cone Islands), 2 Putting stations. Add permanent structure drills, treks or holes, when appropriate. Coach’s discretion. Starting with drills is wise.
7. Hit the field and try some group dry runs with the Backhand, Forehand & Putt
8. Intro the drills and try to rotate groups from drill to drill. 3 to 5 students per station.
9. Show videos each day, this week, if necessary. Coach’s discretion.

WEEK 2

1. Show “Intro to Basics - Roller” & “Scoring” videos. Repeat videos, if necessary.
2. *Optional, give out the first scorecards. Check how they use them, when possible. Students can keep them and use later to reference old field-scores. Students can carry pencils, too.
3. Hit the field for dry run of the Roller & add it to your field plan.
4. LOUDLY PROMOTE the up coming events. Your calendar should be on hand as a constant reminder to you. Watch your email for Disc Drive Packets this week. Print and hand out to each student.
5. Use this week to find some advanced students who you can pair with those who could use some encouragement. Empowering the “naturals”, as leading helpers, will build their own game in many ways.

WEEK 3

1. Show “Overhand & Thumber” video, plus any other you feel need to be repeated.
2. Ad “Hoop Challenge” & Hula Challenge”, if you haven’t already.
3. Please address the importance of honesty in golf.
4. Promote the up coming Events. Students need constant reminding, as you know.
5. Dry run Overhand and Thumber & add it to your field plan
6. This is a good week to set up “trick-shots”, if you haven’t already. (F.S. Guide).
7. Begin deciding how you will seed your students for the Qualifier. All students are encouraged to represent your team at the qualifier. Seeded students will be matched with same seeds from other schools, at the Qualifier Event. Base your seeding on three things: 1 – Attitude/Respect, Availability to Participate, and lastly Skill Level. Seed 1 thru 4. All others are 5. Seeding is NOT rating. It is the US/YDGA format to prevent cheating, bad etiquette, etc. And, give a real DG experience to those who want to be there. Seeding DOES NOT mean better or worse. Please voice this.
8. Please register/email your seeds at least 1 week prior to the “Qualifier Event”. All students who qualify for the ADFT will be posted in the “ADFT Qualifiers” tab, on www.usydga.com, following this event.

WEEK 4

1. Team Picture Day. Make sure to get a group pic and email or text it Coach Maka. Sorry to say but, some students are forbidden to have pics taken. Make sure who they are.
2. Repeat any video you see fit.
3. Loudly promote the up coming Events
4. Try adding Overhand and Thumber Islands.
5. Option*. Balance a box of Hot Tamales or Lemon-Heads, on it’s short edge, on top of a disc, in the middle of the field (80+ feet). Run the “you hit it you win it” Disc Perfect Challenge. There MAY be budget to get such items. Can’t hurt to ask.

WEEK 5&6

1. Coach’s discretion.
2. You can continue running practice with drills and fieldwork or, make up your own ideas on how to have fun, while ending the practice season.
3. Encourage your qualifiers for the All District Final Tournament and to practice during week 7.

WEEK 7 & 8 are make –up weeks. Use it if you got a late start or missed practices.