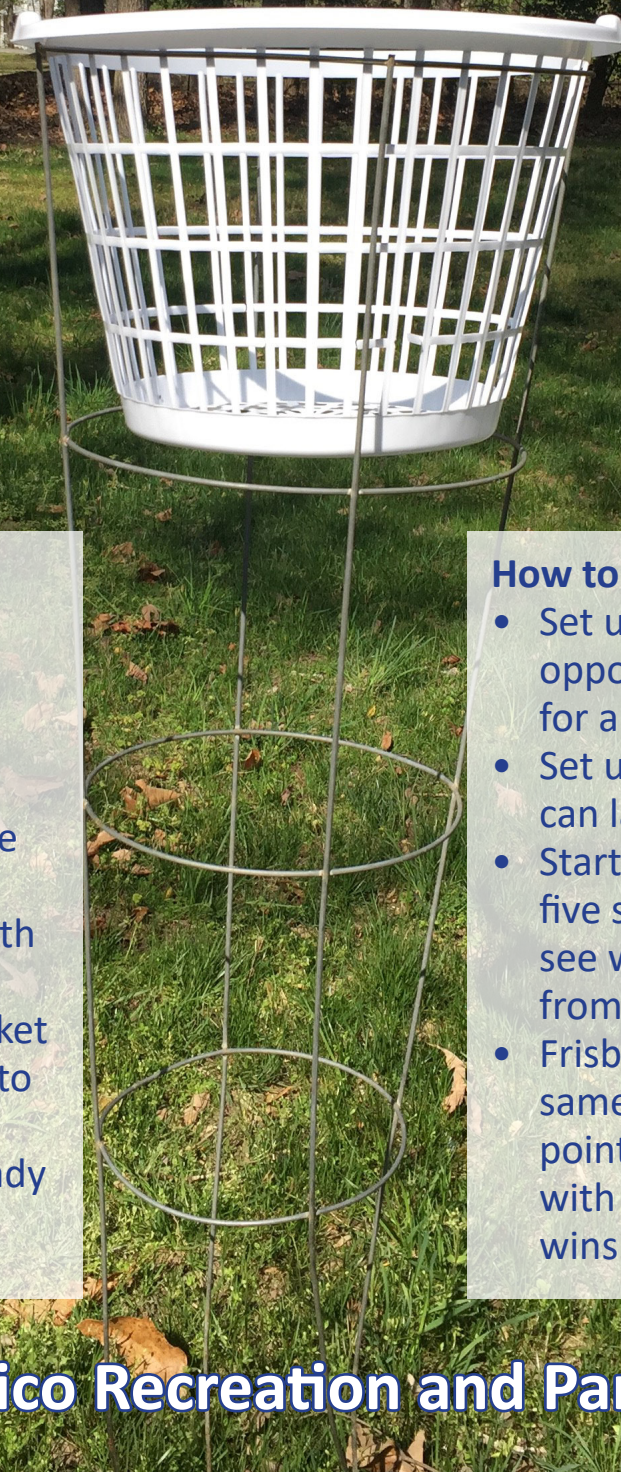


Backyard Frisbee Golf

For all ages! This can be played by yourself or with a friend while maintaining social distancing.



Supplies:

- Tomato cage
- Round Laundry basket
- Frisbee

Instructions:

- Place tomato cage on the ground stake side down and push into ground with your foot.
- Place round laundry basket into the top of the tomato cage.
- That's it! Now you're ready to play.

How to Play:

- Set up two goals at opposite ends of the yard for a team setting or
- Set up one and see who can land the most goals or
- Start close and step back five steps with each toss to see who can make a goal from the farthest away.
- Frisbee golf scores the same as regular golf; 1 point per throw. The one with the lowest points wins.

Henrico Recreation and Parks