

ULTIMATE FRISBEE

PASSING PLAY

Quick introduction

Players attempt to complete a number of passes without the other team getting the disc. Possession changes on an incomplete pass.

Getting started

- Mark an area on the floor, roughly the size of a badminton court or 1/3 netball court.
- Form two teams of 3-4 players.
- One team starts with the disc and has to complete a set number of passes without the disc touching the floor or being caught by the other team.
- If the disc does hit the floor or is caught by the other team, possession changes to the other team.
- If a team completes the set number of passes continuously, they score a point and possessions switches to the other team.

Health and safety

- Allow players to practise throwing accurately before playing.
- Soft, flexible 'Frisbee'-style discs should be used to minimise risk of injury from a throw.
- Avoid overcrowding the playing area with too many players to reduce risk of collisions.
- Remind students to be particularly careful when looking up at a disc while moving as there is an increased risk of colliding with other players.



Equipment

- A marked area on the floor (either pre-marked or indicated with cones).
- A 'Frisbee'-style disc for each pitch.
- Coloured bibs/shirts to indicate teams.

Physical ME

- Ensure that all players are comfortable throwing short backhand and forehand throws to a static receiver (ideally, a moving receiver too).
- Encourage players to move when not holding the disc and find space to be thrown to.
- A series of short throws is usually more successful than high or long throws.
- When on the 'defending' team, try to follow one person and focus on stopping them from getting the disc.
- Don't forget that you can move one foot when you have the disc.

Social ME

Leading and volunteering

Players themselves should act as officials for their own games, making decisions on:

- when fouls have occurred (when players bump into each other trying to catch)
- when discs are caught/dropped
- when the disc changes possession due to an incomplete pass.

Players should also act as scorekeepers.

Think inclusively STEP

Space: The size of the pitch can be varied depending on the space available and the sizes of the teams.

Task: The number of passes required for a point can be varied depending on experience level and weather conditions. For less experienced players, allowing a team to keep possession if the disc hits the catcher's hands (even if they drop it), can let the game flow more smoothly. A walking version of the game is possible.

If players are having trouble with the movement, divide the playing area into 3 or 4 segments and pair up each attacker with a defender. Each pair must stay in just one segment while playing.

Equipment: If players struggle with the throws, a ball could be used instead.

People: The sizes of the teams can be varied as needed up to a maximum of 7-a-side (on a suitably sized pitch ~7-a-side football pitch or larger).

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?



Tactical ME

- Why is it important to move around when I don't have the disc?
- Which types of throws are more likely to be caught?
- How does spreading out in the box help to make passes easy?
- How can the defensive team work together to make passes difficult?

Sporting ME Spirit of the Games

Excellence through competition



Teamwork: I need to use all my team when passing to make it hard for the other team to defend. Everyone has a chance to catch and throw the disc so they can have fun playing.

Honesty: Everyone is a referee, so it's up to me to make sure that I am honest so that the game is fair. We all need to help each other to make sure that the rules are used correctly.

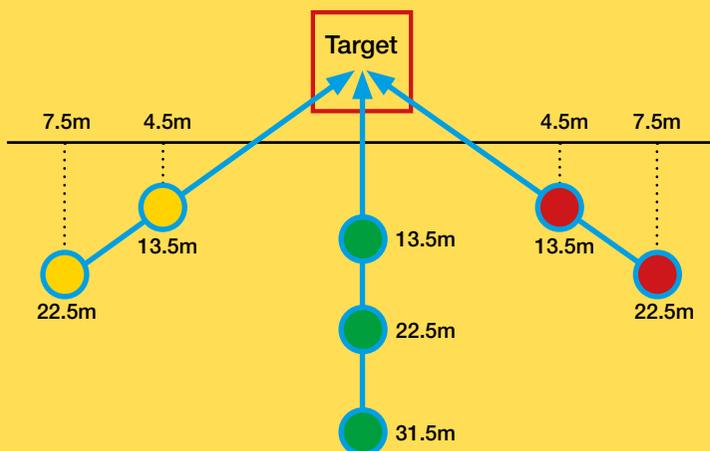
ULTIMATE FRISBEE TARGET DISC

Quick introduction

Players attempt to throw a disc through a target zone from a variety of angles and distances.

Getting started

- Mark a square on the wall 1.5m x 1.5m (or use a suitably sized frame) roughly 1m off the floor.
- Place throwing lines/markers on the floor in the layout shown below.
- Each player takes it in turns to shoot at the target from each of the throwing markers.
- It can be set such that each player takes multiple throws from each mark.
- Every time the disc hits the target, the player scores a point. The highest scorer after all throws are made is the winner.



Health and safety

- All non-throwers should not stand between the thrower and the target.
- All players should remain vigilant for stray flying discs at all times and be aware that deflections are likely off walls.
- Throwers should ensure that they are facing the target on release.



Equipment

- Marking material for the wall/constructed target frame.
- Method of marking throwing points on floor (e.g. tape or marker cones).
- 'Frisbee'-style discs (more discs will allow the game to flow quicker).

Physical ME

- Encourage players to try different throws to make hitting the target easier from different angles/distances.
- Give players chance to try throwing discs which roll/curve in the air before playing to help with angled shots.
- Remind players that they can pivot (move one foot) to give them a better stance to throw from.

Social ME

Leading and volunteering

- Officials may be used to check that discs hit the target and that throwers are behind markers on release, arbitrating in disputes.
- Non-players may act as disc collectors, particularly if a large number of discs are in use.

Think inclusively STEP

- Space:** Distances can be made shorter or longer, and the angle of the angled throwing markers can be adjusted.
- Task:** The types of throws allowed can be varied (e.g. forehands only, overheads only). Play inside and outside as wind will affect the flight of the disc. Scoring could be varied such that players have multiple chances to hit the target from each marker, but only score once.
- Equipment:** The size of the target can be adjusted. The types of discs used can be varied.
- People:** The game can be played from a seated position to give those of reduced mobility a 'level playing field'.

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?



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Self-belief: I can hit the target from short distances, so I can learn to hit it from further away or from an angle. With practice, I can get my throws closer to the target and learn to hit it from all the markers.



Respect: If a player manages to complete a difficult throw, I can congratulate them on their success.

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