



Australian Government
Australian Sports Commission

EASY MED HARD



Youth ultimate frisbee

Using a playing area with a zone at each end, attackers pass a frisbee to each other in an attempt to score a point by passing it to a team member in the end zone. The defending team tries to intercept or knock down the frisbee to gain possession.

What you need

- > A rectangular field with 2 end zones. Vary the field size according to the number of players and level of ability
- > One frisbee per field
- > Marker cones to define the playing area and end zones
- > Bibs for each team



What to do

SETTING UP:

- > Form 2 teams of 7 players.
- > The game starts, and restarts after each point is scored, with both teams lining up at the front of their own end zone.

Scoring

- > To score a point, the attacking team must receive the frisbee on the full in the opposition's end zone.

PLAYING:

- > The defensive team starts by throwing the frisbee to the opposing team.
- > The opposing team become the attackers and try to pass the frisbee down the field towards their end zone.
- > Players cannot run with the frisbee.
- > Players may hold the frisbee for up to 10 seconds before passing.
- > Possession changes when:
 - the attacking team does not complete a pass (the pass does not reach the catcher on the full or the catcher drops the frisbee).
 - the defending team intercepts or knocks the frisbee to the ground.
 - the frisbee goes over the sideline.
- > Play for a set period of time. The winning team is the one with the most points.

Safety

- > No contact is allowed between players.
- > Defenders must be at least 1 metre away from the thrower.
- > The frisbee cannot be taken away from a player.

LESSON LINK:

Youth ultimate frisbee builds on introductory invasion activities requiring passing, marking players and teamwork. It is easily transferable to other invasion games, such as basketball, netball, hockey or lacrosse.

SESSION
PLANS

Combo > Get Into It INV 01 + Get Into It INV 04 + Get Into It INV 15
Mixed combo > Start Out NC 03+ Get Into It TG 11 + Get Into It INV 15

Youth ultimate frisbee

Skills > Teamwork · Interception · Communication

change it...

Coaching

- > Start playing the game and introduce new game rules as the game goes on.
- > Use players as role models to highlight competent skills.
- > Focus on the importance of playing as a team and working together in both defence and attack.

Number of players

- > Reduce the number of players to get more involvement.

Game rules

- > Only change possession when the frisbee is intercepted with a successful catch.
- > The frisbee can only be passed in a forward direction.
- > All passes must be over 5 metres in distance.
- > Allow 2 uncompleted passes before possession changes.
- > Remove one defender when the opposing team is attacking.
- > Reduce the time allowed to hold the frisbee to 5 seconds to speed up the game.

Playing area

- > Play in a smaller area to increase the development of passing and catching skills.
- > Introduce zones for defensive and offensive players.



How to score

- > Score 1 point for each completed pass.
- > The first team to 15 points wins.

ASK THE PLAYERS

- > If you want to catch the frisbee, how can you deceive your defender, and get 'open'?
- > What rules can be added to improve the game?
- > What strategy can attackers use when passing the frisbee for the final pass into the end zone?