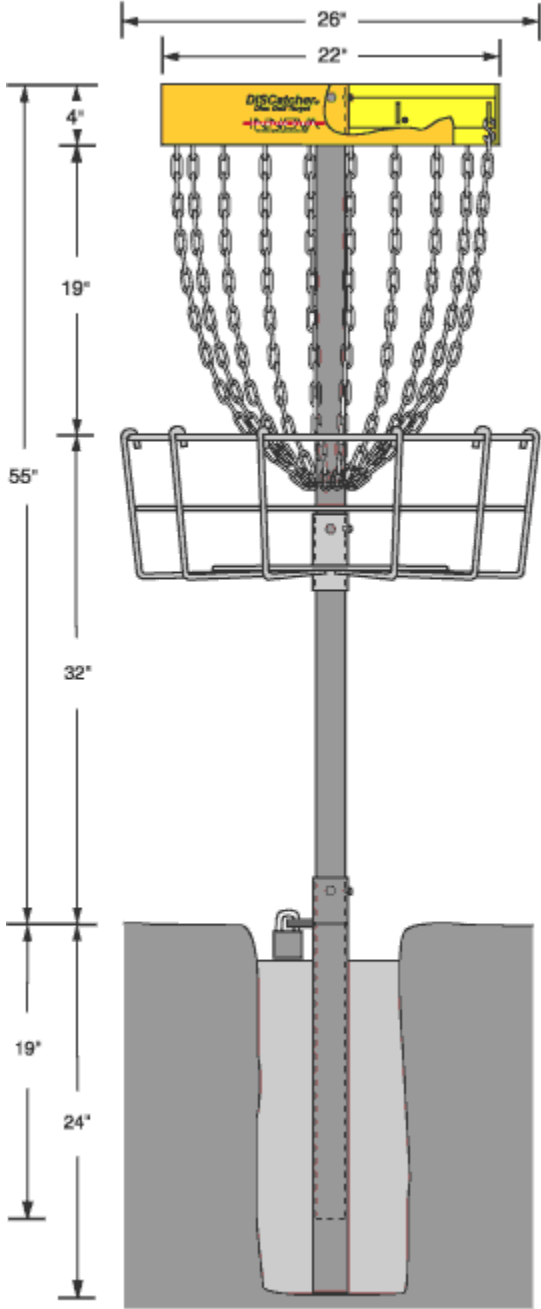


- **Over-Stable:**

- **Under-Stable:**

Draw a diagram (with measurements) of a disc catcher



Describe how the game is played

Demonstrate the following throws and techniques. If you do not have an experienced instructor, links to instructional videos are provided.

- **Backhand throw**
 - <https://youtu.be/NIIYGRahKvQ>
 - <https://youtu.be/Sqn6Os4YSW0>
 - <https://youtu.be/G160oVYT1T0>
- **Run-up for backhand (X-Step)**
 - <https://youtu.be/ppnmwkr2jO0>
 - https://youtu.be/Av4TO41i_04
- **Anhyzer throw**
 - <https://youtu.be/2ccbLpHbl5Y>
 - <https://youtu.be/IUPKGRx9IJg>
- **Forehand throw**
 - <https://youtu.be/DOECjLjhiTl>
 - <https://youtu.be/n9IBQsX6zP0>
 - <https://youtu.be/FdqpQj0ABfQ>
 - <https://youtu.be/NPBfnzVF3Pc>
- **Approach shot**
 - https://youtu.be/ioX_Xt7P2dg
 - <https://youtu.be/9E4qvvYL-xs>
- **Difficult lie shots**
 - <https://youtu.be/n7ZQbxrr1v8>
 - <https://youtu.be/apSL3JGCUEo>

- **Getting more distance**
 - <https://youtu.be/GXigi8aw0sg>
- **Putting**
 - <https://youtu.be/4spUSMi6xm0>
 - <https://youtu.be/I7S-LmippU>

Describe how disc golf can be used for missionary outreach

List at least 2 spiritual and/or character building lessons you can learn from disc golf

Play at least 3 9-hole rounds (total of 27 holes)

- Demonstrate good technique for the various kinds of throws
- Keep score