

Objectives

Cognitive

(8.2.1) 100% of the students will learn the basics of the sport of ultimate Frisbee.

(8.2.2) analyzes an athlete's performance of ultimate Frisbee and provide suggestions for improving the performance so 90% of the students get it.

Affective

(8.5.1) students will develop leadership and follow ship skills by choosing a leader for each team that follows the rules and safeties of the game every time while in class.

(8.6.1) students will exhibit winning and losing gracefully by respecting the other team by shaking their hands every single time.

Psychomotor

[Grip, holding, and accuracy (8.6.2)] students will be able to engage in new challenges by learning the grip, holding the Frisbee, and being accurate.

[Backhand/ forehand (8.3.2)] students will be able to participate using a throw they like and are capable of using.

[Passing and receiving (8.6.3)] students will be able to engage with each other during some passing and receiving drills.

[Pivoting and intercepting (8.4.1)] students will be able to pivot and intercept to strengthen their lower leg muscles.

[Guarding (8.6.2)] students will be able to learn new skills of playing defense in the sport of ultimate Frisbee.

[Strategies (8.2.3)] students will be able to participate in strategies playing small lead up games to simulate game situations.

[Rules (8.5.2)] students will be able to perform safety and follow class rules and game rules.

[Leadership (8.5.5)] students will be able to value other teammates and opponents after every good or bad play.

[Review day (8.1.1)] students will be able to combine and refine the skills learned in the past to increase complex abilities in playing ultimate Frisbee.

[Pulling (8.6.2)] students will be able to learn the challenge of the pull or kickoff.

[Positioning (8.2.1)] students will be able to learn the basics of positioning to get them in the best form to win the game.

Warm Ups

Cone shuffles- warm up fast twitch muscles by running, sliding, quick turns from cone to cone.

4 of a Kind- Players in pairs with a card value given to them. One at a time go to the other end of the field to find one of 4 of their value given. Keep going until a team gets all four cards.

Completed passes- in groups of 4, count how many passes were right.

Pass around- 2 circles with 2 Frisbees in each circle.

3 on 2 keep away- 3 offenders, 2 defenders. Keep away. And rotate to get a review of both skills.

Keepings Off

8 players (2 teams of 4); 1 disc; 4 cones

Form a 20m square with the 4 cones. The aim of the game is to retain possession of the disc by passing to teammates for as long as possible. As in ultimate, players may not run with the disc and have a stall count of 10.

Variations

- For more of a challenge, reduce the stall count to 7 or even 5.
- Use a scoring system where a team scores a point each time everyone on the team touches the disc.

Double Box

10 players (2 teams of 5); 1 disc; 8 cones

This is a miniature game of ultimate, and more fast-paced. There are 2 scoring goals, 5m x 5m boxes, separated by about 20m. One team starts with the disc in their box and is attacking the opponent's box. Each time a team scores, they immediately are attacking the other box. Otherwise, the rules are the same as Ultimate.

Play games to 3 or 5. Unlimited substitutions are allowed at any time.

Hot Box

10 players (2 teams of 5); 1 disc; 8 cones

Hot Box is like the half-court version of double box. The field can be much more congested with both teams attacking the same goal. The goal is a 5m x 5m square in the centre of a 20m x 20m square. Teams are 5-a-side on the court with unlimited subs. The aim is to catch the disc in the goal to score a point. When a team gains possession of the disc, they must complete a pass outside the outer box before they can attack the goal. Otherwise, the rules are the same as for regular Ultimate.

After scoring, the scoring team retains possession of the disc and must move the disc out of the outer box before they can score again. Unlimited subs are allowed during play. Play games to 3 or 5.

Frisbee Soccer

12 players (2 teams of 6); 1 disc; 8 cones

In frisbee soccer, you are not allowed to run with the disc, but the disc is allowed to touch the ground, or roll along the ground. Once the disc is on the ground, either team may pick it up, but maintain the non-contact rules, so once a player has picked it up, their marker must retire 1m away. If two players pick up the disc simultaneously, then the offence retains possession.

The game can be played on a soccer or football field, or a similar field set out with cones. Score by throwing the disc through the goalmouth. Modify the number of players to suit the field size.

Captain Disc

6 players; 1 disc; 3 cones

Line up in groups of six, have a disc placed 5 metres in front of the line, with the players facing it. The players need to be well-spaced, at least arms length apart. On "go!", the leftmost player runs out and picks up the disc. They pass it to the first (rightmost) player, who passes it back. Then to the second player and so forth until the end of the line is reached. When the last player catches the disc, they run out the front to become the captain and the previous captain runs to the right-hand end of the line to become the first receiver.

If a player has to retrieve a disc, they must return to their place before throwing the return pass. Continue until the original captain runs out the front again and the whole team sits down to finish.

Variations

Make all throws forehand.

Frisbee Rounders (Frisbee Baseball)

18 players (2 teams of 9); 1 disc; 7 cones

Set up a diamond, similar to baseball. There is no pitcher (like teeball), otherwise the fielding positions are similar. The "batter" simply throws the disc from homebase, and must rethrow if it is a foul or doesn't travel at least 5m. The batter may run up to throw, but if they release too late, then it is also a foul. Three fouls mean the batter is out.. The batter is also out if their throw is caught on the full. Runners are out if the disc reaches the base they are running towards before they do. Only the fielders on a base (the basemen) may run with the disc; everyone else must throw it to a baseman. The batting team gets a run each time a runner reaches home base, when they get 3 outs the teams switch roles. For safety reasons, the fielders should be required to be at least 5m away from the batter.

Ultimate Frisbee football- with running allowed. A player may run with the disc but has to drop it if he or she is tagged, or for more intense games if tackled.

Skills analysis

- Backhand-
- 1) hold Frisbee chest level
 - 2) snap wrist
 - 3) follow through
- Forehand
- 1)hold mid body
 - 2)snap wrist
 - 3)small back swing
- C-clamp
- 1)eyes on Frisbee
 - 2)below waist- thumb up, above waist- thumb down
 - 3) clamp fingers around Frisbee
- Pancake catch
- 1) two handed catch
 - 2)eyes on Frisbee
 - 3)catch between hands
- Pivoting
- 1)one foot stays planted
 - 2)twist on planted foot
 - 3)spin to get free
- Guarding
- 1)stay in front of offensive player
 - 2)hands up
 - 3)always ready to move
- Grip
- 1)one hand
 - 2)thumb on top
 - 3)Frisbee is right side up.

References

Number, Remove. 11 Mar. 2009. Web. 1 Dec. 2011. <www.peuniverse.com>.

Byl, John. "101 Fun Warm-up and Cool down Games." 2004. Web. 1 Dec. 2011. <www.humankinetics.com>.