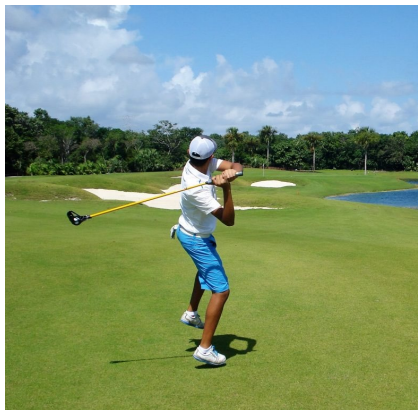




Phys Ed Lesson Plan

Courtesy of Sue Schulz, Brier Terrace Middle School, Brier, WA

FlingGolf Day #1



FlingGolf - on Shark Tank!



FlingGolf - on ESPN!



Fling Golf - a fun new sport!



Intro to FlingGolf



WHAT IS FLINGGOLF?

Watch the movie on main page

- click the link above

FlingStick Size Generally Depends on your Height

6'+ (183cm+)

LONG



5'4" - 6'
(162-183cm)

MEDIUM



Under 5'4"
(162cm)

SHORT



Kids 4-9
years old

JUNIOR



FlingGolf Techniques



Basic FlingGolf Shot: Overhand Lacrosse Shot



Basic FlingGolf Shot: Overhand Lacrosse Shot (with captions)



Side Arm or Baseball Swing



Baseball Swing

Partner work time - practice the two basic shots

Overhand
Lacrosse shot



Baseball Swing



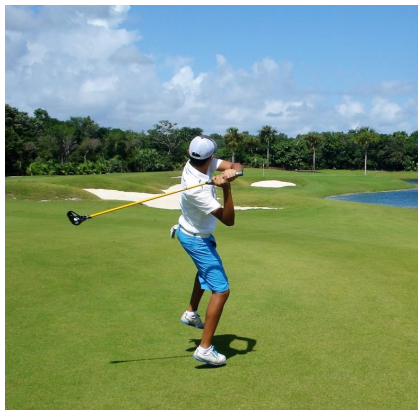
Each team of two will have one fling stick to share but each person will have one foam ball and one wiffle ball

Partner work time - safety rules



- Thrower stands on yellow spot
- Partner waits on orange spot
- Once thrower makes two throws - hand the stick to your partner who moves up to the yellow spot to throw
- The person that just threw goes out to the field to retrieve the balls
- Keep switching - its OK to throw while your partner is in the field since we are using foam balls

FlingGolf Day #2



Low to High Swing

A golfer wearing a grey long-sleeved shirt, light-colored shorts, and a cap stands on a green golf course. The golfer is holding a club and looking down. The background features a line of trees and a small building under a cloudy sky. The text "Low-to-High Swing" is overlaid in large white letters across the center of the image.

Low-to-High Swing

Flop Shot - short shot for approaching the green

A golfer wearing a grey jacket, light grey shorts, a grey cap, and blue and green sneakers is captured in the middle of a golf swing on a green. The golfer is holding a club and is positioned in the center-left of the frame. The background consists of a dense line of green trees. The text "Flop Shot" is overlaid in large, white, sans-serif font across the center of the image.

Flop Shot

The Bump and Run - short shot for approaching the green

A golfer wearing a grey hoodie, light-colored shorts, and a grey cap is standing on a green, preparing a bump and run shot. The golfer is holding a wedge and looking down at the ball. The background shows a golf course with trees and a sand trap.

Bump & Run

Five Ways to Putt

A golfer in a blue shirt and dark shorts is captured in the middle of a golf putt on a lush green field. The golfer is positioned in the center-left of the frame, leaning forward with a golf club. The background is filled with dense green trees and a clear blue sky. In the lower right corner, a blue flag on a white pole is visible. The text "THE CHANNEL ROLL" is overlaid in large, white, bold, sans-serif capital letters at the bottom center of the image.

THE CHANNEL ROLL

The Channel Putt (Glide)

An aerial photograph of a golf green. A narrow, straight channel has been cut into the grass, leading from the foreground towards the hole in the distance. The green is surrounded by trees and a clubhouse building with a red roof is visible in the background. The text "Channel Putt" is overlaid in large white letters across the middle of the green.

Channel Putt

FlingGolf Short Game



**You will be working with a partner today
and playing short games of FlingGolf**





One partner will “tee off” from the yellow spot on the track. The other person will take the hoop (hole) out onto the football field and stand near it to mark the spot your partner is trying to get to.

Try to get to your hoop in as few throws as possible. Compete with yourself or your partner.

Keep taking turns being the fling golfer (start at the yellow spot) and being the flag at the hole.



Each team of two will have one FlingStick and one numbered ball to share.

This will make it easier to find your ball since otherwise they all look the same.

FlingGolf at Interbay Golf Center in Seattle



Green fee includes fling stick rental!

INTRODUCING... FlingGolf at Interbay Golf Center!

FlingGolf at Bellevue Crossroads Par 3



Green fee includes fling stick rental!

INTRODUCING... FlingGolf at Crossroads Par 3!

FlingGolf at Lynnwood Golf Course

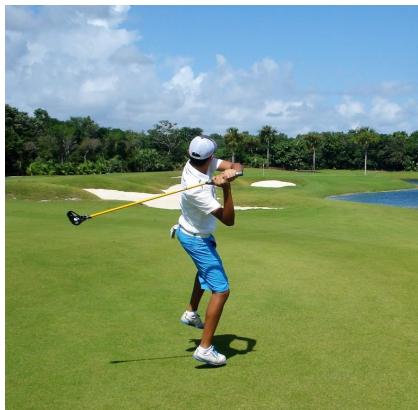


📍 Edmonds Community College
Woodway Building
20200 68th Ave W
Lynnwood, WA 98036
☎ 425-672-GOLF



Bring your own fling stick!

FlingGolf Day #3



FlingGolf Tournament on ESPN!



Current Champions



Ken Pytluk

An MMA black belt!



Brooks Medford

His nickname is Big Country!

Official record for Longest Fling 252 yards

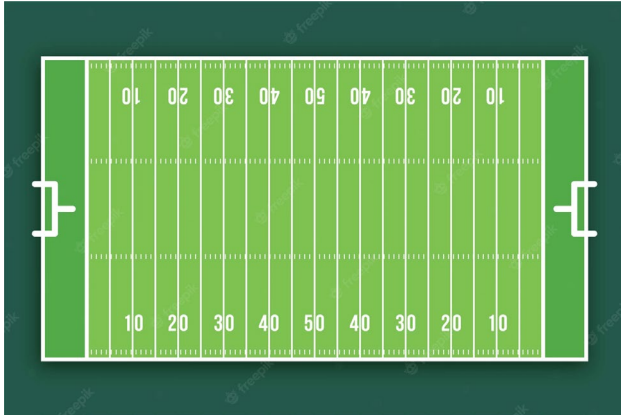


set by Sean Lawton
a professional
lacrosse player
in 2019

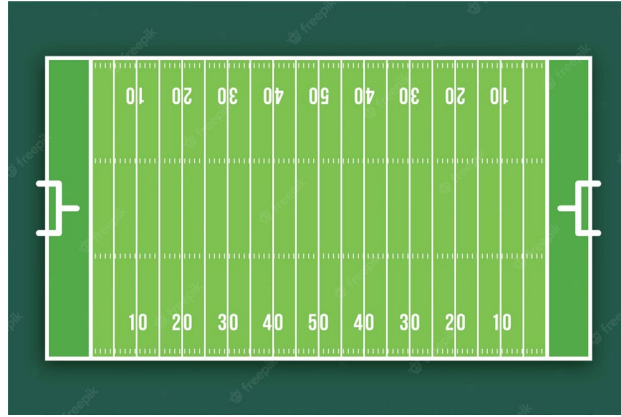
Sean Lawton - Longest Fling Record Holder - 252 yards!



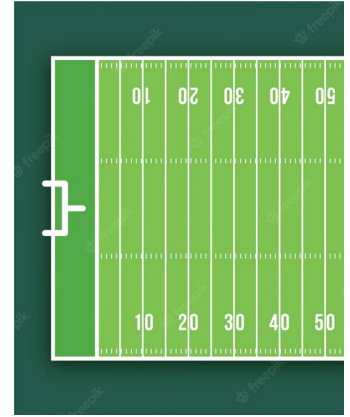
252 yards!



+



+



That's basically 2 and $\frac{1}{2}$ football fields!
How far can you fling?

Longest Flingshot contest today!

- You will be working/taking turns with a partner
- The contest will start with FOAM balls
- Top FIVE winners of the FOAM ball contest will progress to the FINALS and get to compete for FIRST place using a regular golf ball

Longest Flingshot contest

- FOAM BALL safety rules

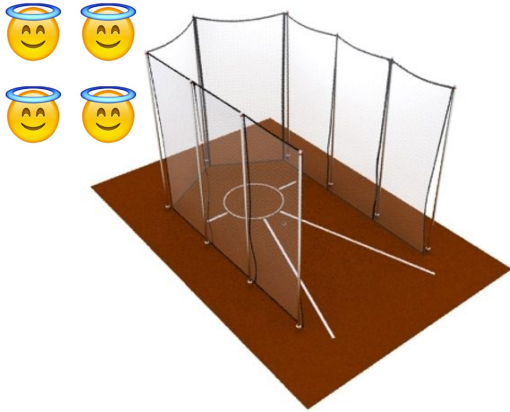


- Thrower stands on yellow spot
- Partner waits on orange spot
- Once the thrower makes a throw (just one) hand the stick to your partner and run out to mark the spot (stand) where your ball landed
- The partner waiting moves up to the yellow spot to make a throw
- Keep switching - its OK to throw while your partner is in the field since we are using foam balls

Longest Flingshot Finals

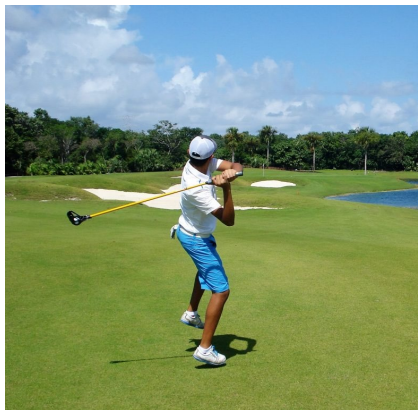
- GOLF BALL safety rules

Wait OUTSIDE
discus cage

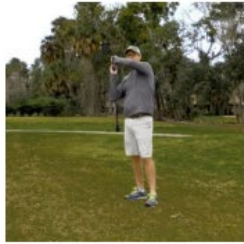


- All participants get three throws - best throw wins
- **One thrower** stands inside discus cage
- Everyone else waits behind the discus cage
- Once the thrower makes a throw (just one) run out to mark the spot by putting a **cone** where the ball landed and run back and stand behind the discus cage - bring your ball
- The next thrower moves into the discus cage to make a throw but waits for the previous thrower to return from retrieving their ball and get behind the discus cage
- Do not throw unless it is clear
- Keep switching safely!

FlingGolf Day #4

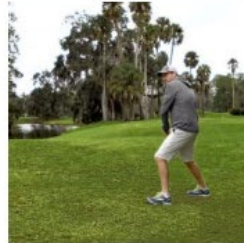


FLING GOLF TECHNIQUES



The Overhand

Use your FlingStick like a lacrosse stick. Keep your wrists hinged above your shoulders and drop the FlingStick down your back. Lean back, take a step forward and aim high as you swing and completely follow through toward your target. It's OK if the head hits the ground on your follow through, the ball will come out on its own.



The Low to High

Like the Sidearm, you start the low to high swing with the stick behind you, but even lower. Then, swing all the way through ending up with the FlingStick over your shoulders.



The Bump and Run

To execute the underhand, or Bump and Run, stand sideways, take a short back-swing, then roll your wrists as you swing toward the hole, stopping your swing to release the ball.



The Sidearm

Hold the FlingStick like a baseball bat and get into your batting stance. With the stick channel facing upwards and parallel to the ground, take a step toward 1 o'clock (for righties) or 11 o'clock (for lefties), and swing from low to high, opening the channel as you let it rip.



The Flop Shot

With wrists hinged above your shoulders, drop the FlingStick further down your back than the Overhand. Then pop the ball as high as you can, so it feels like it'll land on your head. It won't.



On the Green

Use the FlingStick as a traditional putter, making sure to strike the ball with the pad. We recommend separating your hands and keeping the FlingStick shaft upright and close to your body to keep the head and Striker Pad parallel to the ground, even "anchoring" the shaft if that helps.

Learn more @ [FlingGolf.com](https://www.flinggolf.com)

info@flinggolf.com | facebook.com/flinggolf | [@flinggolf](https://twitter.com/flinggolf) | (858) 433-5464

FLING GOLF QUICK START RULES



On the Tee

Take as many steps as you like while hurling the ball towards the hole just make sure to launch before you reach the tee marker.



In the Fairway

Note where your ball lies. Retreat up to 5 paces away from the hole and take your shot before reaching your previous lie.



On the Green

With the Striker Pad, putt as you would a golf putt. With the FlingNotch, push or pull the ball toward the hole without moving your feet. With the ball in the Channel, release from a point no closer to the hole than the previous lie.

Penalties

Take a 1-stroke penalty if your ball lands in a sand bunker, water hazard, if it's out-of-bounds, or if you lose it.



Sand Bunker

Remove ball from the bunker and retreat up to 5 paces from the bunker. You must take your Fling-Shot before reaching the edge of the bunker.



Water Hazard, Out of Bounds or Lost Ball

Retreat up to 5 paces back from where the ball entered the hazard, went out-of-bounds or was last seen, no closer to the hole.



FlingGolf Long Games Today!



Course:

Player:

01		10	
02		11	
03		12	
04		13	
05		14	
06		15	
07		16	
08		17	
09		18	
Total:			



Each team of two will have one fling stick and one numbered ball to share.

This will make it easier to find your ball since otherwise they all look the same.

FlingGolf Long Games Today!

- You will start at a yellow marker on the track.
- The game starts like the short games we played last week: one person tees off from the yellow spot on the track and the other person takes the hoop out to the football field and stands near it to mark the 1st hole.
- Change roles after completing each hole.
- Tee off from the previous hole. Keep traveling around the fields - football field, lower baseball field, and softball field.
- Return to the 1st tee (on track) when the whistle blows
- Keep track of your score using the scorecard you were given.

FlingGolf Long Games Safety Expectations!

- Look all around you before making a throw.
- Only use the skills you have been taught - no fooling around
- Never swing your stick if you do not have the ball - carry it without swinging it
- Look where you are going - do not walk near anyone with a fling stick.
- Do not interfere with other teams
- Jog between holes to keep the game moving.

A FEW SIMPLE **RULES**



SCORING: Count your flings from the tee to hole.

ON THE TEE: Take as many steps as you like while hurling the ball towards the hole just make sure to launch before you reach the tee marker.

IN THE FAIRWAY: Note where your ball lies. Retreat up to 5 paces away from the hole and take your shot before reaching your previous lie.

ON THE GREEN: Push or putt toward the hole without moving your feet. If using the channel, note where the ball lies and release the ball from the channel no closer to the hole from that point.

PENALTIES: Take a 1-stroke penalty if your ball lands in a sand bunker or water hazard, out-of-bounds, or if you lose it.

Learn more at:

<https://flinggolf.com/pages/rules>

Have more FlingGolf fun: www.flinggolf.com



New Swarm
FLING GOLF

Have more FlingGolf fun: www.flinggolf.com



New Swarm
FLING GOLF

Course:

Player:

01		10	
02		11	
03		12	
04		13	
05		14	
06		15	
07		16	
08		17	
09		18	
Total:		<input type="text"/>	