

Disc Slam

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The Goal:

To score points by passing a flying disc to a partner who slams it into a hoop.

What You Need:

Flying Disc, Hula Hoop (or laundry basket)

How To Play:

- Player 1 stands holding the flying disc. Player 2 stands 10 paces away next to the hula hoop or laundry basket placed on the ground.
- Player 1 throws the disc toward the hoop and Player 2 tries to “slam” (i.e. bump or knock) it out of the air attempting to get it to land inside the hoop. Your team scores a point if you are successful.
- Switch places and repeat. How many points can you score after 10 attempts?



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