



WEST COAST DISTRICT YOUTH SHUFFLEBOARD PROGRAM GUIDE



APPENDIX • PROGRAM MATERIALS

The appendix contains sample working materials used with the youth shuffleboard program described in this guide. They are included as practical examples that a club or organization can print and use as appropriate, or adapt for its own program.

The Lesson Plan and Newbie Orientation provide the instructional framework. The Drill Cards are designed as court-side coaching aids. The sample certificate and promotional postcard show simple ways to recognize participants and encourage continued involvement after the series.

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Need Help Adapting These Materials?

For help adapting these materials for a local youth shuffleboard program, contact the site administrator through CourtShuffleboard.com. Program materials can be tailored to a club or organization while keeping the instructional framework intact.

Public-site edition: personal contact details removed.

Teen Lessons

Lesson One: Basics (see attachment 'Newbie Orientation to Shuffleboard')

Basic Terminology
Basic Etiquette
Shooting Order
How to Keep Score
How to Shoot

Lesson 1 Drill 1: PROPER SHOOTING TECHNIQUE

All players are located at the head.

Have each player shoot two discs from the head (one player at a time) with coaching for shooting technique.

Lesson 1 Drill 2: SHOOTING A FRAME TO SCORE

Two players at the head; two at the foot.

Have players at the head shoot four discs each, alternating colors, trying to place all discs in scoring, with coaching for shooting technique.

Repeat for the players at the foot.

Lesson Two: Guards

Basic Concept: Guard before scoring.

Tampa & St Pete

Shooting Positions

Hiding a Score

Clearing the Guards

Block the Hammer Shot

Lesson 2 Drill 1: PLACING & USING GUARDS

YW: Shoot a St Pete (Coach sets in place if miss).

YW: Shoot a score behind it.

YW: Shoot a Tampa (Coach sets in place if miss).

YW: Shoot a score behind it.

Coach clears the board, then repeat above for Black.

Repeat for players at the foot.

Lesson 2 Drill 2: CLEARING GUARDS

YW: Shoot a St Pete (Coach sets in place if miss).

BL: Clear the St Pete. (Coach clears the board.)

YW: Shoot a Tampa (Coach sets in place if miss).

BL: Clear the Tampa. (Coach clears the board.)

BL: Shoot a St Pete (Coach sets in place if miss).

YW: Clear the St Pete. (Coach clears the board.)

BL: Shoot a Tampa (Coach sets in place if miss).

YW: Clear the Tampa. (Coach clears the board.)

Repeat for players at the foot.

Lesson 2 Drill 3: PLAY A FRAME WITH GUARDS AND CLEARING

(Coach for using St Petes & Tampas.)

Play one full frame at the head, Yellow out.

Play one full frame at the foot, Black out.

For these frames, for the 7th disc if there is no hide available, have the player shoot to block the board to make the hammer shot more difficult.

Teen Lessons

Lesson Three: Discs on the Board

Clear the Open Score

Uncover a Hide

Cover a Score

Don't Chase

Lesson 3 Drill 1: COVERING A SCORING DISC

YW: Shoots a cross-court 7. (Set the YW disc in scoring 7 if missed).

BL: Shoots to clean the board. (Set YW disc back in scoring 7 and remove BL disc.)

YW: Shoot a St Pete to cover the good 7. (Set the YW disc as cover if missed).

BL: Shoot to clear the cover. (Remove YW cover if still in place).

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BL: Shoot to clear the cover. (Remove YW cover if still in place).

YW: Shoot a St Pete to cover the good 7. (Set the YW disc as cover if missed).

BL: Shoots to score their hammer. (Don't let BL chase the hidden 7.)

Repeat at foot.

Repeat at head in reverse colors:

BL: Shoots a cross-court 7. (Set the BL disc in scoring 7 if missed).

YW: Shoots to clean the board. (Set BL disc back in scoring 7 and remove YW disc.)

BL: Shoot a St Pete to cover the good 7. (Set the YW disc as cover if missed).

YW: Shoot to clear the cover. (Remove YW cover if still in place)

BL: Shoot a St Pete to cover the good 7. (Set the YW disc as cover if missed).

YW: Shoot to clear the cover. (Remove YW cover if still in place)

BL: Shoot a St Pete to cover the good 7. (Set the YW disc as cover if missed).

YW: Shoots to score their hammer. (Don't let YW chase the hidden 7.)

Repeat at foot.

Lesson Four: Kitchen Bait

Kitchen Speed

Three Desired Results: Stick, Miss or Self-Kitchen

When to use Kitchen Bait

Lesson 4 Drill 1: PLACING AND CLEARING KITCHEN BAIT

Disc 1: YW shoot scoring disc as kitchen bait. (Set the YW disc in scoring 7 if missed.)

Disc 2: BL hard clear the YW disc. (After remove all discs from board.)

Disc 3: YW shoot scoring disc as kitchen bait. (Set the YW disc in scoring 7 if missed.)

Disc 4: BL hard clear the YW disc. (After remove all discs from board.)

Disc 5: YW shoot scoring disc as kitchen bait. (Set the YW disc in scoring 7 if missed.)

Disc 6: BL shoot to kitchen YW. (After remove YW and set BL scoring.)

Disc 7: YW shoot to kitchen BL. (After remove BL and set YW scoring.)

Disc 6: BL shoot to kitchen YW and stick to score hammer.

Repeat at foot.

Disc 1: BL shoot scoring disc as kitchen bait. (Set the BL disc in scoring 7 if missed.)

Disc 2: YW hard clear the BL disc. (After remove all discs from board.)

Disc 3: BL shoot scoring disc as kitchen bait. (Set the BL disc in scoring 7 if missed.)

Disc 4: YW hard clear the BL disc. (After remove all discs from board.)

Teen Lessons

Disc 5: BL shoot scoring disc as kitchen bait. (Set the BL disc in scoring 7 if missed.)

Disc 6: YW shoot to kitchen BL. (After remove BL and set YW scoring.)

Disc 7: BL shoot to kitchen YW. (After remove YW and set BL scoring.)

Disc 6: YW shoot to kitchen BL and stick to score hammer.

Repeat at foot.

Lesson Five: Strategy Basics

Ahead with Hammer: Clear and Score

Ahead without Hammer: Steal The Hammer

Behind with Hammer: Extra score or kitchen

Behind without Hammer: Steal the Hammer or kitchen

Lesson 5 Drill 1: Yellow Out

Play a frame at the head, YW out, with scores already filled in on the scoreboard

Frame 1: 0 | 8

Frame 2: 8 | 8 (Yellow is ahead)

Add to scoreboard

Frame 3: 16 | 8 (Yellow is ahead)

Play a frame at the foot, YW out, with the scores already filled in on the scoreboard

Erase scoreboard.

Play a frame at the head, YW out, with scores already filled in on the scoreboard:

Frame 1: 0 | 8

Frame 2: 0 | 22 (Yellow is behind)

Add to scoreboard:

Frame 3: 16 | 8 (Yellow is behind)

Play a frame at the foot, YW out, with those scores already filled in on the scoreboard.

Erase scoreboard.

Lesson 5 Drill 1: Black Out

Play a frame at the head, BL out, with scores already filled in on the scoreboard:

Frame 1: 0 | 8

Frame 2: 0 | 22 (Black is ahead)

Add to scoreboard:

Frame 3: 8 | 22 (Black is ahead)

Play a frame at the foot, BL out, with those scores already filled in on the scoreboard.

Erase scoreboard.

Play a frame at the head, BL out, with scores already filled in on the scoreboard:

Frame 1: 0 | 8

Frame 2: 8 | 16 (Black is behind)

Add to scoreboard:

Frame 3: 16 | 16 (Black is behind)

Play a frame at the foot, BL out, with the scores already filled in on the scoreboard.

Final Session: Mingles Doubles Tournament

NEWBIE ORIENTATION TO SHUFFLEBOARD

- Terms for Cue Stick (Cue Stick, Cue, Stick, Tang) and Discs (Discs, Blocks, Biscuits)
- Explain beads on the court – reason for “Do Not Walk on Court” for safety.
- Line up discs in starting area. Define “Head” and “Foot” of court. Show YW on right at head, left at foot.
- Opponent is person next to you; partner is person on same color at other end of court.
- YW is “out” at beginning of every game.
- YW shoots first disc, then BL, then YW, BL, etc. to last disc, called “Hammer”.
- Hammer is most important shot because your opponent has no discs left to knock it out when scoring.
- Scores are counted at the end of the eight discs of the “frame”. Show scoring boxes on court – 10, 8, 7, -10 (“kitchen”).
- Show that discs must be completely within the boxes, not touching any lines, to count for scoring.
- Show how to check a disc if close – emphasize must walk down the alley, not down the court.
- Show that kitchens count even if touching “separation triangle”.
- Show how scores are recorded on scoreboard, and added together with partner going down the board. Use small numbers on the board, not the large.
- Say that one side is completed on the board and then continue down other side – game is done when both sides of board are full (i.e. 16 frames).
- YW out first frame, then YW out at foot, then BL out at head, then BL at foot, and so on, for doubles.
- Dead discs: don’t reach deadline; go past baseline at opposite end (pull back if too close); touching alley at corner of kitchen – pull off the dead discs right away.
- When shooting, opponent stands with stick vertical in air (to prevent interference and injury), handle end on the ground. Players at other end stay seated with sticks vertical.
- Use only the handle end of cue to gather the discs, to prevent damage to the shooting end.
- Teach and demonstrate how to hold stick, shoot disc, two-step approach with pendulum swing:
 - Disc: Select and put disc in shooting position. Set runners of cue against disc, never pulled back.
 - Grip: Grip end of cue stick laying lightly on fingers, fingers slightly curled, steady with thumb on top or side, wrist flexible to pivot, don’t grip tightly.
 - Stance: Feet square, comfortable distance apart, weight equal on both.
 - Aim: Rotate whole body, with feet & shoulders facing squarely where you want to aim the disc. All the aiming is done before moving the disc forward.
 - First step: Small step forward with foot closest to cue. Shift all weight to that foot. Don’t bring disc, cue of hand forward. Body moves forward so hand is back of the hip.
 - Second step: Larger step forward with other foot. Shift all weight to that foot. During or at the end of that step, bring arm straight in path of pendulum swing, from back of the hip all the way to full extension of the arm. Keep runners on the concrete, don’t lift off (gripping too hard if you do). Runners end swing in the 8. Don’t swing cue or wrist to left or right to alter aim – you did all the aiming for the shot – just go straight in direction your feet and shoulders are pointing.
 - Speed: Speed of disc is not dependent on strength – just the speed of the pendulum swing: faster swing to make the disc go faster and further – slow swing to make the disc go slower and shorter. Don’t punch the disc for more speed; don’t stop the swing short to make the disc go shorter.
- Have each player shoot two discs, correcting their delivery.
- Also show them where it is allowed to stand when shooting (behind baseline, okay to stand in alley, but not next courts), and not cross the baseline.

Drill 1: Placing & using guards.

Yellow: Shoot a St Pete (Coach sets in place if miss).
Yellow: Shoot a score behind it.
Yellow: Shoot a Tampa (Coach sets in place if miss).
Yellow: Shoot a score behind it.
Coach clears the board, then repeat above for Black.
Repeat for players at the foot.

Drill 2: Clearing guards.

Yellow: Shoot a St Pete (Coach sets in place if miss).
Black: Clear the St Pete. (Coach clears the board.)
Yellow: Shoot a Tampa (Coach sets in place if miss).
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Repeat for players at the foot.

Drill 3: Play a frame with guards and clearing.

(Coach for using St Petes & Tampas.)
Play one full frame at the head, Yellow out.
Play one full frame at the foot, Black out.
For these frames, for the 7th disc if there is no hide available, have the player shoot to block the board to make the hammer shot more difficult.

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AHEAD AND BEHIND STRATEGIES

Lesson 5 Drill 1: Yellow Out

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Add to scoreboard

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Erase scoreboard.

Play a frame at the head, YW out, with scores already filled in on the scoreboard:

Frame 1: 0 | 8

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Add to scoreboard:

Frame 3: 16 | 8 (Yellow is behind)

Play a frame at the foot, YW out, with those scores already filled in on the scoreboard.

Erase scoreboard.

Lesson 5 Drill 1: Black Out

Repeat above for Black out, with scores reversed.

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Play a frame at the head, YW out, with scores already filled in on the scoreboard

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Erase scoreboard.

Lesson 5 Drill 1: Black Out

Repeat above for Black out, with scores reversed.

GREAT Job!

WOW

YOU DID IT!

WELL DONE!

GREAT Job!

YOU ROCK!

ACHIEVEMENT AWARD

PRESENTED TO:

For:

Presented By: _____ Date: _____

YOU'RE A Star!

GREAT Job!

YOU ROCK!

WAY TO GO!

WOW

ALL STAR!

Super work

YOU'RE A Star!

ALL STAR!

GREAT Job!

WOW

YOU DID IT!

WELL DONE!

GREAT Job!

YOU ROCK!

ACHIEVEMENT AWARD

PRESENTED TO:

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Presented By: _____ Date: _____

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WOW

ALL STAR!

Super work

YOU'RE A Star!

ALL STAR!



YOUR SHUFFLEBOARD JOURNEY DOESN'T END HERE!

Congratulations!

You completed the
**2026 Shuffleboard
Fundamentals Series**

You've learned:

- ✓ How to shoot
- ✓ How to score
- ✓ Strategy
- ✓ Teamwork
- ✓ Sportsmanship

*Keep playing
and having fun!*



Presented in partnership with the Pinellas Park Teen Summer Camp



West Coast District
Shuffleboard

West Coast District
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What's Next?



JOIN THE YOUTH LEAGUE

Meet other young players.
Improve your game.
Have fun!



PRACTICE AT THE HUB

The Hub now has portable
shuffleboard courts so you can
keep playing.



STAY CONNECTED

Receive occasional announcements about:

- Youth League
- Youth tournaments
- Clinics
- Future camps
- Special youth events



Subscribe at:

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