

Ultimate Frisbee

Task 1: Warm Up Ideas

In a space (no set) and in pairs, passing and catching the Frisbee. This is to simply get used to the Frisbee and how to release it correctly.

Extension: Begin to catch on the move - more space needed.

Leadership opportunities: Get students to set this up and they could create a small warm up game / drills around this

Sharpshooter

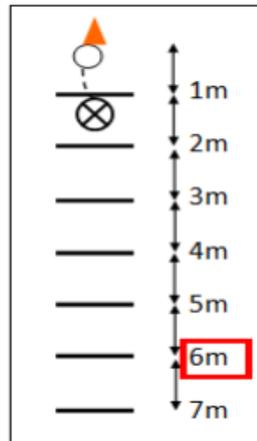
Equipment: 1 tall cone, 1 disc, 10 floor markers or cones

Set Up: Put a tall cone on the floor and then place the floor markers 1m apart moving away from the cone.

Description: Standing behind the closest floor marker, the pupil tries to knock over the cone. If they succeed, they move back to the next 1m line. If they are successful, they move back 1 line, etc. If they miss a shot, they must go back to the 1st floor marker and start again. They have 3 minutes to go as far back as possible.

Scoring: Record the furthest line they got to. 1 point per line they reach. Eg. If the furthest back they went (without missing a shot) was to the 6th line, record 6 points.

More pupils: Set up 1 tall cone per person.



Coconut Shy

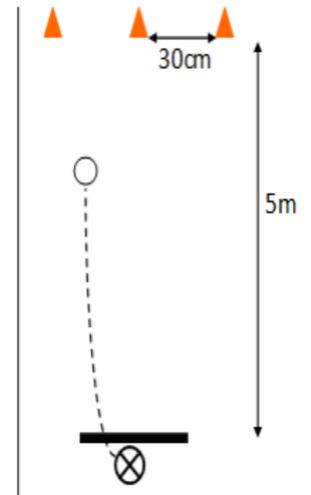
Equipment: 3 tall cones, 1 disc, 1 floor marker

Set Up: Place 3 tall cones next to each other, ~30cm apart. Place the floor marker 5m away from the cones.

Description: Standing behind the floor marker, each pupil has 3 attempts at knocking over the cones. After the 3 attempts, start a new round by resetting the cones and the pupil has another 3 throws. 3 rounds in total.

Scoring: You score 1 point per cone knocked over with a maximum of 3 points per round. Over 3 rounds, your score will be out of 9.

More pupils: Set up 3 tall cones per person.



Task 2: Passing Play

Players try and complete a number of passes without the other team getting the disc.

Possession will change on an incomplete pass. Set the number of passes - this can change for each team if necessary.

Area: Roughly one third of a Netball court or a badminton court

Teams: Groups of 3 -4

Scoring: If the team complete the set number of passes they score a point. If this happens continuously, change the set passes they have to achieve

Equipment: Frisbee per pitch. Cones to set out pitch. Bibs for each team

Thinking ME

- How do I get better at throwing, catching, running and jumping?
- Which throws can I throw accurately?
- How can I make it easy for the thrower to get the disc to me?
- What is the most effective way to stop the other team getting the disc? What can we do together as a team to make it easier to stop them?
- When does possession change to the other team? What do I do when possession changes to the other team?



Task 3: Target Disc

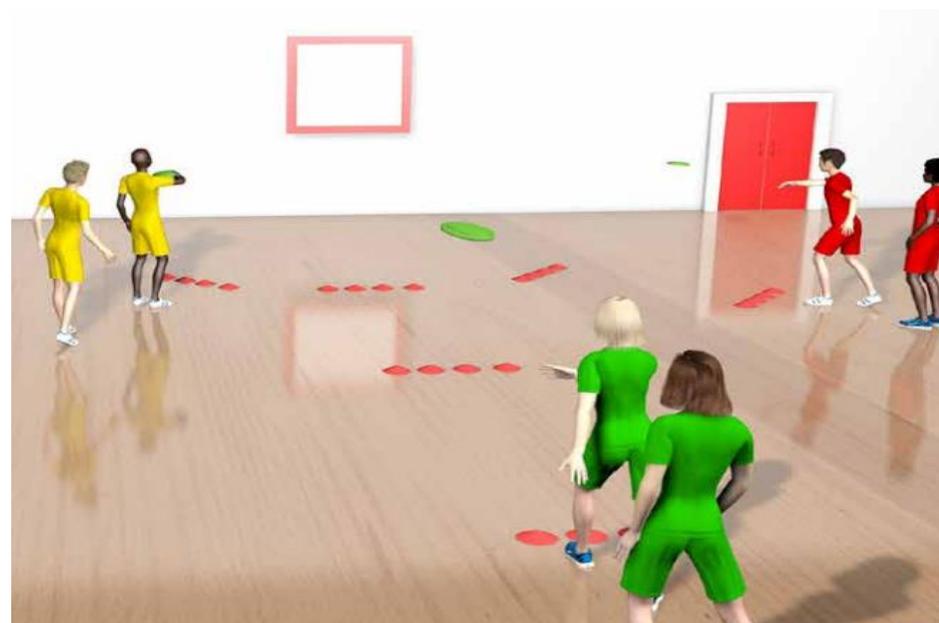
Players will try and throw a disc through / into a target zone from a variety of angles and distances.

Area: Mark a square on the wall or use buckets / equipment that the Frisbees could land in. See sizing in picture.

Scoring: Every time the player hits the target they score a point. Highest score is the winner.

Equipment: Cones / tape to mark out the points on the floor / wall. Frisbee at each point. The more the better

H & S: Non throwers to stand behind the thrower and stay vigilant for discs coming off the wall



Thinking ME

- Why is it important to look at the target when throwing?
- Why is it important to make sure that I am balanced when throwing?
- What changes do I need to make to my throws when I am further from the target?

Tactical ME

- Which of my throws is most accurate? Does this change at different distances?
- How do I get the disc to curve in the air? Does this make throws harder or easier?
- Does throwing from the markers in a different order make it easier or harder?

Task 4: The Ultimate Game

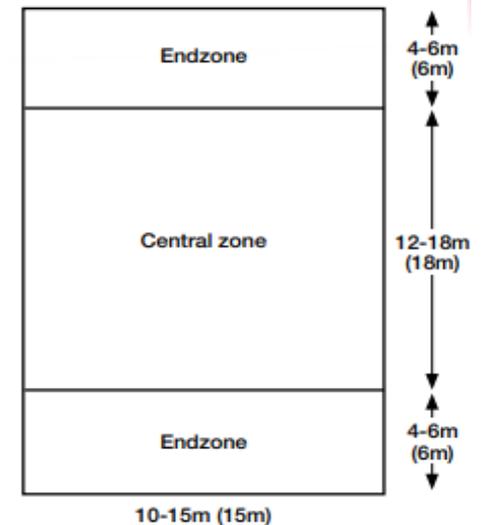
Teams of 4 v 4 (this can be increased if needed. Mixed gender.

Area: As set out in the picture.

Scoring: Teams score by completing passes and catching in the other teams end zone

Equipment: Cone / markers to mark out the pitch. Frisbee for each pitch. Bibs to differentiate teams.

H & S: The game is non-contact. Be careful near walls and look out for flying discs when off the pitch



Task 4: The Ultimate Game – How to play the game

- To start the game, and at each new point teams line up on opposite end zone lines and one team throws the disc to the other
- The scoring team keeps the disc and stays in the scoring end zone; the other team go and line up in the other.
- The disc can be passed in any direction to any teammate. The thrower cannot move with the disc at any point.
- Possession will change whenever a throw is incomplete (hits the floor, caught by the other team, knocked to the floor by the other team)
- If the disc is knocked to the ground / out of bounds by the defending team they get to keep it as if it was the other team's throw that went wrong.
- Players can change at any point by tagging hands on the side-line.
- A foul occurs when players make contact which affects play.
- If a foul occurs for the disc to be dropped, play restarts so the team which was fouled still has the disc.
- Times / breakdowns for the game can be decided by yourselves

Officiating/Leadership

- Non-players could act as score keepers/recorders.
- Though the game should remain self-refereed, non-players could act as 'rules assistants', unable to make any decisions on events, but able to clarify the rules should any player be uncertain as to how to proceed.
- Young Leaders can take responsibility for collecting and analysing the Spirit Scores submitted by teams throughout the event to find a winner.

