



Australian Government

Australian Sports Commission

ACTIVE AFTER-SCHOOL COMMUNITIES

playing for life

Ultimate Frisbee

COMPANION BOOK



Acknowledgments

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Disclaimer

The Playing for Life companion books have been designed for use with students aged 4–12. Each book assumes that each student is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. A student should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity. Where there are any queries or concerns about such matters, the consent of the student's parent or guardian should be obtained before allowing participation. While care has been taken in the preparation of these books, the publisher and authors do not accept any liability arising from the use of the books including, without limitation, from any activities described in the books.

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About this book



The Playing for Life companion books have been developed to complement the Active After-school Communities (AASC) Playing for Life resource kit. They are primarily designed for members of the local community who will be delivering programs to participating primary school-aged children.

More specifically, they are designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy. This places an emphasis on providing safe, fun, engaging activities that ensure maximum participation from all children, regardless of their level of ability.

Playing for Life – what is it?

The Playing for Life philosophy adopts a ‘game sense’ approach to physical activity.

- » **THE GAME IS THE FOCUS** — Players develop skills through fun, game-like activities (by ‘playing the game’) rather than through traditional skills and drills.
- » **COACH IS A FACILITATOR** — Coaches play more of a facilitator role than a director’s role. Rather than instructing players how to perform a particular skill, coaches provide key coaching points for performing the skill then set the players a challenge that they must solve through activity. For example, they might ask:
 - » How many different jumps can you perform in 30 seconds?
 - » Where will you stand to field the ball?
 - » How can you work together to stop the opponents scoring?
 - » How can you include everyone?

This engages players in the activity at a level that suits their own ability, and players learn through self-discovery rather than coach direction.

- » **DISCRETE COACHING** — Coach instructions and demonstrations are kept to a minimum. Allow play to continue and support players to develop their skills on the side in an unobtrusive way during the course of the activity. This maximises player participation and allows players to receive one-on-one coach support where required.
- » **ROLE MODELS** — Use player role models during the activities to demonstrate and emphasise good technique or strategies. Be aware of cultural considerations when adopting this strategy.

Remember!

The activity sets
the challenge

The game asks the
questions, and

The players' response
is the answer

» **ASK THE PLAYERS** —

The use of player questioning is a valuable strategy to engage the players themselves in changing the activity to increase participation and to make the activity more or less challenging.

- » **CHANGE IT** — Simple variations to activities are introduced to make the activities easier or harder in order to accommodate all player ability levels and backgrounds. Use the CHANGE IT acronym to assist you in modifying the activities, and remember to 'Ask the players':

C

Coaching style e.g. deciding when to direct activities and when to ask the players. Knowing when to provide discrete coaching and when to 'just let the kids play'

H

How you score or win e.g. introduce zones for batting or target games

A

Area (playing area) e.g. make the playing area smaller or larger; alter distances to targets or between players

N

Number of players e.g. consider different team sizes to keep all players active. Have several games of 2 v 2 or, if focusing on defence skills, change to 3 v 2 or 2 v 1 etc

G

Game rules e.g. allow 2 bounces before catching or stopping a ball, or introduce a no-go zone

E

Equipment e.g. use a larger or softer ball; rackets instead of bats; bins or markers for targets

I

Inclusion e.g. modify the game to maximise the involvement of all players. Ask the players how to change the game

T

Time e.g. reduce or extend the time to perform actions; change the number of passes within a time limit; vary the length of time a player can hold the ball

It is more important to follow the concept of **CHANGE IT** than to remember what each letter represents.

If it is not working.... CHANGE IT!!

How do I know when to **CHANGE IT**?

The first step is to play the game and observe player involvement and responses.

When observing the game being played, and player involvement and responses, ask yourself the following questions:

- » Is the game safe?
- » Are all players having fun?
- » Are all players engaged in the game?
- » Is the game working?
- » Do all players understand the game?
- » Is the objective of the game being achieved?
- » Are all the players being included?
- » Is participation being maximised?
- » Is the game appropriate to the ability level of each player?
- » Are all players being challenged?

If the answer to any of the above questions is No, then **CHANGE IT**.

The diagram on the following page provides a step-by-step guide about when and how to apply the **CHANGE IT** principles.



When and how to apply the CHANGE IT principles



PLAY THE GAME AGAIN · OBSERVE RESPONSES · MAKE FURTHER VARIATIONS AS NECESSARY

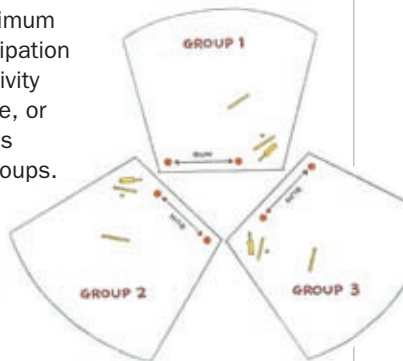
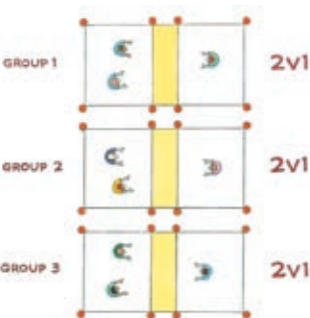
OBSERVATION

Play the game
 Observe player involvement and responses:

- Is the purpose being achieved?
- Are all players engaged?
- Are players coping with the skills required?
- Is it safe?
- Are players enjoying the game?

Tips for delivery

- » Do not limit yourself to the structure of the lesson plans provided. Be creative and add your own flair as you become more confident as a deliverer.
- » Use the Easier and Harder variations to modify the games to suit the ability levels of the players. Remember to use your own CHANGE IT variations and 'Ask the players'.
- » Use the Tips section to provide discrete coaching where needed to develop players' skill levels.
- » As the lessons progress, the games evolve to become more complex and similar to the sport itself. However, remember to match the game with the ability of the players and modify it as necessary.
- » On the other hand, if the players grasp the games quickly, you may find you complete them in a shorter timeframe than estimated. In these circumstances, introduce games that the children enjoyed from previous lessons, to fill in time.
- » Remember some games may not work with one group, whereas they could work really well with another. Don't be afraid to CHANGE IT to suit the needs of your group or even replace the game completely.
- » Keep group sizes to a minimum to ensure maximum participation of all children. Run the activity with several groups at once, or set up stations with various activities and rotate the groups.





ULTIMATE FRISBEE

Introduction to ultimate frisbee



What is ultimate frisbee?

- » Ultimate frisbee is a growing new non-contact sport played with a frisbee (also called a disc).
- » Two teams of 7 players play on a rectangular shaped field with 2 end zones.
- » The objective is for the team with the frisbee to pass it up the field without dropping it and catch it in an end zone to score a point.
- » The other team tries to intercept the frisbee or knock it down.
- » The frisbee may be advanced in any direction by passing it to a team-mate. Once a player has the frisbee, they are not allowed to run with it and they have 10 seconds to throw it.
- » The game is self-refereed, which encourages a mature response to competitive situations. If the player committing the foul disagrees with the foul call, the play is redone.
- » Players can substitute after a score and during an injury timeout.
- » Games involving beginners and younger players can be supervised by an experienced player or coach who offers advice on rules and guides on-field arbitration.

Youth ultimate frisbee – modified rules

The main modifications to the adult rules for youth ultimate frisbee are that:

- » the field is slightly smaller
- » all players must be at least 1 metre from the thrower, and
- » a foul occurs if players make contact.

Tips for delivering ultimate frisbee

Following are some specific tips for delivering Playing for Life ultimate frisbee:

- » Make sure you establish a rule early on that players must keep the frisbees still while you are talking.
- » It is a fast, free-flowing game that combines elements of netball, soccer, gridiron and touch footy. Use these concepts to make it familiar for the players.
- » Where this book refers to a playing field suitable for ultimate frisbee, it is unlikely many centres will have a dedicated field of this size. Similar sized playing areas that could be used include a touch rugby field or half a soccer pitch or football field.
- » The preferred type of frisbee is a plastic frisbee with an 8 to 10 inch (20–25 cm) diameter. However, frisbees can be thrown quite hard, even by young children, and can hurt if they strike a player. For activities where unsighted players may be in a position to have frisbees flying towards them, this book recommends using soft foam frisbees rather than plastic frisbees, especially for team activities using multiple discs.
- » Players should be taught to call out 'HEADS!' loudly when there is a risk of an unsighted player being struck by a frisbee.

Introduction to basic ultimate frisbee terms and skills

General

- » **FRISBEE** — a light plastic disk with a lip. It is designed to fly aerodynamically when thrown with rotation and can be caught by hand.
- » **GRIP** — the method of holding the frisbee.
- » **BACKHAND GRIP** — the way to hold the frisbee when throwing a backhand throw. Fingers are curled under the frisbee's rim and the thumb is placed on top of the frisbee.



- » **FOREHAND GRIP** — the way to hold the frisbee when throwing a forehand throw. The index and middle fingers are extended, and sit under the frisbee. The ring and pinky fingers are outside the disc, supporting the outside of the frisbee. The thumb is on top of the frisbee.



Throws

- » **BACKHAND THROW** — where the back of the hand is facing the intended target. It is probably the most commonly known throw, and also one of the most powerful. The action resembles a tennis backhand.



- » **FOREHAND THROW** — where the frisbee is thrown on the same side of the body as the throwing arm. The action resembles a tennis forehand.



- » **HAMMER THROW** — where the frisbee flies upside down. The forehand grip is used and the throw is made from above the head facing the target, like a tennis serve.



- » **ROLLER THROW** — where the frisbee hits the ground then rolls. It can be performed backhand or forehand and the inside edge of the frisbee should hit the ground before the outside edge. It is not a legal throw in ultimate frisbee.
- » **SKIP (BOUNCE) THROW** — where the frisbee hits the ground then bounces up off the ground, and keeps flying. It can be performed backhand or forehand and the outside edge of the frisbee should hit the ground before the inside edge. It is not a legal throw in ultimate frisbee.
- » **FAKE** — when a player pretends to pass to create space and deceive the opponent.



Footwork

- » **PIVOT** — a footwork movement to change direction, where a player keeps one foot still and steps with the other.



Attacking skills

- » **LEADING** — sprinting strongly to the frisbee, either directly forward or diagonally to the free space (away from the defender/opponent).



- » **DODGING** — moving a few steps away from the intended catching position, then placing the outside foot strongly on the ground and pushing off in the desired direction to evade an opponent or receive a pass.



Defending skills

- » **DEFENDING** — guarding a player who may or may not have the frisbee. One-on-one defending techniques include defending in front, from the side or from behind.



Catching

- » **PANCAKE OR CROCODILE CATCH** — where the frisbee is caught with one hand on the bottom and one hand on the top. This is the easiest method of catching.



- » **TWO-HANDED CATCH** — where the frisbee is caught in two hands that are side by side. If the frisbee is above shoulder height, the players' fingers will be on top of the frisbee (and thumbs underneath), otherwise their fingers will be underneath the frisbee (and their thumbs on top).



ABOVE SHOULDER

BELOW SHOULDER

- » **ONE-HANDED CATCH** — where the frisbee is caught in one hand. If the frisbee is above shoulder height, the players' fingers will be on top of the frisbee (and their thumbs down), otherwise their fingers will be underneath the frisbee (and their thumbs on top).



ABOVE SHOULDER

What you need from the kit...



START OUT

WILDCARD

START OUT WC 01A	Form a group
START OUT WC 03A	All-in tag
START OUT WC 03B	Look out for others!
START OUT WC 04A	Throw, throw, throw
START OUT WC 05B	Stork tag
START OUT WC 06	How many bean bags?
START OUT WC 08A	Partner tag
START OUT WC 09A	Warriors and Dragons
START OUT WC 10A	Fun on the spot

COOPERATIVE PLAY

START OUT CP 01A	Shuttle ball
START OUT CP 01B	Underarm return relay
START OUT CP 02A	Here, there, nowhere
START OUT CP 03	Run the circle
START OUT CP 06B	L-o-n-g throw

INVASION GAMES

START OUT INV 01	Interceptor
START OUT INV 02	Names
START OUT INV 03	Pairs passing
START OUT INV 05	On-court, off-court rapid passes

GET INTO IT

INVASION GAMES

GET INTO IT INV 01	Interceptor
GET INTO IT INV 02	4 square
GET INTO IT INV 03	Pass and run
GET INTO IT INV 04	End to end
GET INTO IT INV 05	Defenders on the line
GET INTO IT INV 06	5-point player
GET INTO IT INV 07B	Team passing
GET INTO IT INV 10	Keep the ball
GET INTO IT INV 11	Roll a ball
GET INTO IT INV 13	Buroinjini
GET INTO IT INV 15	Youth ultimate frisbee

STRIKING & FIELDING

GET INTO IT SF 11	Mini tee-ball
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NET & COURT

GET INTO IT NC 03	No-go
GET INTO IT NC 08	Continuous tennis

TARGET GAMES

GET INTO IT TG 04	Throff
GET INTO IT TG 06	Koolchee
GET INTO IT TG 09	Hit the target
GET INTO IT TG 11	Defend the zone
GET INTO IT TG 12	D1 and D2

FINISH UP

FINISH UP

FINISH UP 01	Put it away!
FINISH UP 04	Puppeteer! What's ahead? Video ref Four corners Freeze frame



Remove or print each of the above cards from the Playing for Life resource kit and add to the ring-bound holder provided.



This companion book cross-references these cards throughout the 8-week lesson plan.

Overview of lessons

LESSON	1	2	3	4	5	6	7	8
OBJECTIVE	Handling the frisbee, static passing and catching	Passing and catching on the move	Footwork and space awareness	Attacking and defending	Attacking and defending	Specific skills, rules and tactics of modified games	Specific skills, rules and tactics of ultimate frisbee	Specific skills, rules and tactics of ultimate frisbee
START OUT	Form a group START OUT WC 01A Pairs passing START OUT INV 03	All-in tag START OUT WC 03A L-o-n-g throw START OUT CP 06B	Look out for others! START OUT WC 03B Stork tag START OUT WC 05B	Here, there, nowhere START OUT CP 02A Interceptor GET INTO IT INV 01	Warriors and Dragons START OUT WC 09A Throw, throw, throw START OUT WC 04A	Fun on the spot START OUT WC 10A Names START OUT INV 02	Keep the ball GET INTO IT INV 10	Partner tag START OUT WC 08A Run the circle START OUT CP 03
GET INTO IT	Shuttle ball START OUT CP 01A How many bean bags? START OUT WC 06 Koolchee GET INTO IT TG 06	Underarm return relay START OUT CP 01B Base run START OUT INV 01 On-court, off-court rapid passes START OUT INV 05	Continuous tennis GET INTO IT NC 08 4-square GET INTO IT INV 02 No-go GET INTO IT NC 03	Pass and run GET INTO IT INV 03 Defenders on the line GET INTO IT INV 05 Youth ultimate frisbee GET INTO IT INV 15	5-point player GET INTO IT INV 06 Roll a ball GET INTO IT INV 11 Defend the zone GET INTO IT TG 11	Throff GET INTO IT TG 04 End to end GET INTO IT INV 04	Hit the target GET INTO IT TG 09 Mini tee-ball GET INTO IT SF 11 D1 and D2 GET INTO IT TG 12	Team passing GET INTO IT INV 07B Buroinjin GET INTO IT INV 13 Youth ultimate frisbee GET INTO IT INV 15
FINISH UP	What's ahead? FINISH UP 04 Put it away! FINISH UP 01	Puppeteer FINISH UP 04 Put it away! FINISH UP 01	Video ref FINISH UP 04 Put it away! FINISH UP 01	Put it away! FINISH UP 01	Four corners FINISH UP 04	Freeze frame FINISH UP 04 Put it away! FINISH UP 01	Puppeteer FINISH UP 04 Put it away! FINISH UP 01	What did you learn? FINISH UP 01 Put it away! FINISH UP 01

How to use this book

- 1 Read the introductory pages to make sure you have an understanding of the Playing for Life philosophy and a basic understanding of the sport, including terms and skills, safety considerations and equipment requirements.
 - 2 Read through each lesson plan to make sure you understand the objectives and requirements for each lesson.
 - 3 Collect and review the required Playing for Life activity cards referred to in each of the lessons.
 - 4 Add the loose-leaf activity cards to the ring-bound holder (shown). A companion book can sit alongside the activity cards — just slide the cover into the holder.
-
- 5 Before conducting each lesson, organise an appropriate and safe playing area and the necessary equipment (based on the number, ability levels and backgrounds of the players and the available area and equipment). A full equipment kit for this companion book has been prepared and is available through the Active After-school Communities preferred supplier. To order, visit our web site at www.ausport.gov.au/aasc.
 - 6 Deliver the lesson, using the indicated Playing for Life activity cards and the instructions provided in the book. Remember to vary the activities, where required, to cater for the needs of different players. If the activity is not working, remember to CHANGE IT.
 - 7 Review the lesson immediately afterwards so you can identify what worked well/what didn't, what level the players are at, and what you need to remember for next time. The outcome of this review will influence what you include in the next lesson and how you deliver it.

While this book is primarily designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy, we do encourage you to consider attending a coaching course to improve your knowledge and skills. Information about the relevant coaching courses can be found in the 'Where to from here' section of the book.

Lesson 1

OBJECTIVE	Handling the frisbee, static passing and catching
TIME	60 minutes
AREA	Area similar in size to a basketball court
EQUIPMENT	» 2 marker cones per pair » 1 skittle per player » 1 frisbee per player

Card summary

- » **Start Out WC 01a**
- » **Start Out CP 01A**
- » **Start Out INV 03**
- » **Get Into It TG 06**
- » **Finish Up 01**
- » **Finish Up 04**



Remember, if the game isn't working **CHANGE IT**

1

Form a group

START OUT WC 01A
5 MINUTES

Players run around in random directions avoiding body contact with other players. You call a number and players form groups of that size. Finish in pairs.

SKILL FOCUS Warm up/energiser activity

Refer to the activity card...



Pairs passing

START OUT INV 03
10 MINUTES

Players form pairs and, on your signal, pass to each other for 30 seconds. At the end of 30 seconds, the player without the frisbee moves to form a new pair. Passing starts again.

SKILL FOCUS *Develops and improves frisbee handling skills*

ADDITIONAL EQUIPMENT *1 frisbee per pair*

Use the activity card, PLUS...

- » Use frisbees and experiment with different types of throws.
- » Progress through the following throws: backhand, forehand, hammer.



FOREHAND THROW



BACKHAND THROW



HAMMER THROW

- » When catching, players should choose the pancake or crocodile catch.



PANCAKE CATCH

Easier:

- » Move players closer together.
- » Restrict passing to backhand only.

Harder:

- » Experiment with passing under the leg, behind the back etc.

- TIPS**
- » Use players as role models to highlight examples of different throws/passes.
 - » For a backhand throw, encourage players to stand side-on to the target, with the shoulder of the throwing arm closest to the target.
 - » For a forehand throw, players stand facing the target.

ASK THE PLAYERS » How should you stand to give your throwing arm lots of room?

SAFETY » Players call out 'HEADS!' if the frisbee is likely to hit another player.

Shuttle ball

START OUT CP 01A
10 MINUTES

A cooperative game. A frisbee is thrown to a catcher. The thrower runs to take the place of the catcher and the catcher, in turn, runs to join the players at the thrower's line. (Play in teams of 3.)

SKILL FOCUS *Practises basic stationary passing and catching*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Use the activity card, PLUS...

- » See how many passes can be made in a row without a drop.
- » Introduce basic grips.



FOREHAND GRIP



BACKHAND GRIP

Easier:

- » Reduce the distance players have to throw.

Harder:

- » Change the type of pass on your call.

- TIPS**
- » Players should aim the throw at the stomach.
 - » Players should follow through after they have released the frisbee.

- ASK THE PLAYERS**
- » Which pass is the most accurate?
 - » How can you pass the frisbee to make it easier to catch?

- SAFETY**
- » Players should be aware of flying frisbees.

How many bean bags?

START OUT WC 06
15 MINUTES

One player from each team runs to a central area, collects 1 frisbee at a time, throws it to the other team-mates at their base and tags the next player. The game continues until time is called. The aim is to collect the most frisbees. (Play in teams of 2 or 3.)

SKILL FOCUS *Practises passing and catching skills*

ADDITIONAL EQUIPMENT *10–15 frisbees*

Use the activity card, PLUS...

- » Use frisbees.



Easier:

- » Vary the distance the frisbee has to be passed.

Harder:

- » Change the type of pass on your call.
- » If the frisbee is dropped or hits the ground on passing, it must be returned to the central area and re-collected.

- TIPS**
- » Players need to be standing still when they pass the frisbee.
 - » They should make eye contact with the receiver.

- SAFETY**
- » Varying passing abilities may cause frisbees to be scattered over the area.

Koolchee

GET INTO IT TG 06
10 MINUTES

Koolchees (frisbees) are thrown to knock over a skittle.
(Play in pairs.)

SKILL FOCUS *Teaches throwing with accuracy*

ADDITIONAL EQUIPMENT *1 frisbee per pair*

Use the activity card, PLUS...

- » Players score a point if they are the first to make contact with the target at the opposite end.
- » Players receive a bonus point if the skittle is knocked over on its side.



Easier:

- » Increase the size of the target.
- » Players can slide their frisbee on the ground, with the rim facing upwards.

ASK THE PLAYERS » Which throw is the most successful in this activity?

- SAFETY**
- » Players need to be aware of skittles rebounding when hit by a frisbee.
 - » Allow plenty of space between pairs to accommodate stray frisbees.

What's ahead?

FINISH UP 04
5 MINUTES

Provide a brief explanation about the lessons to come and the Playing for Life approach, that is, players learn skills by playing fun games that maximise involvement and include and challenge players of all ability levels.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 2

OBJECTIVE	Passing and catching on the move
TIME	60 minutes
AREA	Area similar in size to a basketball court
EQUIPMENT	» 4 marker cones per pair » 1 large ball per group » 1 frisbee per pair

Card summary

- » **Start Out WC 03A**
- » **Start Out CP 01B**
- » **Start Out CP 06B**
- » **Start Out INV 01**
- » **Start Out INV 05**
- » **Finish Up 01**
- » **Finish Up 04**



Remember, if the game isn't working **CHANGE IT**

2

All-in tag

START OUT WC 03A
5 MINUTES

Everyone tries to tag everyone else. Players who are tagged continue to tag others from a crouched position (Play with 8–30.)

SKILL FOCUS *Warm up/energiser activity*

Refer to the activity card...



L-o-n-g throw

START OUT CP 06B
10 MINUTES

A cooperative game in which a frisbee is thrown between 2 players. If the frisbee reaches the catcher on the full, both the catcher and the thrower step back. If it is dropped, both take a step forward. The winning pair is the one that has retreated the furthest. (Play with one or more pairs.)

SKILL FOCUS *Improves passing and catching skills over varied distances*

ADDITIONAL EQUIPMENT *1 frisbee per pair*

Use the activity card, PLUS...

- » Experiment with different passes.



FOREHAND THROW



BACKHAND THROW



HAMMER THROW

Easier:

- » Throw and catch when standing still.

Harder:

- » Introduce a gate that the frisbee has to pass through.
- » Introduce a defender whose task is to intercept the pass.

- TIPS**
- » Encourage players to use the correct throwing grips.
 - » Use lots of wrist snap to get spin.
 - » Make sure the frisbee is level in flight.

ASK THE PLAYERS » Why is it important to have the ability to both throw over a distance and to catch the frisbee?

SAFETY » Players may lose control of accuracy when passing over long distances.

Underarm return relay

START OUT CP 01B
10 MINUTES

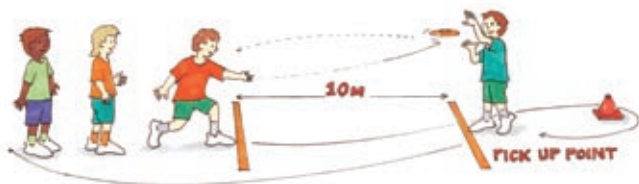
Player 1 runs to a point, returns and, on the way back, collects a frisbee at the pick-up point and passes it to **Player 2** who is next in line. The pattern continues. (Play with 4 or more.)

SKILL FOCUS *Develops passing and catching skills*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Use the activity card, PLUS...

- » Player 2 returns the frisbee to Player 1, who is still at the pick-up point.
- » Player 1 leaves the frisbee and returns to the end of the line.



Easier:

- » Reduce the distance between the start line and the pick-up point.

Harder:

- » Player 1 runs to the turning point to catch the return pass while on the move. The frisbee is left at the start line.

- TIPS**
- » Encourage players to set their feet before passing.
 - » When a player catches the frisbee, they must establish a pivot foot before passing.

- ASK THE PLAYERS**
- » Why is it more difficult to pass to a player on the move?

Base run

START OUT INV 01
15 MINUTES

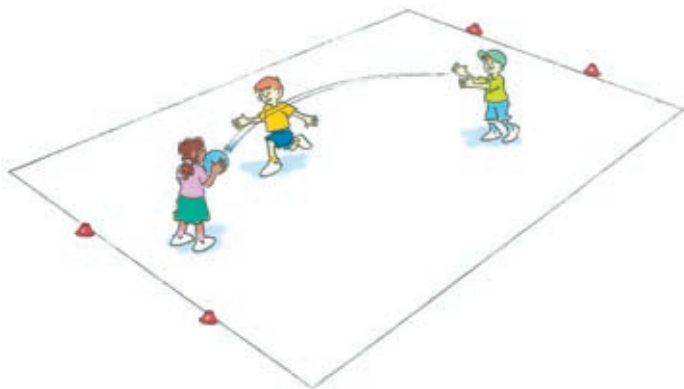
Two players with one frisbee try to stop a third player from reaching a base at either end of a playing area. Warm up by playing without the bases.

SKILL FOCUS *Develops passing and catching skills*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Use the activity card, PLUS...

- » Use frisbees.



Easier:

- » Add extra defenders.

Harder:

- » Change the type of pass on your call.

- ASK THE PLAYERS**
- » Where should the frisbee be thrown to a person on the move?
 - » What type of pass gets the frisbee to a team-mate in the quickest time?
 - » How can defenders close down the space to tag the base runner?

SAFETY » Players tag by touching gently with the frisbee.

On-court, off-court rapid passes

START OUT INV 05
10 MINUTES

Four passers on court pass the frisbee around, each player trying to receive as many passes as possible. Two other on-court players are taggers who try to tag a passer with the frisbee. Off-court, 2 players pass the frisbee to each other, trying to reach a record total. (Play with 8 or more.)

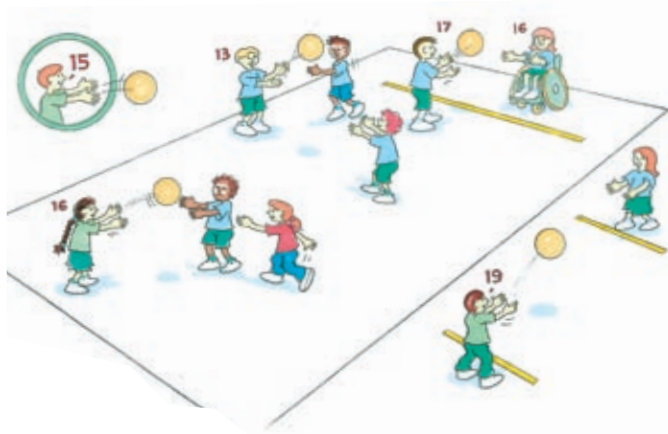
SKILL FOCUS *Practises passing and catching while moving*

AREA *Area similar in size to a basketball court*

ADDITIONAL EQUIPMENT *1 frisbee per pair*

Use the activity card, PLUS...

» Use frisbees.



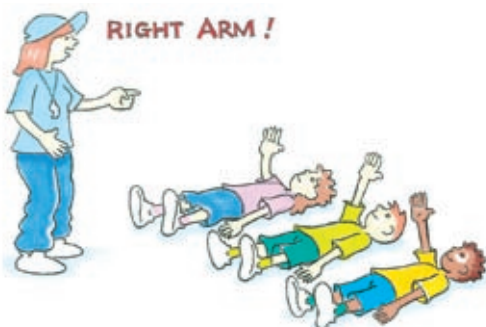
ASK THE PLAYERS » How can you pass the frisbee faster?

Puppeteer

FINISH UP 04
5 MINUTES

Players are puppets moving their body to your calls (you are the puppeteer).

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 3

OBJECTIVE	Footwork and space awareness
TIME	60 minutes
AREA	Area similar in size to a basketball court
EQUIPMENT	» 2 marker cones per pair » Barrier (e.g. a net, bench or rope) » 1 frisbee per player » Bibs for each team

Card summary

- » **Start Out WC 03B**
- » **Start Out WC 05B**
- » **Get Into It INV 02**
- » **Get Into It NC 03**
- » **Get Into It NC 08**
- » **Finish Up 01**
- » **Finish Up 04**



Remember, if the game isn't working **CHANGE IT**

3

Look out for others!

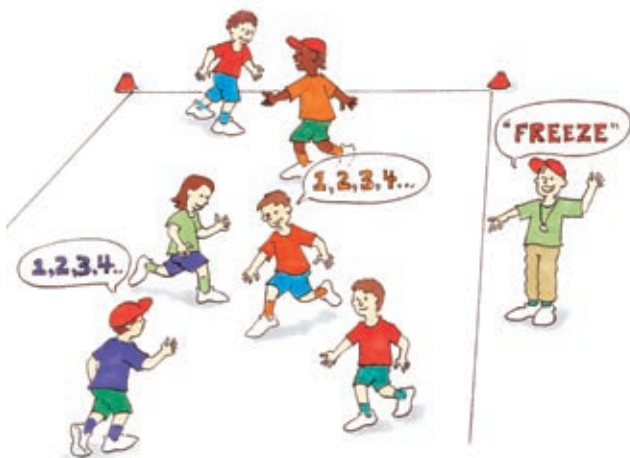
START OUT WC 03B
5 MINUTES

All players run in random directions in a defined area. Players are made aware of the fact that the activity is focused on learning to play safely in the presence of others.

SKILL FOCUS *Warm up/energiser that develops player and space awareness and timing*

Use the activity card, PLUS...

- » You call 'FREEZE!' and all players must stop and count to 10 out loud while faking forehand and backhand passes.
- » Players then start moving again. Repeat process.



Easier:

- » Players walk instead of running.

Harder:

- » Suggest different ways of moving (eg skipping, hopping, jumping).

ASK THE PLAYERS » Is 10 seconds a long time to decide where to pass?

Stork tag

START OUT WC 05B
5 MINUTES

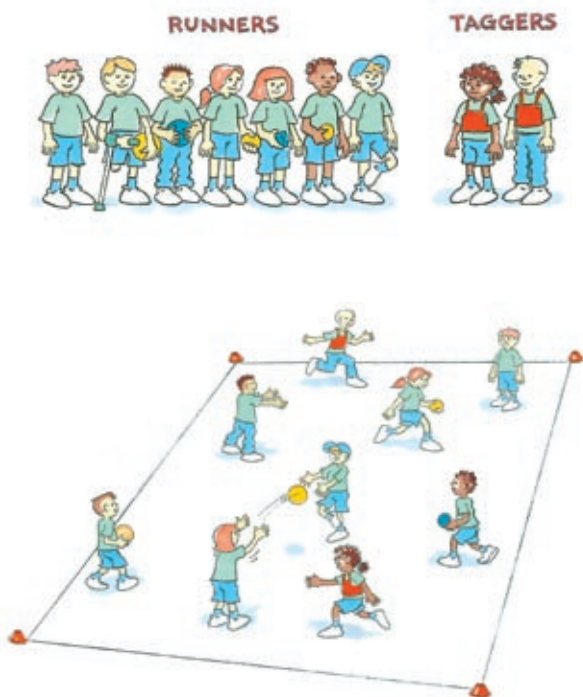
Taggers chase runners. If runners are tagged, they have to stand on the spot in a stork stance. A tagged runner can be freed by a fellow runner by exchanging a frisbee. Either a stork or a free runner can throw the frisbee. (Play with 8 or more.)

SKILL FOCUS Warm up activity that raises awareness of others in a crowded space

ADDITIONAL EQUIPMENT 1 frisbee per 4 players

Use the activity card, PLUS...

- » Use frisbees to release the tag.



ASK THE PLAYERS » Is 10 seconds a long time to decide where to pass?

Continuous tennis

GET INTO IT NC 08
10 MINUTES

Players in small groups throw a frisbee over a no-go zone and run to the back of the line, making way for the next player to catch and return it. (Play in teams of 4.)

SKILL FOCUS *Improves passing and catching and creates space awareness*

ADDITIONAL EQUIPMENT 1 frisbee per court

Use the activity card, PLUS...

- » Players throw frisbees.
- » Players score a point for their team if their pass hits the ground.



Easier:

- » Play cooperatively so the throw is easy to catch and the frisbee stays in play.
- » Allocate points for consecutive catches.

Harder:

- » Players must wait behind the end line until the frisbee is thrown.
- » Players run to the line on the other side of the court after passing.

TIPS

- » The frisbee is easier to catch if it is thrown flat.
- » Have players experiment with how to add a bend or curve to the throw.
- » Use players as role models to highlight successful throws.

ASK THE PLAYERS » Which foot is it easier to push off to reach and catch the frisbee?

4-square

GET INTO IT INV 02
15 MINUTES

A playing area is divided into 4 and a player from each team goes into a square. The team in possession of the frisbee throws it to a team-mate in any of the 4 squares, trying to avoid interception. Players stay in their square. (Play in teams of 4.)

SKILL FOCUS *Practises passing and catching, avoiding interception, and creates space awareness*

ADDITIONAL EQUIPMENT *1 frisbee per court*

Use the activity card, PLUS...

- » Use frisbees.
- » Defenders must be at least 1 metre from the thrower.



Easier:

- » Play with only attackers.
- » Attackers keep the frisbee if it is intercepted.
- » Allow each team a time limit in possession.

Harder:

- » Players cannot pass to the same player they received it from.
- » Add extra defenders.

- TIPS**
- » Making space and getting away from a defender allows more time to focus on catching.
 - » When a player is leading, they should provide a target for the passer.

- ASK THE PLAYERS**
- » How would a larger playing area improve the game?
 - » How does the introduction of defenders change the game?

No-go

GET INTO IT NC 03
15 MINUTES

Players are divided into 2 teams separated by a no-go barrier. The frisbee is thrown across the barrier. The opposing team must catch it and send it back. (Play in teams of 3.)

SKILL FOCUS *Practises passing and catching and creates space awareness*

ADDITIONAL EQUIPMENT 1 frisbee per court

Use the activity card, PLUS...

- » Have a maximum of 3 passes per team before returning the frisbee.
- » Players must catch the frisbee on the full.
- » The team that wins the point restarts with a throw from behind the end line.
- » The first team to 10 points wins.



Easier:

- » Add extra players on court.

Harder:

- » Add a barrier/net for the frisbee to pass over.

- TIPS**
- » Thrown upside down, the frisbee will be less likely to roll out of the opponent's court.
 - » A two-handed catch is safer.

ASK THE PLAYERS » Is there a difference in the type of throw you use to pass to team-mates and to pass to the other team?

SAFETY » Use soft foam frisbees for younger players.

Lesson 4

OBJECTIVE	Attacking and defending
TIME	60 minutes
AREA	Area similar in size to a basketball court
EQUIPMENT	» 1 marker cone per player » 1 frisbee per player » Bibs for each team

Card summary

- » **Start Out CP 02A**
- » **Get Into It INV 01**
- » **Get Into It INV 03**
- » **Get Into It INV 05**
- » **Get Into It INV 15**
- » **Finish Up 01**



4

Remember, if the game isn't working **CHANGE IT**

Here, there, nowhere

START OUT CP 02A
5 MINUTES

On your call, players run towards you (here), away from you (there), or do an activity on the spot (nowhere). (Play with 6 or more.)

SKILL FOCUS Warm up/energiser

Refer to the activity card...

Interceptor

GET INTO IT INV 01
10 MINUTES

Three players stand on 3 of the 4 corners of a square, with an interceptor in the middle. Players change roles frequently. (Play in groups of 4.)

SKILL FOCUS Improves anticipation and interception

ADDITIONAL EQUIPMENT 4 cones, 1 frisbee per group

Use the activity card, PLUS...

- » Players can only pass to a corner adjacent to theirs but not across the square.
- » Players without the frisbee can lead to a corner next to their own to receive a pass or provide an option.
- » The interceptor must be at least 1 metre from the thrower.



Easier:

- » The interceptor cannot move until the pass is thrown.

Harder:

- » A different type of pass must be used each time.
- » Add an extra interceptor.

ASK THE PLAYERS » How can the interceptor anticipate which way the pass will go?

Pass and run

GET INTO IT INV 03
10 MINUTES

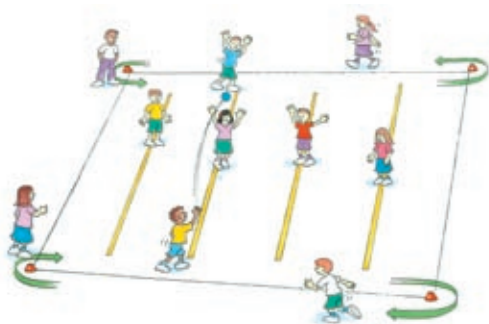
Runners run in parallel down opposite sides of a court, passing the frisbee to each other. Interceptors try to intercept the frisbee but are restricted in their movements. Interceptors can only run up and down their designated line. (Play in groups of 6 or more.)

SKILL FOCUS *Practises passing and catching while trying to avoid defenders*

ADDITIONAL EQUIPMENT *12 marker cones to define the playing area · 1 frisbee per pair*

Use the activity card, PLUS...

- » Use different types of throws.
- » If the frisbee is intercepted, players swap roles.



Easier:

- » Increase the number of runners.

Harder:

- » Increase the distance players have to pass.

- TIPS**
- » Use players as role models to highlight effective passing and intercepting skills.
 - » It is not possible to use some passes when throwing sideways, as the body is in the wrong position.

ASK THE PLAYERS » What is the best throw when passing sideways?

SAFETY » Do not allow defenders to get too close to players when throwing.

Defenders on the line

GET INTO IT INV 05
15 MINUTES

The playing area has a score line (end zone) at each end. The team with the frisbee aims to pass the frisbee over their opponent's scoreline. Teams are allowed 3 minutes' possession. (Play in teams of 4.)

SKILL FOCUS *Practises attacking and defending, and promotes teamwork*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Use the activity card, PLUS...

- » Players cannot run with the frisbee.
- » Players are only allowed to defend one player at a time.
- » Defenders must be at least 1 metre from the thrower.



PIVOT

Easier:

- » Add a player in the opponent's end zone to catch the pass.

Harder:

- » Any number of players can defend an opponent.
- » All team-mates must receive a pass before a goal can be scored.

TIPS » Use players as role models to highlight effective passing and intercepting skills.

ASK THE PLAYERS » What is the best throw when passing sideways?

SAFETY » Do not allow defenders to get too close to players when throwing.

Lesson 5

OBJECTIVE	Attacking and defending
TIME	60 minutes
AREA	Area similar in size to a hockey field
EQUIPMENT	<ul style="list-style-type: none">» 1 marker cone per player» 2 marker cones for each target» 1 soft frisbee/plastic frisbee per player» Bibs for each team» 1 stopwatch

Card summary

- » **Start Out WC 04A**
- » **Start Out WC 09A**
- » **Get Into It INV 06**
- » **Get Into It INV 11**
- » **Get Into It TG 11**
- » **Finish Up 04**



5

Remember, if the game isn't working **CHANGE IT**

Warriors and Dragons

START OUT WC 09A
5 MINUTES

Members of a team called Warriors pass a ball to other Warriors and try to tag an opposition called Dragons. If Dragons are tagged, they become Warriors. When all the Dragons are caught, the teams swap over.

SKILL FOCUS *Focuses on anticipation and evasion skills*

Refer to the activity card...

Throw, throw, throw

START OUT WC 04A
10 MINUTES

Two groups of equal size face each other. Each player has a frisbee. On a signal, players throw their frisbee over a line in the direction of the opposing team. After a set period, frisbees are counted to see who has the fewest.

SKILL FOCUS *Warm up activity that practises passing*

ADDITIONAL EQUIPMENT *1 soft frisbee per player*

Use the activity card, PLUS...

- » Players use backhand or forehand throws.



BACKHAND THROW



FOREHAND THROW

Easier:

- » Players score bonus points if they catch a frisbee on their side.
- » Only allow players to throw the frisbee.

ASK THE PLAYERS » What makes it harder for the opposition to catch the frisbee?

SAFETY » Only use soft frisbees for this activity and limit the number of frisbees.
» Keep a safe distance between players when throwing frisbees.

5-point player

GET INTO IT INV 06
10 MINUTES

Attackers score points by passing to each other for 30 seconds. For bonus points, the frisbee is passed to a team-mate in one of the 2 end zones. Defenders try to intercept the frisbee. (Play in teams of 5.)

SKILL FOCUS *Practises inclusive passing and movement around the court, and teaches defenders how to anticipate and read the play*

ADDITIONAL EQUIPMENT *1 frisbee per playing area*

Use the activity card, PLUS...

- » If the frisbee is intercepted with a clean catch, defenders can try to score 5 points by passing directly to their player in the end zone.
- » After the attempt, the frisbee is returned to the attackers to complete their time period.
- » Defenders must be at least 1 metre from the thrower.



Easier:

- » Have more attackers than defenders.

Harder:

- » Players can only hold the frisbee for 10 seconds before having to pass.
- » Each team member must touch the frisbee before the team can score.

Roll a ball

GET INTO IT INV 11
15 MINUTES

Using a playing area with a goal at each end, attackers pass a frisbee to each other and try to score a goal while defenders attempt to intercept. (Play in teams of 6 or more.)

SKILL FOCUS *Modified game that uses a range of skills*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Use the activity card, PLUS...

- » No goalkeeper is allowed.
- » Play starts by rolling a frisbee from behind the baseline across the half-way line into the opposition's area.
- » The frisbee can then either be thrown in the air or rolled along the ground.
- » There is a minimum of 3 passes per team before a goal can be scored.
- » A goal is scored when a team either throws or rolls the frisbee to land in the goal square.
- » Defenders must be at least 1 metre from the thrower.



Easier:

- » Increase the goal area.

Harder:

- » The frisbee cannot be passed backwards.

TIPS » Look for the safest option when passing, as it is important to keep possession of the frisbee.

ASK THE PLAYERS » What can you do to make yourself available to receive a pass and create a scoring option?
» How can you make it hard for your opponents to score?

Defend the zone

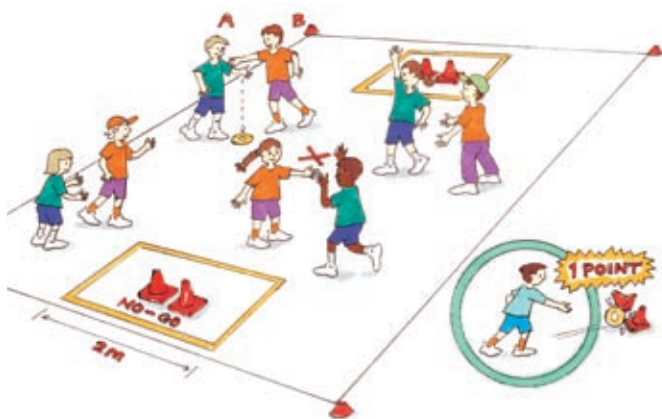
GET INTO IT TG 11
15 MINUTES

Runners start in the middle, move to one end and try to hit a target. After 10 seconds, they must pass the frisbee. Interceptors must prevent the frisbee from hitting the target. (Play in teams of 6.)

SKILL FOCUS Promotes inclusive passing, team play, anticipation and interception

Use the activity card, PLUS...

- » Players must stop when they are tagged (touched) by an opponent and release the frisbee.
- » When the attacking team hits the target, the defending team become the attackers.
- » Defenders must be at least 1 metre from the thrower.



Easier:

- » Players can score around the back of the target.

Harder:

- » Each player must touch the frisbee before a goal shot is allowed.

- ASK THE PLAYERS**
- » Where will you run to be in a position to score?
 - » How can you work together to get the team into a good scoring position?

- SAFETY**
- » Defenders are not allowed to stand directly in front of the target area.
 - » Double team defence is not allowed.

Four corners

FINISH UP 04
5 MINUTES

Players choose a corner to stand in and, as the game continues, players must move to the middle.

Refer to the activity card...



Lesson 6

OBJECTIVE	Specific skills, rules and tactics of modified games
TIME	60 minutes
AREA	Area similar in size to a hockey field
EQUIPMENT	<ul style="list-style-type: none"> » 1 marker cone per player » Variety of 5 or 6 targets (e.g. hoops, mats, buckets, bins or marker cones) » Obstacles (e.g. boxes, benches or chairs) » 1 frisbee per player » Bibs for each team » Optional: 1 bean bag per player

Card summary

- » **Start Out WC 10A**
- » **Start Out INV 02**
- » **Get Into It INV 04**
- » **Get Into It TG 04**
- » **Finish Up 01**
- » **Finish Up 04**



6

Remember, if the game isn't working **CHANGE IT**

Fun on the spot

START OUT WC 10A
5 MINUTES

A quick energiser. 3 or 4 running on the spot variations are called. The emphasis is on short bursts of fun.

SKILL FOCUS Warm up/energiser activity that improves footwork

Refer to the activity card...



Names

START OUT INV 02
5 MINUTES

Players in a circle throw a frisbee to other players in the circle. An interceptor inside the circle tries to intercept. Only the interceptor can move. (Play in groups of 6.)

SKILL FOCUS Warm up activity that promotes passing, anticipation and interception

ADDITIONAL EQUIPMENT 1 frisbee per group

Use the activity card, **PLUS...**

» Use frisbees.



Throlf

GET INTO IT TG 04
20 MINUTES

As in golf, a course with holes is established. Players move around the course attempting to reach the target in the least number of throws. (Play in teams of 2–4.)

SKILL FOCUS *Throwing for accuracy and distance*

ADDITIONAL EQUIPMENT *1 frisbee per player*
Optional: 1 bean bag per player

Use the activity card, PLUS...

- » Use a frisbee to throw around the course.



Easier:

- » Use bean bags instead of frisbees.

Harder:

- » Add more obstacles or increase the distance.

- TIPS**
- » Vary the size of the course and the distance to the target according to ability.
 - » Consider obstacles or targets where you have to throw through a hoop.
 - » When playing in teams, speed up the game by choosing the closest throw to the target. All team members take the next shot from that point.

ASK THE PLAYERS » How can you throw further without throwing harder?

- SAFETY**
- » Do not start the next hole until players are clear.
 - » Tell players to call 'HEADS!' as a warning if a player is likely to be hit.

End to end

GET INTO IT INV 04
20 MINUTES

Players from 2 opposing teams are paired off and spread the length of the court. On a signal, the player with the frisbee at one end passes to a team-mate in the next zone. This continues until it reaches the end zone for a shot at goal. (Play in teams of 6.)

SKILL FOCUS *Modified game that uses a range of skills*

ADDITIONAL EQUIPMENT *2 marker cones as goals 1 metre apart at each end · 1 frisbee per field*

Use the activity card, PLUS...

- » Add a goal at each end.
- » Players are only allowed in their zone.
- » Players must pass within 10 seconds.
- » A point is scored if the frisbee is thrown through the goal target.
- » Defenders must be at least 1 metre from the thrower.



Easier:

- » Remove the goal and a point is scored when the frisbee is passed to the goal scorer.

Harder:

- » Each player must touch the frisbee before a goal shot is allowed.

TIPS » Rotate players in zones so they all experience the opportunity to throw a goal.

SAFETY » Double team defence is not allowed.

Lesson 7

OBJECTIVE	Specific skills, rules and tactics of ultimate frisbee
TIME	60 minutes
AREA	Area similar in size to a hockey field
EQUIPMENT	<ul style="list-style-type: none">» 1 marker cone per player» 4 bases» 1 frisbee per player» 1 foam frisbee per 10 players» Bibs for each team» Variety of 5–6 targets (eg: buckets, bins, cricket stumps)

Card summary

- » **Get Into It INV 10**
- » **Get Into It SF 11**
- » **Get Into It TG 09**
- » **Get Into It TG 12**
- » **Finish Up 01**
- » **Finish Up 04**



7

Remember, if the game isn't working **CHANGE IT**

Keep the ball

GET INTO IT INV 10
5 MINUTES

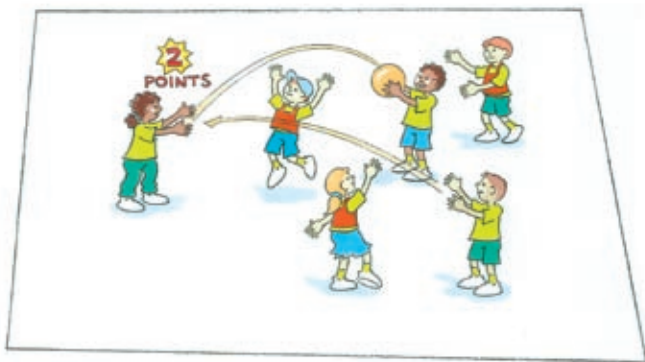
Two teams of 3 players are distributed over the court. The team with the frisbee aims to make 5 passes between team-mates without the frisbee being intercepted.

SKILL FOCUS *Warm up activity that uses a variety of skills, including passing, catching and defending*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Use the activity card, PLUS...

» Use frisbees.



- TIPS**
- » An alternative activity to use here is 'Interceptor' (Get Into It INV 01).
 - » Highlight key coaching points for correct grips and throws.
 - » Have players point at the target after throwing (follow through).

Hit the target

GET INTO IT TG 09
15 MINUTES

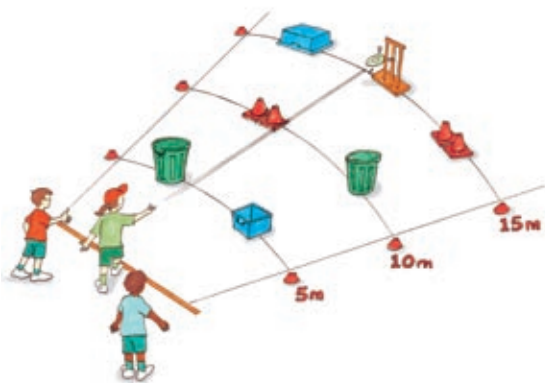
Targets are set up away from a throwing line. Players score points by throwing a frisbee and hitting the targets. (Play in groups of 3.)

SKILL FOCUS *Practises throwing for distance and accuracy*

ADDITIONAL EQUIPMENT *1 frisbee per player*

Use the activity card, PLUS...

- » In the first round, players each throw a frisbee to hit the 5-metre targets.
- » In the next round, they aim for 10-metre targets, followed by 15-metre targets.
- » In the final round, players try to throw the frisbee the furthest.



Harder:

- » Introduce a relay competition with other teams.
- » The team cannot move to the next target until the team is successful in hitting a previous target.
- » A different type of pass must be used for each target.

TIPS » Use the recommended throwing grips to see which ones are more successful for long distance throws.

ASK THE PLAYERS » Does the greater distance of a target make it harder to hit?
» What changes have to be made to throw the furthest?

SAFETY » All players collect frisbees at the same time.

Mini tee-ball

GET INTO IT SF 11
20 MINUTES

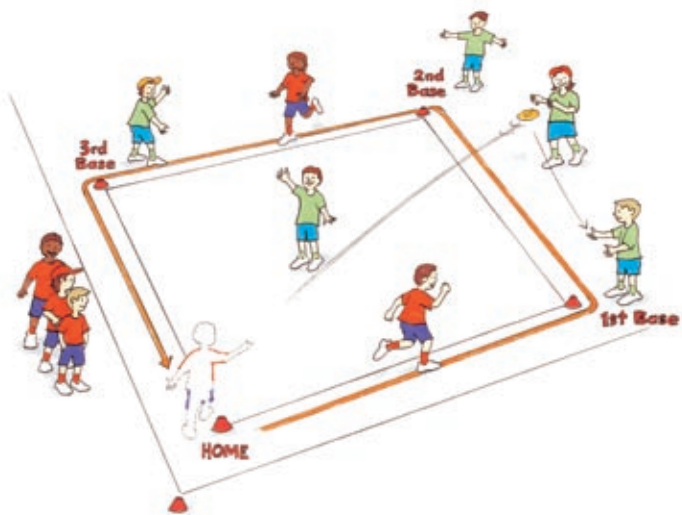
Play with a batting team, a fielding team and 4 bases. Each batter throws a frisbee into the field, then tries to run around the bases while the fielders gather the frisbee. (Play in teams of 5.)

SKILL FOCUS *Modified game that uses a range of skills*

ADDITIONAL EQUIPMENT *1 frisbee per field*

Use the activity card, PLUS...

- » The first 'batter' throws the frisbee into the playing area and tries to run around the bases.
- » Players may not tag other players to get them out.



Harder:

- » The fielding team has to catch one-handed to get a 'batter' out.

TIPS » Match the style of game to players' ability.

- ASK THE PLAYERS**
- » What type of throw will be best to cover the distance?
 - » How can the rules be changed to improve the game?

D1 and D2

GET INTO IT TG 12
10 MINUTES

Form 2 teams, with a defender and a skittle in a goal circle at each end. The team with the frisbee passes it to team-mates until one is close enough to a skittle to knock it down with a throw. (Play in teams of 5.)

SKILL FOCUS *Modified game that uses a range of skills*

ADDITIONAL EQUIPMENT *1 foam frisbee per game*

Use the activity card, PLUS...

- » The attacking players use different attacking moves, such as leading, dodging, faking and changing direction.
- » Each attacking player must receive a pass before a shot on the skittle is allowed.
- » The skittle can only be knocked down with a pass inside the attacking half.
- » Defenders must be at least 1 metre from the thrower.

**DODGE**

Easier:

- » Remove D1 and D2 for set periods.

Harder:

- » The same player cannot shoot two goals in a row.

**LEAD**

TIPS

- » Encourage teamwork to score a goal.
- » Good basic catching and passing skills will work better.
- » Players should think about positioning themselves to receive a pass.

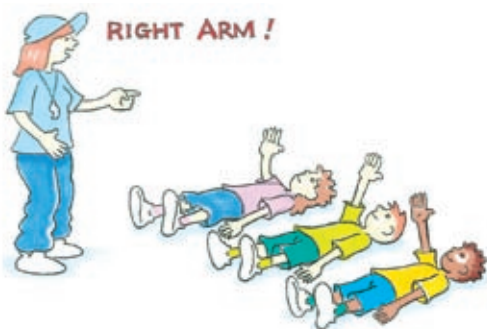
SAFETY » D1 or D2 should be aware of the skittle when it is hit.

Puppeteer

FINISH UP 04
5 MINUTES

Players are puppets moving their body to your calls (you are the puppeteer).

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 8

OBJECTIVE	Specific skills, rules and tactics of ultimate frisbee
TIME	60 minutes
AREA	Area similar in size to a hockey field
EQUIPMENT	» 1 marker cone per player » 1 frisbee per pair » Bibs for each team

Card summary

- » **Start Out WC 08A**
- » **Start Out CP 03**
- » **Get Into It INV 07B**
- » **Get Into It INV 13**
- » **Get Into It INV 15**
- » **Finish Up 01**



8

Remember, if the game isn't working **CHANGE IT**

Partner tag

START OUT WC 08A
5 MINUTES

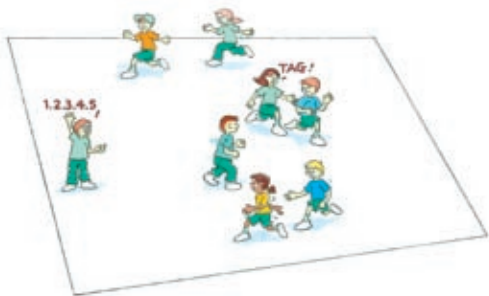
Players are paired off. On your signal, one player — the tagger — tries to tag the other player. At the same time, all other pairs are doing the same thing. Taggers are trying to tag their partners.

SKILL FOCUS *Develops attacking movements, footwork and evasion skills*

ADDITIONAL EQUIPMENT *1 frisbee per pair*

Use the activity card, PLUS...

- » The players being tagged (the attackers) carry a frisbee.
- » Attackers use different attacking moves, such as leading, dodging and changing direction.
- » Once tagged, the player gives up the frisbee and becomes the tagger.



Easier:

- » Players being tagged are given 2 seconds to get away.
- » Players must walk rather than run.

Harder:

- » Players must hop or jump rather than run.

TIPS » If there is only a small area available for this activity, restrict the number of pairs involved.

ASK THE PLAYERS » What attacking moves can you use to evade another player?
» Is it more difficult to get away from the tagger when holding a frisbee?

SAFETY » There is a danger of players not watching where they are going when trying to avoid the tagger.
» Players must hand over (not throw) the frisbee when tagged.

Run the circle

START OUT CP 03
5 MINUTES

Players form a circle and 2 frisbees are passed from player to player. The aim is for one frisbee to catch up to the other.

SKILL FOCUS Warm up/energiser activity that practises passing and catching

ADDITIONAL EQUIPMENT 2 frisbees per group

Use the activity card, PLUS...

- » Use frisbees.



Easier:

- » Use only one frisbee.

Harder:

- » Have one player stand 10–15 metres from the circle. On your call, the players with the frisbee must coordinate a longer pass to the player.

- TIPS**
- » Call out the name of the player who you will receive the frisbee from and the player you will pass it to.
 - » Communication is important and also gets everybody focused and enthusiastic.

- SAFETY**
- » Players need to be aware of multiple frisbees when trying to pass fast.

Team passing

GET INTO IT INV 07B
10 MINUTES

The team with the frisbee makes as many passes as possible before the opposing team intercepts. (Play with 2 teams of 6.)

SKILL FOCUS *Modified game that uses a range of skills*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Use the activity card, PLUS...

- » Vary the type of pass players are required to use.
- » Defenders must be at least 1 metre from the thrower.

Easier:

- » Players can take 2 or 3 steps when running with the frisbee before passing.
- » Reduce the number of defenders.

Harder:

- » Try to catch the frisbee with one hand.

TIPS » When catching one-handed, the fingers should be on top of the frisbee (if it is thrown above shoulder height) or below (if thrown below shoulder height).

ASK THE PLAYERS » When are you likely to catch with one hand?

SAFETY » Larger group sizes can lead to more contact between players.

Buroinjin

GET INTO IT INV 13
10 MINUTES

Players pass the frisbee to one another in an attempt to cross a goal line and score a point. The opposition can intercept to gain possession or lightly touch a player with the frisbee. (Play in teams of 3).

SKILL FOCUS *Modified game that uses a range of skills*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Use the activity card, PLUS...

- » Players can only take 1 or 2 steps when running with the frisbee before passing.



Easier:

- » Reduce the number of defenders.

Harder:

- » No steps are allowed when in possession of the frisbee.
- » Players cannot pass backwards.

TIPS » Use role models to demonstrate good technique and use of tactics.

ASK THE PLAYERS » How does having fewer defenders change your passing?
» When would you use the different types of passes?

SAFETY » Defenders are only allowed to touch attackers below the shoulders.

Youth ultimate frisbee

GET INTO IT INV 15
10 MINUTES

A team tries to pass a frisbee among themselves up the field without dropping it, until it is caught by a team member in the end zone, which scores a point. (Play in teams of 7.)

SKILL FOCUS *Modified game that uses a range of skills*

ADDITIONAL EQUIPMENT *1 frisbee per group*

Refer to the activity card...



- TIPS**
- » Only play this game if players have confidence and show ability in passing and catching.
 - » An alternative activity to use here is 'Endball' (Get Into It INV 08).
 - » Throw long passes as well as short throws to evade the defenders.
 - » Fake passes to confuse the defenders.

- ASK THE PLAYERS**
- » How does having fewer defenders change your passing?
 - » When would you use the different types of passes?

What did you learn?

FINISH UP 01
5 MINUTES

Reinforce skill points about frisbee. Make participants aware of local opportunities to continue to participate in frisbee outside of this program.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Where to from here?

To play ultimate frisbee, you need a frisbee, 8 cones, and bibs or team uniforms for the players. We highly recommend that you play with a frisbee designed for ultimate frisbee. Providers are listed on our web site.

There are a number of other ways you can continue your positive experience with ultimate frisbee. Below is a brief outline of some of the programs or competitions available. There is also information about how you can find out more.

Ultimate frisbee competitions for juniors

INTER-SCHOOL — there are weekly inter-school competitions in several cities, as well as gala day events where schools participate in a one-day tournament.

LOCAL LEAGUES — most of the leagues across the country run weekly competitions that have young people (under the age of 18) playing and there are even some under-18 teams competing in the open competitions.

TRAINING CAMPS — the Australian Flying Disc Association (AFDA) runs training camps in school holidays for enthusiastic junior players. They are held in selected capital cities.

AUSTRALIAN ULTIMATE FRISBEE JUNIOR CHAMPIONSHIPS — each year in April, junior players from around Australia compete at this enormously fun event. It is an exciting weekend tournament, where players learn greatly from the experience and make new friends from across the country.

WORLD ULTIMATE FRISBEE JUNIOR CHAMPIONSHIPS — Australia has competed in the last two World Junior Championships. Due to the early stage of development of junior ultimate frisbee in Australia, keen players have a very good opportunity to represent their country in the green and gold.

Other frisbee sports and games

There are many other frisbee sports and games, including disc golf, freestyle double disc court, accuracy and discathon. There are also dozens of frisbee activities designed for children from ages 4 to 18. Visit **www.afda.com** for more information.

Coaching and officiating

Through each state and territory association, AFDA delivers coaching accreditation courses. Coaches who complete the requirements for these courses are accredited through the National Coach Accreditation Scheme (NCAS). AFDA also runs short courses aimed at parents and teachers.

For more information about coaching courses and how to gain accreditation, visit **www.afda.com** or contact your state or territory organisation.

For more information

Our web site at **www.afda.com** is a great source of information. It contains the rules of ultimate frisbee, lesson plans, a list of local competitions, coaching information, state and territory organisations, contacts, promotional material and information about other flying disc sports.

For more information about where you can play, contact your local state or territory association or visit the youth ultimate frisbee web site at **www.youth.ultimatefrisbee.org.au**

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