

LID DISC GOLF

<https://www.ciraontario.com/covid19games>

Equipment

- Lids from various household objects (margarine containers or coffee containers)
- Buckets, baskets, or boxes
- (any open container for the holes)

Directions

Step 1: Create a 9-hole disc golf course within your house. Use plastic cups to mark the tee area for each hole. Use furniture and other household items to create obstacles for the various holes on your course. Use large containers (i.e., buckets, baskets, etc.) as your holes. Be creative in your course design – you can have holes go in and out of rooms or down a set of stairs.



Step 2: Choose who starts first. The first player throws their disc towards the hole, using a backhand technique:

Stand with your dominant shoulder facing the target (not like normal throwing). With the disc in your dominant hand, bring it back towards your back hip. Step towards the target with your lead foot. Bring your throwing arm forward towards the target, releasing the disc with flick of the wrist. Having a continuous, fluid motion and releasing the disc parallel to the ground are key.

Step 3: All players tee off before anyone throws a second time.

Step 4: Now the player furthest from the hole gets to throw again.

Step 5: Each player tries to get their disc to land in the hole.

Step 6: The players record their score on each hole, the lower the score the better.

Step 7: The player with the lowest score on the hole, tees off to start the next hole.