

The Ultimate Guide to Finding the Best Frisbees For You

Whether you're looking to add a new sport to your routine or you've been wanting to get more active, Frisbee is the ideal solution. This easy-to-learn, fun-to-participate activity is enjoyed by people of all ages, fitness levels, and skill levels. The versatility of the disc, combined with its low cost and availability almost everywhere, makes it a top choice for a range of players. So, if you're looking to get into the game, keep reading to learn more about the different types of [frisbees](#), find the best frisbee for you, and see some amazing photos of people playing for fun.

What Is a Frisbee?

Although it might not seem like it, a Frisbee is actually a very simple invention. It was invented by Yale and Harvard students in the late 1950s as a way to promote their college's alumni events. The original design had two concentric circular rings on top of the disc. This allowed for an easier grip, but if it flew off course, it would wobble and then eventually fall down.



How to Choose the Right Frisbee for You

You can choose a flying disc that is suitable for your skill level, whether you're a beginner or a more advanced player. More importantly, though, you want to find a frisbee that suits the kind of game you want to play. For example, if you are looking for more of an "ultimate" experience, then you may want to consider an 11-inch diameter disc. If on the other hand, you are just looking for a casual game with friends and don't mind the reduced throwing distance, then a smaller disc such as 7 inches in diameter may be more up your alley.

Some Great Ideas for Playing with a Frisbee

If you're looking for a way to get outside, beat the heat, and have some fun, the Frisbee is for you. There are lots of different ways to play with a Frisbee and many places where you can do it.

- **Disc Golf:** Have an amazing family game night by taking a walk through your nearby park and playing disc golf. Just like regular golf, the goal is to get the disc in the basket using as few throws as possible. The baskets are usually more challenging than they would be in regular golf and they often include trees or hills that need to be navigated around before throwing your next shot. It's both challenging and rewarding at the same time!
- **Ultimate:** Ultimate is one of the fastest growing sports all over North America. Much like soccer, it's played on a large field with two teams at opposite ends of the field. One person on each team starts in the middle with their hands on their hips while everyone else stands across from them waiting to catch a pass from them. The team tries to work together to move upfield towards their opponents end zone by completing passes with teammates and running when open. If you manage to make it past all eleven players on your opponent's side without getting tackled first, then you score a point and play continues until one team scores four points (or seven if you're playing coed).

The best frisbee is something that has the right size, material and weight to suit your skill level or intended activity.

