SUBMITTED BY
Irmgard

ON
2013.07.05

★ ★ ★ ★ ★
Keine Stimmen

A disc makes program - Frisbee



Frisbee sports are explained and ideas for making an unusual Frisbee are listed.

This article is a Forum magazine article.

Frisbee sports to imitate:

The ancient Greeks hurled the 'Discus'; Yale University students threw the baker's oven trays, 'Frisbie', at each other.

There are currently 11 disciplines in which regular competitions are held. These are:

Long throw, target throw, float throw, throw-run-catch, disc golf and discathon as individual disciplines.

Ulimate, freestyle, guts, DDC and dog frisbee are contested as a team.

A few of these games are briefly described here. They can be played as such, but can also be incorporated into a higher-level competition.

Ultimate

Ultimate (also known as frisbee rugby, zone frisbee or line frisbee) is the supreme discipline in disc sports. Two teams of 7 players play. The aim is to reach the opposite end zone by throwing the frisbee. The player in possession of the frisbee may not walk and is covered by a maximum of

covered by at most one opponent. If the disc falls to the ground or is caught by an opponent, the direction of play changes. Physical contact or snatching of the sports equipment is prohibited.

In league sport, Ultimate is played without a referee. The players report fouls themselves. If the arguing parties do not come to an agreement within approx. 10 seconds, the game is repeated.

You can find more detailed instructions on Ultimate Frisbee here.

Disc golf

Golfers sweat with excitement at best; this also applies to disc golf. After all, it takes a lot of concentration to 'putt' the frisbee into the hole. The idea is simple but challenging: How many throws do you need to hit the target?

After everyone has made their throw, the person who is furthest away from the 'hole', exactly from the point where the frisbee came to rest, continues to play.

You can of course choose the target according to the members of your golf club and adjust the distance.

Discathon

The aim is to complete a set course in the shortest possible time. The player has two Frisbees. The second is played from where the first landed and so on...

The course can also lead through woods or ditches. Maybe you have to throw the Frisbee through a ring or even over an obstacle.

Discathon can also be organized as a relay.

Flubber-Guts (variation of Guts)

The disc may only be touched with one part of the body at a time (catch with one hand - yes; press against the stomach with the other hand - no). It is permitted to whirl the Frisbee upwards with your hand or foot and then someone else catches it.

Long throw / target throw

These two disciplines can be integrated into a game in various forms.

As a record game, untalented throwers probably lose their joy quite quickly. In a group, however, they contribute to the summed long throw over 200m, wau!

About throwing ...

The backhand throw is the most common, right-handed throwers pull up to the left of themselves.

The forehand throw looks more casual; it seems as if the thrower's forearm flies with it, which is how it feels for the inexperienced.

There are also countless trick throws. Whether overhead, between the legs or from behind, everything is allowed.

Tips for throwing:

- Swing straight out; pull the frisbee past you in a straight line.
- The frisbee should be thrown horizontally slightly below the shoulder.
- Twist; open your wrist just before releasing and release the frisbee as if it were rolling out of your hand. Put a lot of force into the spin, but don't let it "spike" haphazardly
- To prevent the frisbee from rolling in one direction, you can tilt the frisbee in the opposite direction when you lunge and throw it, and in the course of the flight it will 'roll' until it comes to rest horizontally.
- With a lot of spin and a bit of an angle, the Frisbee flies a wide arc as if it were gliding on an inclined plane.

Bow throwing works in both directions. It depends on which side you tilt the frisbee to.

... and catching

"I hope no one passes me the frisbee. I'm sure to break my fingers."

But from now on, you only catch with the...

... Sandwich technique

All Frisbee pros catch like this and for good reason.

The approaching frisbee is received by the overlapping hands. This way, every other player knows that you intend to catch the frisbee. As soon as the disc has flown between your hands, you squeeze them together and the frisbee is tamed, no matter how hard the throw was.

In addition to one-handed catching, there are other artistic ways of catching. Trick catching, like trick throwing, is part of every balmy summer evening; be inspired.

The ability to predict the trajectory is called "reading the target". With an arc throw, you go straight to where the frisbee is at catch height without following the arc of the frisbee.

General information on use

Here are some tips for choosing the right frisbee:

- Children are better at throwing smaller/lighter frisbees. If the frisbee is too heavy/large, they may not throw it for as long. A lighter frisbee is more likely to be carried away by the wind.
- Frisbees are available in all colors.
  A yellow frisbee is easier to find in the grass, a red one in the snow and a fluorescent one at night.
- Only use new frisbees on grass. Mark old Frisbees for playing on tarmac. The edge will quickly roughen and injure the catcher (except for sandwich catches).

Rough edges and surfaces can be melted with a lighter or scraped off with a bag knife.

Misuse has potential

A Besj info bulletin advertised a frisbee that can also be used as a plate.
Who is stopping you from using your plate as a frisbee? The following craft ideas:

Vinyl frisbee
The vinyl frisbee is a special kind of craft idea:

In a heat-resistant bowl of your choice, place a selected vinyl record that the owner will surely never want to hear again!

You then pour boiling water over the record and use wooden trowels to help the vinyl find its new shape. Caution! Hot water at temperatures of 50°C and above can cause serious injury.

Flight behavior is moderate to good, depending on the shape.

CD Frisbee
A CD, thrown in good Frisbee fashion, tends to "roll" a lot. You can remedy this by making a rim with wide adhesive tape. You can press the edge down when throwing and it will stand up again when released.

Flight behavior similar to a small frisbee. Suitable for indoor use as it is small and light.

Fabric frisbee
A piece of fabric edged with a weighted hem is enough to make the game fun.

The fabric does not necessarily have to be round. Another basic shape is also possible, such as a triangle, letters...

Electric cables (stranded wire or wire with insulation), fishing lead, sand, etc. are suitable for weighting.
Indoor and outdoor fun is pre-programmed.

A disc makes a program_YW

Source reference



- **Content and picture:** Forum Kind issue 3/04, page 25 + 26. Frisbee sports and making your own. © Copyright www.forum-kind.ch
- **Author:** Lukas Voellmy

Weitere Informationen

Categories
Games and activities

Tags
Frisbee
Forum
Sport
Creativity
Artistic handicrafts

Age
8–12 years
13–16 years
from the age of 16

Number of participants
No data available.

Bible
This information is missing.

Duration
No data available.

Terrain / surroundings
In enclosed spaces

Material
Almost effortless

File download
File download available

KI Generierter Inhalt
Contents
Categories
Tags
Age
Number of participants
Bible
Terrain / surroundings
Material

© YoungstarsWiki | https://youngstarswiki.org/en/wiki/art/disc-makes-program-frisbee