

Practice Poles

1. Know your bag - 200, 250, 300, 350, 400 – Hyzer – Flat – Anhyzer

Recreation- Place PPs in a straight line at 200ft, 225ft, 250ft, 275ft, 300ft

Beginner - Place PPs in a straight line at 250ft, 275ft, 300ft, 325ft, 350ft

Advanced - Place PPs in a straight line at 250ft, 300ft, 350ft, 375ft, 400ft

Pro - Wherever you want! Ha Ha

a. Backhand –

Throw All of your Putt and Approach and Mid-Range Discs enough times that you understand exactly how far you throw each of them. Pay attention to which are most stable (those that finish left of target for righthand backhand throw are more stable)

Throw All of your Fairway Drivers enough times that you understand exactly how far you throw each of them. Pay attention to which are most stable (those that finish left of target for righthand backhand throw are more stable)

Place PPs in a straight line at 300ft & at 325ft & 350ft & 375ft & 400ft

Throw All of your Distance Drivers enough times that you understand exactly how far you throw each of them. Pay attention to which are most stable (those that finish left of target for righthand backhand throw are more stable)

b. Forehand – Repeat

2. **Alignment** – Place the PPs on the ground to align footwork and show target line.

3. **Rollers** – Throw different rollers

4. **Hit Your Line/Gap** - Place the PPs to create the gap you want to hit. Practice tee shot gaps and fairway gaps in an open field where you can retrieve your discs with no problem.

5. **Parked** – Play a game that rewards you when you “Park” that shot.

6. **21 – Inside Circle (30ft) 5 Discs – First to 21 wins**

a. From 150ft = 1pt , 200ft = 2pts, 250ft = 3pts, 300ft = 4pts, 350ft = 5pts

b. Inside 15ft pts are doubled

i. Many variations for example

1. All Hyzer , All Anhyzer, All Forehand

2. Dogleg Left – Dogleg Right

7. **Create a Putting Course** – Place PPs anywhere to practice putting or for warmup putting. Make a putting course anywhere! Also stack PPs to practice putting to an Elevated basket.

8. **Create a temporary course for Kids** – Place the PPs at distances that make sense for kids.

9. **Solve that Hole** – Are there a couple holes at your home course that you never seem to play well. Just measure the shots you need to make and recreate the holes in the field where you throw. Play them over and over until you defeat them!!

10. **Practice a course – Caddybook needed**

11. **Fairway Scramble** – Double the pole to create a tree/obstacle and practice that scramble shot back to the fairway or all the way to the basket.

12. **Clear the water** - Is there a hole that you have to throw over water that you like to practice without losing your disc?

13. **Straddle Time – Practice putting**

14. **Play it back...wards ... Par 4s And 5s**

15. **Build your bag**

16. **Your imagination is the only limit to the number of things you can do with the Practice Poles!**