

OBJECTIVE

Introduce basic game play and first throwing technique.

COMMENTS

All participants should finish stage with a basic understanding of how a game of Ultimate is played and experience of the basic throwing mechanics for a backhand throw.

NEW CONCEPTS

Catching, game play, backhand throw

NEW RULES

Stationary thrower: the player in possession of the disc must safely come to a stop as quick as they can and establish a pivot foot (similar to basketball).

Non-contact: no player is allowed cause contact with any other player.

Scoring points: catching the disc inside the endzone that the team is attacking.

Turn over: the team that throws the disc is required to catch it inside the pitch. Failure to do so (disc hitting ground, being intercepted by defender, being knocked out of air by defender, being caught outside the pitch) results in a turn over and change of possession.

ACTIVITIES**1. Frisbee fluency** 10 mins 

Each participant gets opportunity to practice a variety of catching techniques and overcome fears of being hit by a disc.

Setup

Each participant gets a disc. All participants should look to have arms reach clearance in all directions.

2. Game (simplified rules) 5 mins 

Objective - pass disc to team mates and get someone to catch in scoring area (end zone) to get a point. This game is deliberately short as intention is simply to introduce basic concepts. By end of game, all participants should understand where they and their team is trying to get to (end zone) and how they get there (pass to teammates).

Setup

Basic pitch, 18m x 18m x 6m. Objective is to catch disc in endzone to score a point.
Rule 1: When in possession of disc, must stand still. Rule 2: Non-contact at all times.
Rule 3-A (2 drops allowed per possession) or 3-B (attempted catches count if dropped).

3. Review 5 mins ⌚

Now that players understand the basic game play and objective, skills are challenged by removing ability to pick up after drops.

4. Game (normal rules) 5 mins ⌚

Use Rule 3-C to challenge participants skills. Defenders should aim to prevent catching knowing they do not need to catch it themselves.

Setup

Rule 3-C: If a player throws a pass, someone on their team must catch it. Otherwise it is a turn over.

5. Review 5 mins ⌚

Guide participants to acknowledging changes in: patience; decision making; defensive efforts; and what type of throws worked and didn't work.

6. Throwing in pairs 15 mins ⌚

With a goal of giving partners a chance to catch, introduce the GSWAP concepts in stages giving participants time to practice each one before moving on to next.

Setup

Participants stand 10m apart. One disc for each pair. Start with picture facing up, tight grip on disc and snap wrist to make disc spin.

7. Game (normal rules) 10 mins ⌚

Encourage participants to use the throwing they've practiced during this final game.

Setup

Rule 3-C: If a player throws a pass, someone on their team must catch it. Otherwise it is a turn over.

TALKING POINTS

What skills from other sports can you use in ultimate?

What skills can be transferred from ultimate to other sports?

FURTHER STUDY



Introduction to ultimate



Ultimate highlights



Backhand throw



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