Skill-it!

1. Which disc throw uses the “peace sign” grip?
   a. Backhand
   b. Forehand
   c. Thumber
   d. Rudder

2. Which is the final cue you should follow when performing any disc throw?
   a. Step to the side
   b. Keep the disc flat
   c. Follow through to your target
   d. Use the proper grip

In the Game

3. Which type of catch is the most successful and should be used when you can catch a disc?
   a. 1-handed C catch
   b. 2-handed C catch
   c. Pancake catch
   d. Behind the back catch

4. When playing Ultimate, where is the most successful place to run to receive the disc?
   a. To the end zone
   b. To the sideline
   c. To open space
   d. To the nearest defender

Character Builders

5. You’re playing a game of Ultimate and a player on the other team catches the disc out of bounds, but insists they are in. Which is an unacceptable way to handle the situation?
   a. Rock, Paper, Scissors; winner decides
   b. Redo the play and throw goes back to the thrower
   c. Ask someone else on the field who had a better view and go with what they say
   d. Argue about it for however long it takes to come to a decision

6. Following the rules in Disc Golf is important for safety. When waiting to throw you should be …
   a. behind the person whose disc is farthest from the hole.
   b. in front of the person whose disc is closest to the hole.
   c. behind your own disc.
   d. standing in front of the target.

Fitness Facts

7. Which exercise will help you to step out around a defender when throwing in Ultimate?
   a. Curl-ups
   b. Push-ups
   c. Leg curls
   d. Lunges

8. While playing an 18-hole Disc Golf course and burning calories you are working on improving your...
   a. body composition.
   b. muscular endurance.
   c. flexibility.
   d. aerobic capacity.

Make it Happen

(Remember this section is about YOU. All answers are acceptable.)

9. Which disc throw will YOU use while throwing a disc with a friend?
   a. Backhand
   b. Forehand
   c. Hammer
   d. All types of different throws

10. I’m most likely to use my newly learned flying disc skills to…
    a. play a pick up game of Ultimate.
    b. play catch at the park or beach.
    c. play a round of Disc Golf.
    d. create my own flying disc sport and play it with friends.