

# Ultimate Frisbee

Competency: ***Interacts*** with others in different physical activity settings

Planning includes 5 documents:

- Introduction
- Level 1
- Level 2
- Evaluation
  - Evaluation grids and observable criteria, levels 1 and 2
- Reference material
  - Poster: Throws and types of catches

# Ultimate Frisbee

## In this document:

- Ultimate Frisbee rules
- Elements
- Techniques
- Information

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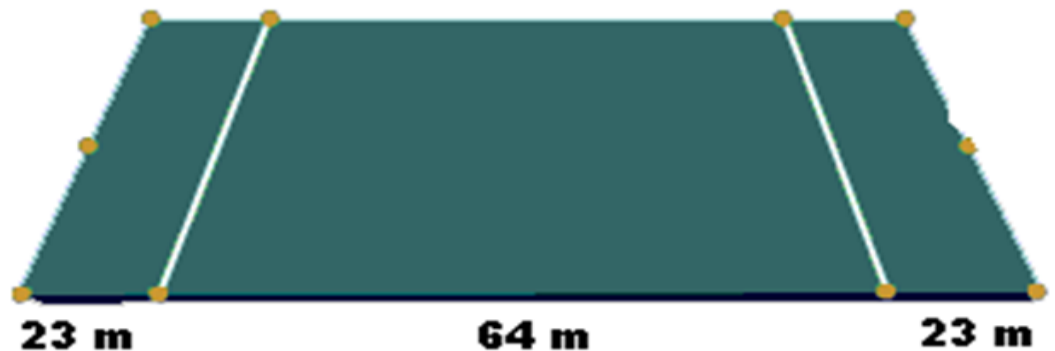
## I ntroduction

**P**hysical education and health



# Rules

## Court



<http://www.umce.ca/Frisbee/10%20regles.htm>

## Start

The two teams are aligned on the inside goal line facing each other. The team on defense (D) throws the Frisbee to the team on offense (O) the further as possible. A draw determines the team who is on defense or offense at the start of the game.

## Score points

The team on offense scores a point each time it catches the Frisbee in the goal area of the team on defense. The team that scores puts the Frisbee back in play.

### NOTE

This sport is played without a referee. Therefore, the players must learn how to referee themselves. They must be fair at all times.

## The teams

There are 7 players per team in a regular game.

Adaptation inside: 5 players per team.

### NOTE

The player on defence must count 10 seconds. If he forgets, he cannot blame the player on offense for keeping the Frisbee more than 10 seconds.

## Duration

The first team that scores 15 points with a difference of 2 points wins the game. A duration in minutes can also be determined in advance before a game.

## **D**uring the game

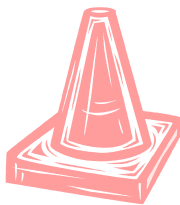
- Teammates move the Frisbee by making passes.
- Players can throw the Frisbee in any direction.
- The player who catches the Frisbee becomes the “thrower”. He has a maximum of 10 seconds to make a pass.
- The defence player who covers the thrower is called "the marker". The marker counts the 10 seconds delay aloud as soon as he is inside the 3 m zone surrounding the thrower.
- When a pass is not completed (dropped, blocked, intercepted or out of play), the team on defense takes immediately possession of the Frisbee where the Frisbee is immobilized or is out of play, and becomes the team on offense.

### NOTE

**This sport is based on respect for the others and on fair play.**

**Do not forget: contact is STRICTLY forbidden in this sport.  
Tell the student to be considerate and to respect the rules.**

## **S**afety



- Always position the players in the same direction when they throw the Frisbee
- Do not throw the Frisbee too hard unnecessarily
- Avoid the face
- Try to always have visual contact with the Frisbee

## Faults

- If a player loses the Frisbee or cannot take possession of it because of a contact, a fault is called. The Frisbee is then given back to the player who was subject to the fault. If it cannot be decided who is in fault, the play starts over again.
- It is prohibited to use other players as picks to prevent a defensive player from covering a forward.
- An off-side is called when a player catches the Frisbee outside the court's limits (the lines are not part of the court).
- No physical contact is permitted between the players. A fault is called when a contact takes place between two players when one player is throwing or catching the Frisbee.

## Types of throws (on the poster)

1. Backhand
2. Forehand
3. Hammer throw

### NOTE

To see images of the actions, see the poster which comes in the reference material document.

## Receptions (on the poster)

1. Crocodiles
2. Pinch
3. One-hand reception

For more information:

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Board  
Kuujuaq (qc)  
J0M-1C0  
Tel.: 819-964-1136 Ext.: 204

## Liens utiles:

- [http://fr.wikipedia.org/wiki/Ultimate\\_\(sport\)](http://fr.wikipedia.org/wiki/Ultimate_(sport))
- <http://ressourcia.e-monsite.com/rubrique,ultimate-Frisbee,406926.html>
- <http://eps.roudneff.com/eps/articles.php?lng=fr&pg=114>

# Ultimate Frisbee

In this document:

- **Throw/Catch**
- **Feint**
- **Marking/Freeing oneself**
- **Strategies**

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Level



**P**hysical education and health



# The throw

Be able to throw the Frisbee using the following techniques for backhand and fore-hand throws. It is important to make sure the students do not get hurt while practicing throws. The students must also learn crocodile and pinch catches and practice feints to learn the different strategies.

## Drill # 1.1:

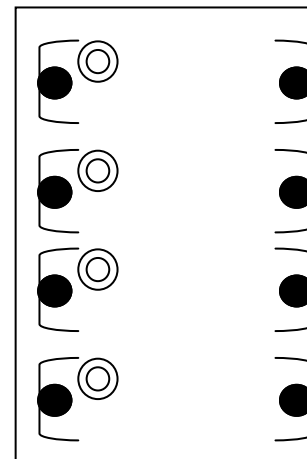
The goal: Be able to do **backhand** throws.

### Organization:

- Ask the students to form teams of two, one Frisbee per team

### Technical points (execution):

- ⇒ One student throws the Frisbee to his partner in front of him
- ⇒ The student receives the Frisbee and sends it back
  - Thumb on top
  - Forefinger alongside the Frisbee
  - The other 3 fingers spread under the Frisbee (or grouped)
  - Rotate the wrist



### Possible variants:

- Get closer if it is too difficult
- Back up if it is too easy
- Change hands to throw

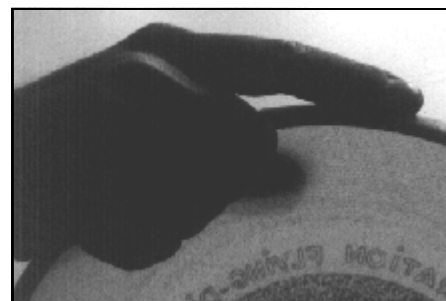
### Legend:

- Student
- Frisbee



### Material:

- One Frisbee per team of 2
- Define a court to prevent injuries



<http://blog.enseignons.be/laurali/illustrations/>

## Drill # 1.2:

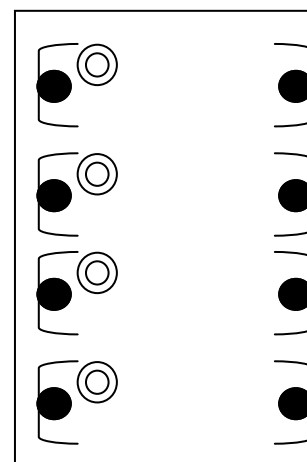
The goal: Be able to do **backhand** throws with more criteria

### Organization:

- Ask the students to form teams of two; one Frisbee per team

### Technical points (execution):

- ⇒ A student throws the Frisbee to his partner in front of him
- ⇒ The student receives the Frisbee and sends it back
  - Position oneself sideways facing the target
  - Forearm and Frisbee always parallel to the ground
  - Move the Frisbee from the back to the front rotating the wrist
  - Make a follow through of the arm
  - The faster the rotation of the Frisbee, the stronger and more precise the throw will be

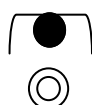


### Possible variants:

- Get closer if it is too difficult
- Back up if it is too easy
- Change hands to throw

### Legend:

- Student
- Frisbee



### Material:

- One Frisbee per team of 2
- Delimit a court to prevent injuries

## Drill # 2.1:

**The goal:** Be able to do a **forehand throw**.

### Organization:

- Ask the students to form teams of two, one Frisbee per team



### Technical points (execution):

- ⇒ One student throws the Frisbee to his partner in front of him
- ⇒ The student receives the Frisbee and throws it back
  - Thumb on top
  - Middle finger inside the Frisbee
  - The forefinger inside aiming at the centre of Frisbee
  - The other 2 fingers outside bent

### Possible variants:

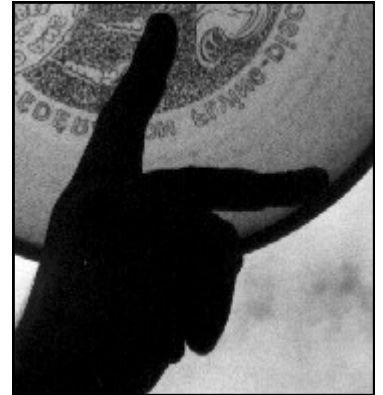
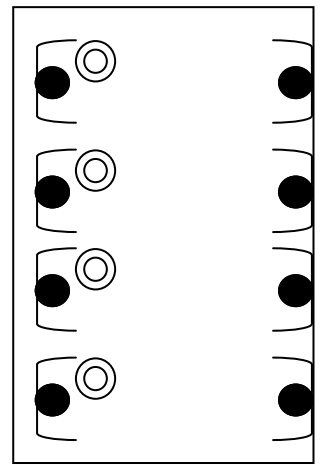
- Get closer if it is too difficult
- Back up if it is too easy
- Change hands to throw

### Legend:

- Student 
- Frisbee 

### Material:

- One Frisbee per team of 2
- Delimit a court to prevent injuries



## Drill # 2.2:

**The goal:** Be able to do a **forehand throw** with more criteria

### Organization:

- Ask the students to form teams of two, one Frisbee per team



### Technical points (execution):

- ⇒ One student throws the Frisbee to his partner in front of him
- ⇒ The student receives the Frisbee and throws it back
  - Position yourself sideways facing the target
  - Move the Frisbee from the back until it goes beyond right leg
  - The elbow is the pivoting point
  - The hand stops suddenly, the wrist is whipped and the Frisbee is released
  - There is no arm follow through
  - By varying the slant, you can produce effects on the trajectory

### Possible variants:

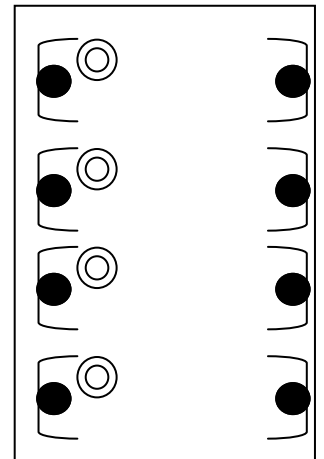
- Get closer if it is too difficult
- Back up if it is too easy
- Change hands to throw

### Legend:

- Student 
- Frisbee 

### Material:

- One Frisbee per team of 2
- Delimit a court to prevent injuries





# The catch

## Drill # 3.1:

**The goal:** Be able to do a **crocodile** type catch .

### Organization:

- Ask the students to form teams of two, one Frisbee per team



### Technical points (execution):

- ⇒ One student throws the Frisbee to his partner in front of him
- ⇒ The student receives the Frisbee and throws it back
  - Place one hand under the Frisbee and the other over the Frisbee
  - Make a pinch movement with both hands

### Possible variants:

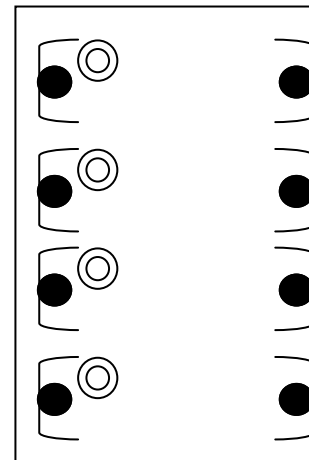
- Get closer if it is too difficult
- Back up if it is too easy

### Legend:

- Student 
- Frisbee 

### Material:

- One Frisbee per team de 2



It is important to respect the rhythm of the students and to know them well. You can do half the course doing drills and the other half playing an ultimate Frisbee game. Do not forget to bring the ultimate Frisbee rules as the students assimilate them well.

## Drill # 4.1:

**The goal:** Be able to do a pinch type catch with one or two hands

### Organization:

- Ask the students to form teams of two, one Frisbee per team

### Technical points (execution):

- ⇒ A student throws the Frisbee to his partner in front of him
- ⇒ The student receives the Frisbee and throws it back
  - Close your hand fingers on the disk

### Possible variants:

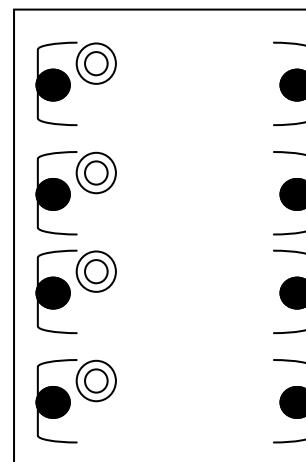
- Get closer if it is too difficult
- Back up if it is too easy

### Legend:

- Student 
- Frisbee 

### Material:

- One Frisbee per team de 2
- Delimit a court to prevent injuries



# The feint

## Drill # 5.1:

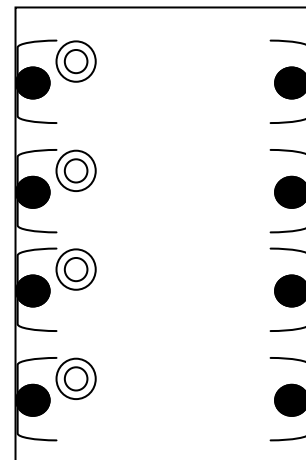
**The goal:** Be able to feint a throw without any opponent. The students must be able to master the previous two throws

### Organization:

- Ask the students to form teams of two, one Frisbee per team

### Technical points (execution):

- ⇒ A student throws the Frisbee to his partner in front of him
- ⇒ The student receives the Frisbee and throws it back
  - Do not lift the foot at the back of the ground (pivot foot)
  - Change fingers quickly on the Frisbee
  - Use the front foot as ground support to change sides in an appropriate way

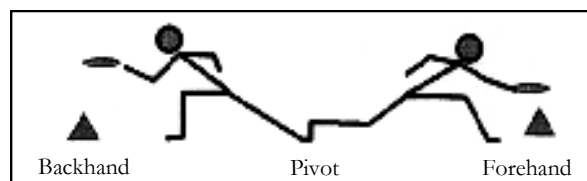


### Possible variants:

- Get closer if it is too difficult
- Back up if it is too easy

### Legend:

- Student
- Frisbee



### Material:

- One Frisbee per team of 2

<http://blog.enseignons.be/laurali/illustrations/>

## Drill # 5.2:

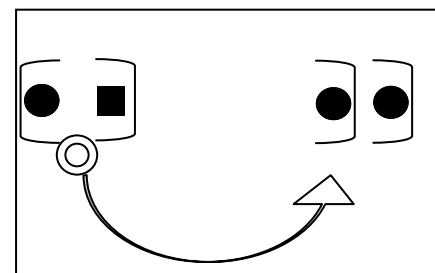
**The goal:** Be able to feint a throw against with an opponent. The students have to master both types of throws.

### Organization:

- Ask the students to form teams of two, one Frisbee per team

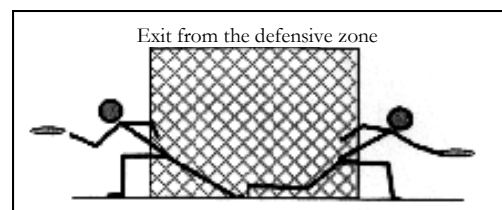
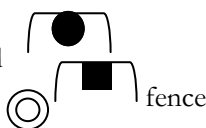
### Technical points (execution):

- ⇒ A student starts with the Frisbee
- ⇒ A student facing him (opponent) acts as the player which marks the thrower
- ⇒ A student standing the other side receives the pass
- ⇒ The other student goes behind the receiver and waits his turn
- ⇒ When he does the feint, he follows the Frisbee and goes behind the receiver
- ⇒ When the receiver receives the pass, the student who is behind him moves to the front and we start over
  - Do not lift the back foot (pivot foot)
  - Change fingers quickly on the Frisbee
  - Use the front foot as ground support to change sides in an appropriate way



### Legend:

- Forward
- De-
- Frisbee



### Material

- One Frisbee per team of 4

<http://blog.enseignons.be/laurali/illustrations/>

# F reeing oneself

## Drill # 6.1:

**The goal:** Be able to position yourself well in order to free yourself.

### Organization:

- Ask the teams to form teams of 4, two teams are opposed
- The students must do one throw and follow it to mark the player in front of them
- Place a cone at the spot where they start

### Technical points (execution):

- ⇒ Each team faces each other
- ⇒ One player starts by marking the player in front of him
- ⇒ The player must free himself to catch the Frisbee
- ⇒ The other player must mark him to prevent him from catching the pass
- ⇒ After the student has thrown the Frisbee, you must replace the marker of the team in front of him
- ⇒ After the student did the marking, he goes at the back of the row
  - Indicate the position to receive the pass
  - Make a feint to get rid of the marker
  - Go to a free space

### Possible variants:

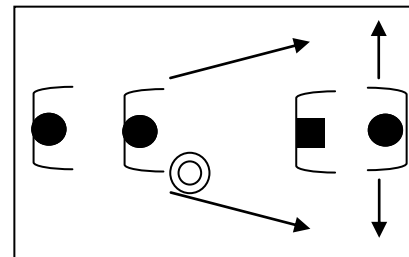
- Give a required time to make the pass
- Have two rows of team compete
- Make more than two rows

### Legend:

- Forward
- Defenseman



- Frisbee



### Material:

- 1 Frisbee per team of 4

## Drill # 6.2:

**The goal:** Be able to take into account your opponent to attack or defend

### Organization:

- Ask the students to form teams of 3
- Indicate the student to go in the square delimited by cones or lines

### Technical points (execution):

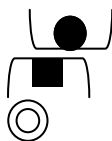
- ⇒ The two defensemen must make as many passes as possible
- ⇒ The student in the center must intercept the pass
- ⇒ If he succeeds, he replaces the thrower
  - Indicate the position to receive the pass
  - Make a feint to get rid of the marker
  - Go to a free space

### Possible variants:

- Do it 3 against 1 or 4 against 1

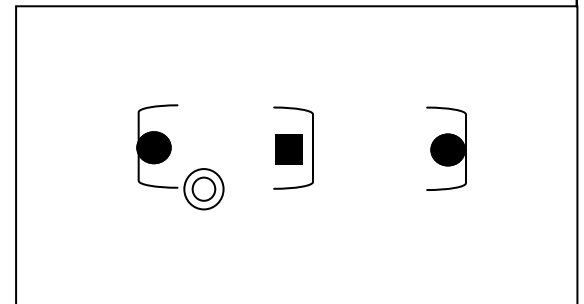
### Legend:

- Forward
- Defenseman
- Frisbee



### Material:

- One Frisbee per team de 3
- Delimit a court to prevent injuries



# Marking

## Drill # 7.1:

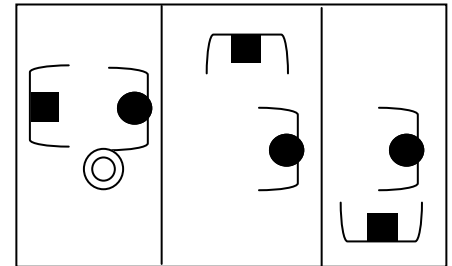
**The goal:** Be able to make passes in order for each of the 3 players of his team to touch the Frisbee

**Organization:**

- Create 3 corridors per game
- Ask the students to form teams of 3

### Technical points (execution):

- ⇒ The forwards must make passes in order for each player to catch the Frisbee
- ⇒ The defensemen must do an efficient marking to prevent passes from being completed
- ⇒ It's forbidden to walk with the frisbee
- ⇒ If a defenseman intercepts the Frisbee, he gives it back to the forward
- ⇒ It is forbidden to go into the opponent's corridor
- ⇒ After 5 minutes, make a change
  - Place yourself between the Frisbee and the player
  - Always have a visual contact with the player you are marking
  - Be positioned to anticipate your opponent's moves



### Possible variants:

- Form teams of 4
- Count the seconds

### Legend:

- Forward
- De-



### Material:

- One Frisbee per team de 6
- Pennies

# Strategies

## Drill # 8.1:

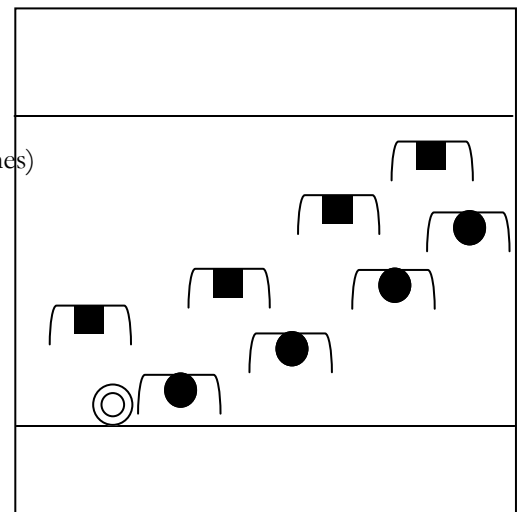
**The goal:** Be able to create offense strategies in teams

**Organization:**

- Ask the teams to get together
- Ask them to find an offense strategy which they could try
- Then, ask them to try it in a game situation

### Technical points (execution):

- ⇒ Ask the teams to position themselves in the gymnasium
- ⇒ Give them 5 minutes to find a strategy
- ⇒ Ask them to try the strategy in a game situation (5 minutes per game; 2 games)
- ⇒ Ask the seated teams to observe the others' strategy
- ⇒ Review the strategies
- ⇒ Show them the diagonal line offensive strategy
- ⇒ Demonstrate the diagonal line:
  - Form a line with the teammates
  - Force the other team to do a slower marking
  - Throw the Frisbee quickly



bench to evaluate the others

### Possible variants:

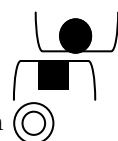
- Ask the teams on the

### Material:

- Frisbee
- Delimit a court with two goal zones

### Legend:

- Forward
- Defenseman



## Drill # 8.1:

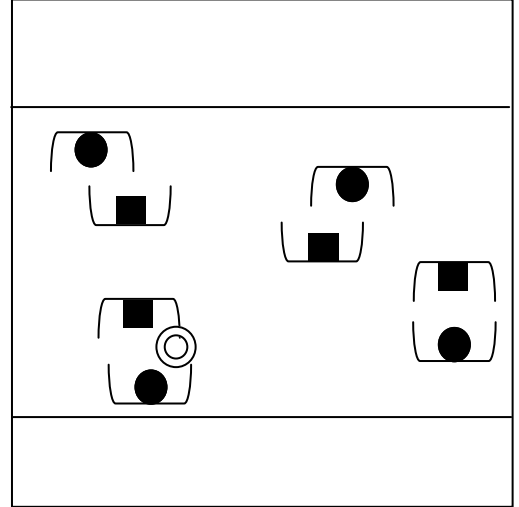
**The goal:** Be able to create team defensive strategies

### Organization:

- Ask the students to form teams of 4
- Ask them to choose a defensive strategy which they could try
- Then, ask them to try the strategy in a game situation

### Technical points (execution):

- ⇒ Ask the teams to place themselves in the gymnasium
- ⇒ Give them 5 minutes to choose a strategy
- ⇒ Ask them to try the strategy in a game situation (5 minutes per game, 2 games)
- ⇒ Ask the seated teams to observe the others' strategies
- ⇒ Review their strategies
- ⇒ Show them the pressure towards the outside defense strategy
- ⇒ Demonstrate the pressure towards the outside strategy:
  - Do the marking to make the opponent always throw towards the extremities
  - Make sure the whole team applies the pressure from the inside to the outside defense strategy
  - Force the Frisbee to skim the sides



### Possible variants:

- Ask the teams on the bench to evaluate the others

### Legend:

- Student
- Frisbee



### Material:

- A Frisbee

## Introduction:

- ◇ Ultimate Frisbee rules
- ◇ Technical elements
- ◇ Information

## Level 2:

- ◇ Drills for secondary 2,1 2,2 2,3

## Poster:

- ◇ Throws (Backhand, forehand)
- ◇ Receiving

# Ultimate Frisbee

In this document:

- The hammer throw
- Communication
- Marking/Freeing oneself
- Strategies

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Level

2

Physical education and health



# Hammer throw

After having correctly assimilated the two types of throws in the level 1 document (backhand and forehand), the students can now learn how to do the hammer throw.

## Drill # 1.1:

**Objective:** Be able to do the hammer throw.

### Organization:

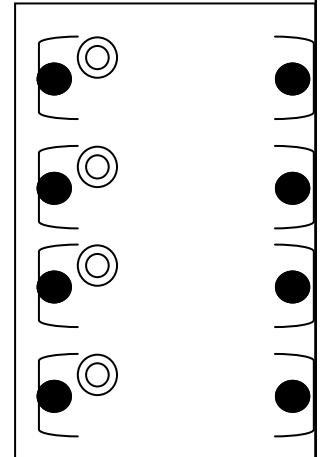
- Ask the students to form teams of two, one Frisbee per team
- Doing this drill in teams of 4 will enable them to correct one another

### Technical points (execution):

- ⇒ A student throws the Frisbee to his partner in front of him
- ⇒ The student receives the Frisbee and throws it back

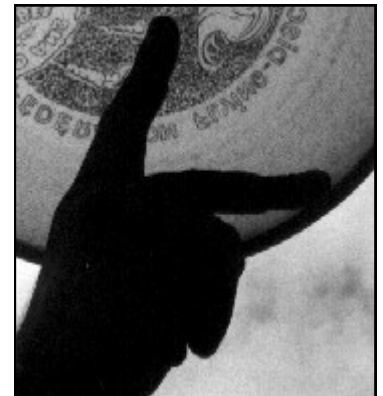
- *Thumbs on the side*
- *Middle finger inside the Frisbee*
- *Index inside pointing to the centre of the Frisbee*
- *The other 2 fingers outside tucked up*
- *Arm the Frisbee above the head*
- *Place the disc 45 degrees (position like a hat)*
- *Make the movement from back to front*
- *Fast throw with the wrist*

Identical to the forehand throw





### Possible variants:

- Get closer if it is too difficult
- Back up if it is too easy
- Change hands to throw
- You can ask the students to feint a throw with the 3 types of throws



### Legend:

- Student 
- Frisbee 

### Material:

- A Frisbee per team of 2
- Delimit a court to prevent injuries



<http://blog.enseignons.be/laurali/illustrations/>

# Marking

## Freeing oneself

### Drill # 2.1:

**Objective:** Be able to make the Frisbee progress by doing an appropriate marking

#### Organization:

- Ask the students to position themselves in teams of 4
- Place a team of 4 per court

#### Technical points (execution):

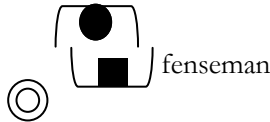
- ⇒ The offence team must make a minimum of passes in each zone without losing the control of the Frisbee
- ⇒ A player may not walk with the Frisbee
- ⇒ If a player drops the Frisbee, the teams change places
- ⇒ The defense must prevent passes from being completed (one student does the referee and the other the marking)
  - The forwards must communicate correctly to make passes in the restricted area
  - Send deceiving messages to the defensemen
  - Position yourself in the free zones to receive the pass
  - The defenseman must position himself between the two players to intercept the Frisbee
  - Open the arms wide to be ready to intercept the Frisbee

#### Possible variants:

- Change the number of passes per zone
- Play 3 against 2
- Adapt the role of the referee

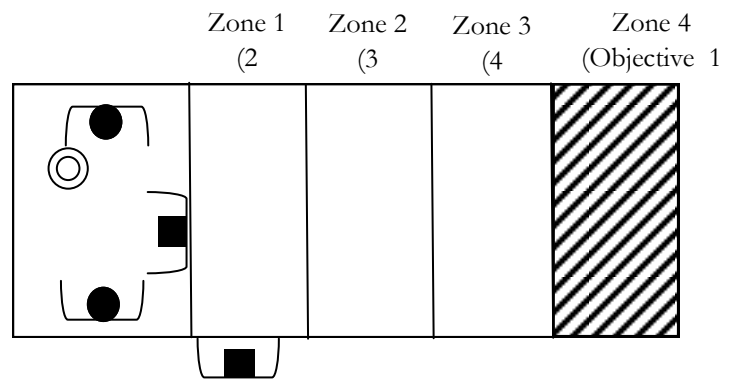
#### Legend:

- Forward
- De-
- Frisbee



#### Material:

- A Frisbee per team of 4



### Drill # 2.2:

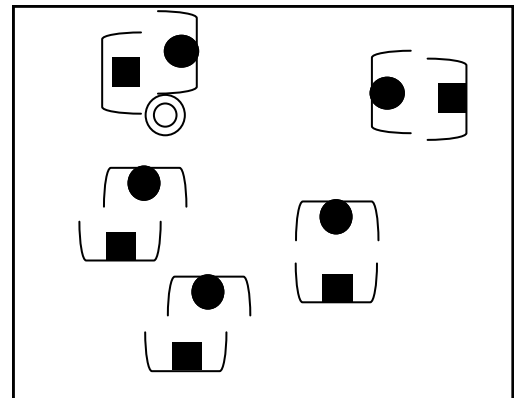
**Objective:** Be able to make 5 passes

#### Organization:

- Ask the students to place themselves in teams of 5 or 6
- Determine a court for 2 teams

#### Technical points (execution):

- ⇒ Make the most consecutive passes without losing the Frisbee
- ⇒ A player may not walk with the Frisbee
- ⇒ If a player drops the Frisbee, the teams change places
- ⇒ When a team succeeds in making 5 consecutive passes, it scores a point
- ⇒ Practice the following marking and freeing technical points:
  - Indicate the position to receive the pass
  - Make a feint to get rid of the marker
  - Go to a free space
  - Place yourself between the Frisbee and the player
  - Always have a visual contact with your player
  - Be positioned to anticipate the opponent's next moves



#### Legend:

- Students
- Frisbee





# C

## ommunication

### Drill # 3.1:

**Objective:** Be able to communicate efficiently with his/her partner

#### Organization:

- Ask the students to place themselves in teams of two



#### Technical points (execution):

- ⇒ On a defined court, each team must cross the court back and forth as many times as possible without losing the Frisbee
- ⇒ Cross the court back and forth as many times as possible in a specific time (5 minutes)
- ⇒ If a player loses control of the Frisbee, the team must come back to the starting line
- ⇒ A player may not walk with the Frisbee and hand it over to another player
  - Ask the student to make a pass at the right spot
  - Position yourself in a free space to receive the pass
  - Synchronise your movements before your partner makes the pass

#### Possible variants:

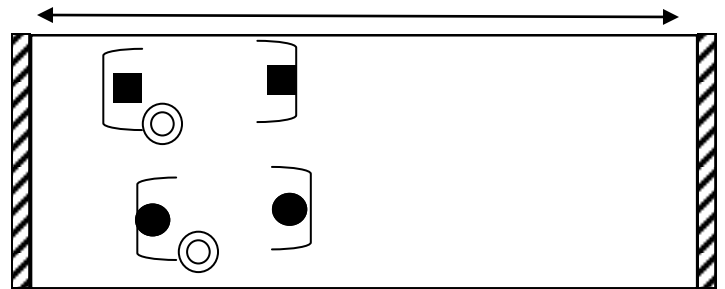
- Vary the time
- Position the players in teams of 3 or 4

#### Legend:

- Student 
- Frisbee 

#### Material:

- A Frisbee per team of 2



# S

## trategies

### Drill # 4.1:

**Objective:** Be able to implement an **offensive** strategy in line as fast as possible

#### Organization:

- Ask the students to position themselves in teams of four, one Frisbee per team



#### Technical points (execution):

- ⇒ The first student throws the Frisbee in the free zone (1); the receiver runs to catch it (2)
- ⇒ The student who throws the Frisbee always takes the place of the player who just caught it; (3) and (6)
- ⇒ The student throws back the Frisbee as quickly as possible (4) to the next student (5); the last throw enables the student to come back to the start (6)
- Go to the free space to receive the pass
- Communicate well with the passer
- Make the pass quickly

#### Possible variants:

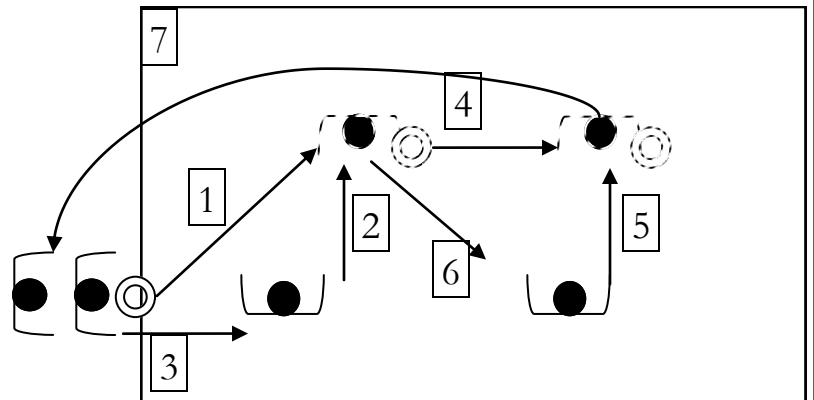
- Get closer if it is too difficult
- Back up if it is too easy

#### Legend:

- Student 
- Frisbee 

#### Material:

- One Frisbee per team
- Delimit the court for each team



## Drill # 4.2:

**Objective:** Be able to apply a **3-2 offensive strategy**.

### Organization:

- Ask the students to form teams of 5
- Establish a court with two goal zones

### Technical points (execution):

- ⇒ In game situations, work the 3-2 offensive strategy with the students
- ⇒ Show them that there are 2 forwards and 2 defensemen; each player must be able to play each position
  - Establish in the team which position each player wants to play
  - Be able to play a role which matches our strengths and weaknesses
  - Make sure each player during the game is placed at his appropriate position

### Possible variants:

- Play 4 against 4
- Impose the roles to the students
- Apply other possible offense strategies

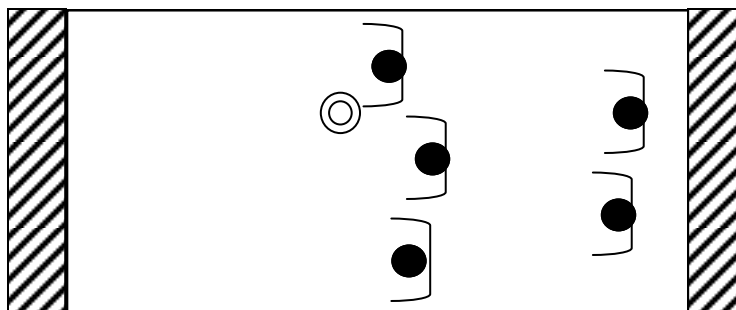
### Legend:

- Student
- Frisbee



### Material:

- One Frisbee per court



## Drill # 4.3:

**Objective:** Be able to apply a **man-to-man defence strategy**

### Organization:

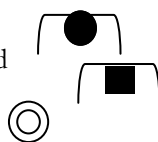
- Ask the students to form teams of 4 or 5

### Technical points (execution):

- ⇒ Ask the students to apply a man-to-man strategy
  - The students must be able to find a player from the opposing team to their strength
  - Mark the player who is attributed to them
    - Prevent the Frisbee carrier from making a pass (force the player to throw sideways, protect the other)
    - Prevent a non carrier player from receiving a pass
    - Position yourself between a non carrier and the target
  - During a game, the players must be able to change players if they misjudged the strength of the other player
  - The transition between the offensive and defensive strategy must be fast

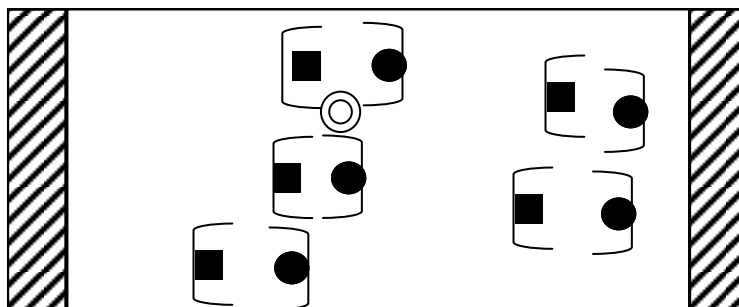
### Legend:

- Forward
- De-
- Frisbee



### Material:

- One Frisbee per game



# S strategies

## Drill # 4.4:

**Objective:** Be able to apply a **zone defence** strategy (2-2-1)

### Organization:

- Ask the teams to form teams of 5 or 4




### Technical points (execution):

- ⇒ Ask the players to apply a zone defence
- ⇒ Each player must determine his strengths and weaknesses to define the zone to defend
  - Stay in the zone being defended
  - 2 players form a cup around the passer. The cup must always follow the Frisbee (see diagram)
  - 2 players protect the center; the third one stays deep to cover the long pass

### Possible variants:

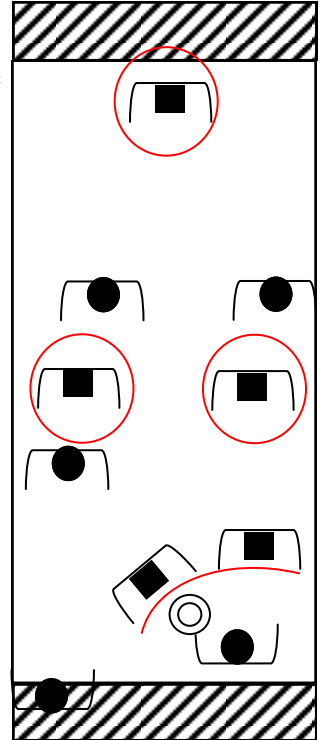
- Allow more than 10 seconds to make the pass
- Find another way to apply the 2-2-1 defence

### Legend:

- Forward 
- De-fenseman 
- Frisbee 

### Material:

- 1 Frisbee per game



### Tell the student those few hints:

- Do not forget to count up to 10 seconds to make sure you do not give a chance to the Frisbee carrier
- Do not forget to communicate. If you cannot cover a zone or a player, prevent immediately your teammates.
- Do not forget: you cannot touch the passer or the Frisbee while it is in his hands. Avoid these faults because it could work badly against your team on the long run.
- You will avoid making errors if you block the Frisbee being passed rather than trying to intercept it. You could drop it and enable the other team to get the Frisbee back.
  - Learn how to transfer quickly from the offense to the defence mode.
- Ask the students to keep the same teams to develop a good chemistry and to be able to try different strategies from one course to the other.

# Games

## Drill # 5.2:

**Objective:** Learn how to play on the game lines

### Organization:

- Ask the students to form teams of 4-5
- Make different zones to modify the score in the goal zones



### Technical points (execution):

- ⇒ Offer the students the possibility of working on the side lines
- ⇒ Passes near the side lines are more complex, but more difficult to intercept
  - Make the Frisbee progress towards higher points zones
  - Try to make accurate long passes

### Possible variants:

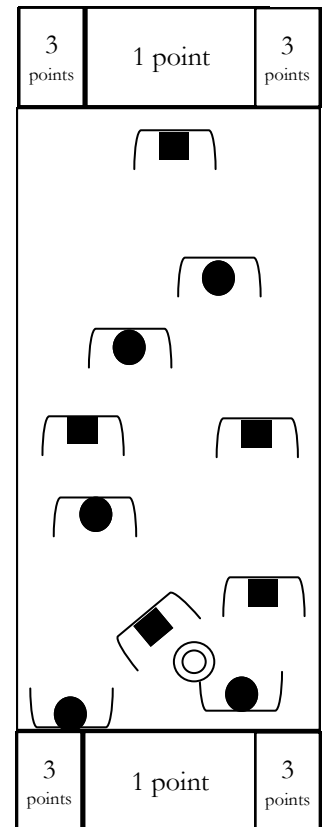
- Indicate 0 point for the center zone

### Legend:

- Student 
- Frisbee 

### Material:

- 1 Frisbee per game



# Modified Frisbee

## Ideas for using the Frisbee differently

### Golf Frisbee

The principle is exactly the same as golf. Delimit a court with a certain number of holes. Instead of a hole for a ball, you can use a garbage can or even a pole or a mark that the Frisbee must hit. You must try out the court to determine the number of throws that each court is worth. The ideal situation would be that your students create the courts themselves. As a team, they must make a court and practice on it so as to determine the number of throws that it is worth. After this activity, ask the students to play on all the courts.

### « Double disc court »

The « double disc court » is a sport inspired from tennis where two teams of two players are opposed. It is played with two different Frisbees. There are two courts, each one defended by one team. The two Frisbees are thrown at the same time and exchanged by the teams. There are several ways to score points. For example, when the Frisbee touches the ground in the other team's court and stays there, when the other team touches the two Frisbees at the same time and when the Frisbee touches the ground out of the play area. Usually, a game is played in one or several 15-point sets. This discipline can be used when you play badminton to understand the rules while being creative with the tools you are using.

### Maximum time aloft

The objective of this game is to throw the Frisbee in order for it to remain in the air as long as possible and then catch it with one hand. The difficulty stands as well in the throw as in the catch, because you have to be in the place where the Frisbee will stop.

## **Freestyle**

A spectacular sport which consists in juggling with one or more Frisbees, as an artist in a great circus. You can ask your students to practice this sport during a circus or a juggling activity, or ask the students to do it during warm-up in the ultimate Frisbee practice.

## **Throw – Run – Catch**

As its name indicates clearly, the objective of this sport is to throw the Frisbee, to run and then to catch it as far as possible from its starting point. This sport is played alone and is very demanding. You can have your students compete during warm-up before a game or when the students want to increase their aerobic capacity.

## **Distance**

An interesting sport which could be integrated into an athletic activity: it consist in throwing the Frisbee as far as possible. With the older students, I advise you to practice this sport outdoors on a windless day. The students tend to like this sport, but dislike to have to recuperate the Frisbee far away, and on windy days, the Frisbee can end up in unexpected places.

## **Baseball Frisbee**

Use the same rules as baseball. Without a courter, the hitter (thrower) must throw the Frisbee as far away as possible in the field. Use this sport during an outdoor activity, or during a baseball or ultimate Frisbee activity.

<http://www.edeps51.org/downloads/introultimate.pdf>

## **Introduction:**

- ◊Ultimate Frisbee rules
- ◊Technical elements
- ◊Information

## **Level 1:**

- ◊Drills for secondary 1,0 1,1 1,2

## **Poster:**

- ◊Throws (Backhand, forehand)
- ◊Reception

# Ultimate Frisbee

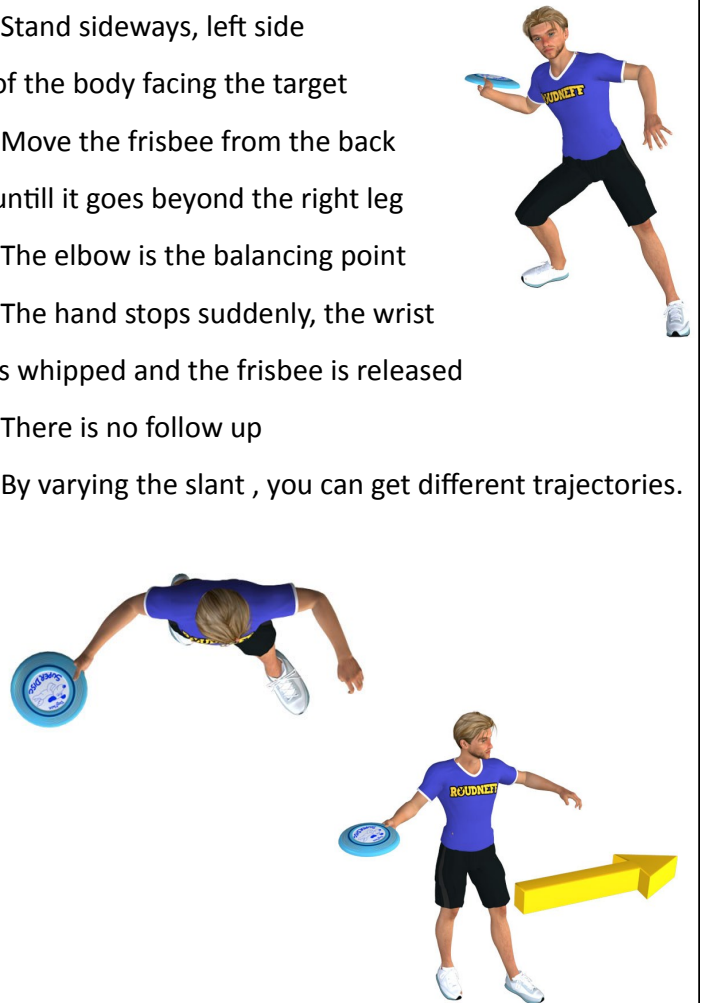
## Backhand shots :



- Stand sideways, right side of the body facing the target
- Forearm and frisbee parallel to the ground
- Move the frisbee from back to front by an external rotation with the wrist
- A wrist snap ends the shot
- Follow up of the arm

## Forehand shots :

- Stand sideways, left side of the body facing the target
- Move the frisbee from the back until it goes beyond the right leg
- The elbow is the balancing point
- The hand stops suddenly, the wrist is whipped and the frisbee is released
- There is no follow up
- By varying the slant , you can get different trajectories.



## Catches :

### CROCODILE

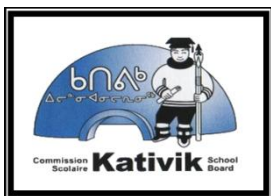


### PINCH



### ONE HAND





## TEACHER'S EVALUATION GRID MOTOR SKILLS

Competency: **Interacts** with others in different physical activity settings

Level 1 of Secondary:

Year:

Class:

<b>LES: ULTIMATE FRISBEE</b>  <b>C2</b>	<b>Observable elements</b> (indicate, in the relevant column, the score concerned)					
	<b>Evaluation criteria Motor skills</b>					
	Principles of synchronization			Action rules in group, activities in a common space		
	Backhand	Forehand	Catching	Marking	Freeing oneself	Feinting
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

### Legend:

4: Executes the task easily according to the expected results

3: Executes the task partially according to the expected results

2: Executes the task with difficulty according to the expected results

1: Does not execute the required task in full

\*Scores 2-3-4 can be improved with a +

# TEACHER'S EVALUATION GRID PLAN OF ACTION ULTIMATE FRISBEE

Competency: **Interact** with others in different physical activity settings

Level 2 of Secondary:

Year:

Class:

LES: ULTIMATE FRISBEE  <b>C2</b>	Observable elements (indicate, in the relevant column, the score concerned)	
	Evaluation criteria Plan of action	
	Action rules in group, activities in a common space	
	Applies the offensive strategy in a game situation	Applies the defensive strategy in a game situation
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

## Legend:

4: Executes the task easily according to the expected results

3: Executes the task partially according to the expected results

2: Executes the task with difficulty according to the expected results

1: Does not execute the required task in full

\*Scores 2-3-4 can be improved with a +

## OBERVABLE CRITERIA FOR THE ULTIMATE FRISBEE TEACHER



Motor skills	Skills	Observable criteria
Principles of synchronization	The forehand throw	<ul style="list-style-type: none"> <li>• Appropriate position of the fingers: <ul style="list-style-type: none"> <li>◦ Thumb on top</li> <li>◦ Forefinger alongside the frisbee</li> <li>◦ The other 3 fingers spread under the frisbee (or regrouped)</li> </ul> </li> <li>• Rotate the wrist</li> <li>• Position oneself sideways (right side) facing the target</li> <li>• Forearm and frisbee always parallel to the ground</li> <li>• Make a follow through with the arm</li> <li>• The frisbee reaches the target</li> </ul>
	The backhand throw	<ul style="list-style-type: none"> <li>• Appropriate position of the fingers: <ul style="list-style-type: none"> <li>◦ Thumb on top</li> <li>◦ Middle finger inside the frisbee</li> <li>◦ Forefinger inside aiming at the centre of the frisbee</li> <li>◦ The other fingers bent inside</li> </ul> </li> <li>• Position yourself sideways (right side) facing the target</li> <li>• Move the frisbee from the back until it goes beyond the right leg</li> <li>• The arm DOES NOT follow through</li> <li>• The frisbee reaches the target</li> </ul>
	Catching	<ul style="list-style-type: none"> <li>• Catches the frisbee and keeps control of it</li> </ul>
Action rules in group, activities in a common space	Marking	<ul style="list-style-type: none"> <li>• Position oneself between the frisbee and the player</li> <li>• Always have a visual contact with the player you are marking</li> </ul>
	Freeing oneself	<ul style="list-style-type: none"> <li>• Indicate the position to receive the pass</li> <li>• Go in a free space</li> </ul>
	Feinting	<ul style="list-style-type: none"> <li>• Do not lift the back foot</li> <li>• Change fingers quickly on the frisbee</li> <li>• Use the front foot as ground support to change sides in an appropriate way</li> </ul>
Plan of action	Plan	Application in a game situation
Action rules in group, activities in a common space	Applies the offense strategy in a game situation	<ul style="list-style-type: none"> <li>• The student applies the offense strategy correctly in a game situation</li> </ul>
	Applies the defense strategy in a game situation	<ul style="list-style-type: none"> <li>• The student applies the defense strategy correctly in a game situation</li> </ul>



## TEACHER'S EVALUATION GRID MOTOR SKILLS

Competency: **Interact** with others in different physical activity settings

Level 2 of Secondary:

Year:

Class:

<b>LES: ULTIMATE FRISBEE</b>  <b>C2</b>	<b>Observable elements</b> (indicate, in the relevant column, the score concerned)			
	<b>Evaluation criteria Motor skills</b>			
	Principles of synchronization		Action rules in group, activities in a common space	
	Hammer throw	Catching it*	Marking*	Freeing oneself *
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				
26.				
27.				
28.				
29.				
30.				

### Legend:

4: Executes the task easily according to the expected results

3: Executes the task partially according to the expected results

2: Executes the task with difficulty according to the expected results

1: Does not execute the required task in full

\*The elements are in evaluation in the 1<sup>st</sup> cycle; however some criteria are added to the 2<sup>nd</sup> cycle

\*Scores 2-3-4 can be improved with a +

# TEACHER'S EVALUATION GRID PLAN OF ACTION ULTIMATE FRISBEE

Competency: **Interact** with others in different physical activity settings

Level 2 of Secondary:

Year:

Class:

LES: ULTIMATE FRISBEE  <b>C2</b>	Observable elements (indicate, in the relevant column, the score concerned)		
	Evaluation criteria Plan of action		
	Action rules in group, activities in a common space		Principles of communication
	Moves the object forward towards the opposing goal	Performs a defensive fall-back	Communicates adequately in a game
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			

## Legend:

- 4: Executes the task easily according to the expected results
- 3: Executes the task partially according to the expected results
- 2: Executes the task with difficulty according to the expected results
- 1: Does not execute the required task in full

\*Scores 2-3-4 can be improved with a +

# **OBERVABLE CRITERIA FOR THE ULTIMATE FRISBEE TEACHER**

Competency: *Interact with others in different physical activity settings*

Level 2 of Secondary

Year:

Class:

Motor skills	Skills	Observable criteria
Principles of synchronization	Hammer throw	<ul style="list-style-type: none"> <li>• Correct fingers position:                             <ul style="list-style-type: none"> <li>○ Thumb on top</li> <li>○ Middle finger inside the disk</li> <li>○ Index inside pointing to the centre of the disk</li> <li>○ The other 2 fingers outside tucked up</li> </ul> </li> <li>• Arm the disc above the head</li> <li>• Place the disc 45 degrees above the head</li> <li>• Make a movement from back to front</li> <li>• Fast throw with the wrist</li> </ul>
	Catching it	<ul style="list-style-type: none"> <li>• Catches the disc with both hands and keeps control of the disk</li> <li>• Catches the disc with one hand and keeps control of the disc</li> </ul>
Action rules in group, activities in a common space	Marking	<ul style="list-style-type: none"> <li>• Places himself between the disc and the player</li> <li>• Always have a visual contact with your player</li> <li>• Be positioned so as to anticipate your opponent's movements</li> <li>• Be ready to intercept the disc</li> </ul>
	Freeing oneself	<ul style="list-style-type: none"> <li>• Indicates the position to receive the pass</li> <li>• Moves in a free space</li> <li>• Makes a feint to get rid of the scorer</li> </ul>
Plan of action	Plan	Application in a game situation
Action rules in group, activities in a common space	Moves the object forward towards the opposing goal	<ul style="list-style-type: none"> <li>• Makes passes quickly</li> <li>• Synchronize your movements before your partner makes his pass</li> </ul>
	Performs a defensive fall-back	<ul style="list-style-type: none"> <li>• Marks the selected player quickly</li> <li>• Counts down when the selected player has possession of the disk</li> </ul>
Principles of communication	Communicates adequately in a game	<ul style="list-style-type: none"> <li>• Issues misleading messages</li> <li>• Indicates the position to receive the pass</li> <li>• Speaks with his partners</li> </ul>