

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 this happens, possession changes to the other team.
- If a team completes the set number of passes continuously, they score a point and possession switches to the other team.
- **Spirit Circle.** Children join with a partner and discuss three things they have done well and one thing they could improve on. Use primary spirit circle sheet for ideas.

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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.

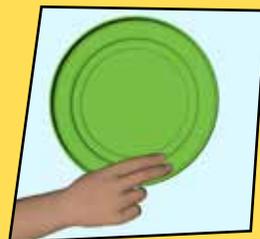
Avoid overcrowding the playing area with too many players to reduce risk of collisions.

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.

Players should use both backhand and forehand throws.



Backhand



Forehand



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 throws.
- Encourage players to move when not holding the disc and find space to be thrown to.
- 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 if able to do so.

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 or hoop could be used instead.

People: The sizes of the teams can be varied as needed.

Thinking ME

- How can 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 do I do when possession changes to the other team?

Tactical ME

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



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Teamwork: I need to use all my team when passing to make it hard for the other team to defend.



Honesty: Everyone is a referee, so it's up to all of us to make sure that we are honest so that the game is fair.

ULTIMATE FRISBEE

DISC ACCURACY

Quick introduction

Disc Accuracy. Three concentric boxes are marked on the floor. Players score by throwing discs into the boxes. The score is based on where the disc comes to rest, so players can throw to land flat in the area they want, or throw to roll into the area.

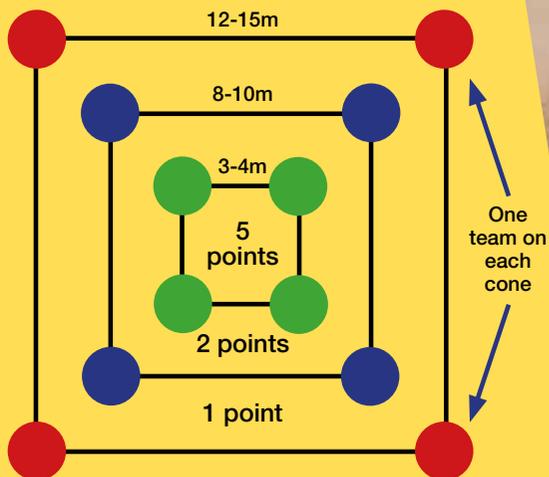
Getting started

- Set up three concentric boxes using coloured marker cones.
- Teams line up, each on a cone of the outside box.
- The players take it in turns in their team to throw their disc and get it to come to rest in the smallest box possible.
- All player 1s from each team throw together.
- The winning team is the one which scores the highest number of points.
- For younger players, play 'rounds' of 2-3 throws each. Can each team score more points than they did in the last round?
- **Spirit Circle.** Children join with a partner and discuss three things they have done well and one thing they could improve on. Use primary spirit circle sheet for ideas.

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Health and safety

- Soft, flexible 'Frisbee'-style discs should be used to reduce risk of a child being injured by a thrown object.
- Non-throwers should stand back from the thrower to avoid being contacted by any follow-through arm/body movement.
- All players should wait until throws have been made before retrieving discs and should walk to pick them up to avoid any collisions with other players.



Equipment

- 12 marker cones (4 of each of 3 different colours).
- 4+ 'Frisbee'-style discs per court.
- Optional: Selection of taller cones/objects to act as additional targets.

Physical ME

- Ensure that all players are comfortable throwing short backhand throws.
- Encourage players to take their time when throwing to help to ensure that their throw is accurate.

Social ME

Leading and volunteering

Primary age children could act as:

- Score keepers
- Pitch setters (officials who set up the pitches to play on)
- Disc collectors
- Arbitrators (for in/out calls)

Think inclusively STEP

- Space:** Can be made larger/smaller depending on space available and skill level of throwers.
- Task:** Could modify to allow players to take the score of the highest scoring box the disc passes through, even if it subsequently rolls out. Can add in taller cones/targets in the marked areas for players to try to hit with their throws – scoring double points for that throw if they do so.
- Equipment:** Different discs can be purchased, some of which will be less affected by wind, etc.
- People:** Any team size (and even unequal team sizes) would still allow the game to be played, but number of throws should be calculated to ensure that all players on a single team have an equal number of throws.

Thinking ME

- Why do I need to take my time when throwing?
- Which throws can I throw accurately over this distance?
- Do I know why the disc goes off course? Can I put this right?

Tactical ME

- Why is it important to make sure that my throw hits the target, even if it takes me a bit longer to throw?
- Is it worth aiming for the obstacles and risking missing the higher scoring zones?



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Teamwork: How can I coach other players to throw better? Why should we take it in turns to throw?

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ULTIMATE FRISBEE TREASURE ISLAND

Quick introduction

Players take it in turns to gather discs from an 'island' for their team, before returning them, whilst racing against other teams.

Getting started

- Mark a central area on the floor (the 'Treasure Island') and areas around it of equal size and separation, one for each team (the 'Pirate Ships').
- Split the players into teams to match the number of Pirate Ships. Place all the discs (10+) on the Treasure Island.
- All players start on their Pirate Ship.
- On 'Go', each sends one player to run to the Island to pick up a disc and attempt to throw it back to their team's Pirate Ship. If it is caught by a team mate on the Ship, they get to keep the disc on the Ship. If it is not caught, the disc must be retrieved and placed back on the Island.
- After throwing, the player must return to the Pirate Ship and tag the next player to run out and repeat the process.
- The winner is the team which has the largest number of discs on their Ship once the Island is empty.
- Teams can then play a round two, where they must return the discs to the Island. Each will send a player to the Island, where they will try to catch a disc thrown from their Ship. If caught, it is placed on the Island and the player runs back to tag a teammate to go to the Island to catch the next throw. If the disc is not caught, it must be retrieved and returned to the Ship.
- The winner is the team which gets rid of all its Treasure first.

For more advanced players, a third round can be added, where each team nominates a 'shark' to stand in the 'water' between the Island and another team's Pirate Ship. Their role is then to try to block the throws of the other teams. The other players play as usual, but have to now think about how they can throw over/around the 'shark'. This is particularly effective for teaching the value of overhead throws; however, it is important to ensure that all players have sufficient skill and familiarity to ensure the 'shark' is not injured by throws.

- **Spirit Circle.** Children join with a partner and discuss three things they have done well and one thing they could improve on. Use primary spirit circle sheet for ideas. www.ukultimate.com



Equipment

- A marked area on the floor (either pre-marked or indicated with cones) for the Treasure Island and each Pirate Ship.
- Multiple 'Frisbee'-style discs, all placed on the central Island.
- Coloured bibs/shirts to indicate teams.

Physical ME

- Ensure that all players are comfortable throwing short backhand throws.
- Encourage players to take their time when throwing to help to ensure that their throw is accurate.
- Players on the Pirate Ship should spread out in the space to give a bigger target for the thrower to aim for.

Social ME - Leading and volunteering

- Players themselves should act as officials for their own games, making decisions on when discs haven't been caught and need returning, and being honest that they are waiting until tagged before the next player runs to the Island.
- Players can count their own scores.

Think inclusively STEP

- Space:** The size of the Pirate Ships can be varied, along with their distance from the Island.
- Task:** To make the game easier, discs can be counted as long as they hit the hand of the intended catchers. To make the game harder, a defensive player from each team can be added who will stand in front of throwers to make it harder to throw back to their teammates.
- Equipment:** For more experienced throwers or a longer game, more discs can be used.
- People:** The sizes of the teams can be varied as needed.

Health and safety

- Soft, flexible 'Frisbee'-style discs should be used to minimise risk of injury from a throw.
- Avoid overcrowding the 'Island' with too many throwers from different teams to give everyone space to swing their arms to throw.
- Spread the Pirate Ships out so that discs don't hit the wrong Ship when they aren't looking.
- Remind students to be particularly careful when collecting wayward discs as they may be running across the path of other players and their throws.
- If used, the 'shark' should not stand too close to the throwers, to give them time to react and catch any discs which are thrown towards them.

Thinking ME

- Why do I need to take my time when throwing and focus when catching?
- Which throws can I throw accurately over this distance?
- How can I make throws easy to catch?

Tactical ME

- Why is it important to make sure that my throw hits the target, even if it takes me a bit longer to throw?
- If we don't win the first round, why do we have an advantage in the second round?
- Which types of throws are more likely to be caught?
- Why would a defensive player make this more difficult?



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Determination: With practice, my throws will get better and easier to catch. I can still help my team out by catching when I am on the Ship. Even if we don't win the first round, we have a good chance of winning the second round because we have fewer discs to return.

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