

The Disc Golf Starter Guide

Three discs, a field, and a better backhand

Disc golf is cheap, addictive, and everywhere. You don't need a 20-disc bag — you need three discs and a clean throw. This guide gets you playing fast.

Your starter bag (just 3 discs)

- Putter: short, controlled throws and putting. Most important disc.
- Midrange: your reliable 150-250ft go-to.
- Fairway driver: distance without the wild fade of a speed driver.
- Avoid high-speed distance drivers as a beginner — they punish slow arm speed.

Fix the most common beginner mistake

- Grip firm, pull the disc across your chest in a straight line, snap at release.
- Throw flat — nose-up kills distance. Power comes from hips/legs, not the arm.
- Reach back, don't round-house. A smooth pull beats muscling it.

Understand disc flight numbers

- Four numbers: Speed / Glide / Turn / Fade.
- Beginners want low speed (≤ 7), high glide, understable (negative turn).
- Less stable discs fly straighter for slower arms — stability comes with arm speed.

Insider glossary

Hyzer — Throw angled so the disc curves left (RHBH).

Anhyzer — Opposite angle — curves right (RHBH).

Ace — Hole-in-one. The dream.

Understable — A disc that turns right before fading; great for beginners.

Starter checklist

- Putter
- Midrange
- Fairway driver
- A field or local course (free apps map them)
- Mini marker

Say what we're all thinking: 'Disc Golf Makes Me Say Bad Words' at 15d0.com/shop/discgolf/