



ULTIMATE FRISBEE

RULES OF ULTIMATE FRISBEE

1. **The Field** — a rectangular shape with end zones at each end.
2. **How to start the game** — each point begins with both teams lining up on the front of their respective end zone line. The defence throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
3. **Scoring** — each time the offense completes a pass in the defence’s end zone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc** — the disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count. (In schools, I would also say 1m away or arm’s length.)
5. **Change of possession** — When a pass is not completed (e.g. out of bounds, drop, block, interception); the defence immediately takes possession of the disc and becomes the offense.
6. **Substitutions** — Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** — when a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing** — Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** — Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.



Main Teaching Points:

- Teaching students the rules (see above)
- Skill of throwing the frisbee
 - **3 passes** – forehand, back hand, Hammer or overhead pass

Backhand:

- Hold the Frisbee as if you are shaking hands with it.
- Curl fingers underneath (loose grip – not too tight)
- Step across and slightly in front of your body.
- Frisbee should be flat (as if you could hold a glass of water on it)
- Flick wrist –finishing with your fingers pointing towards target, as Frisbee is released.

Forehand:

- Hold like a gun – two fingers along the side of the Frisbee, two inside.
- Thumb on two of Frisbee
- Step out away from your body
- Flick your wrist – spinning the disc

Hammer: *Advanced group

- Same as Forehand, but Frisbee is released over head by snapping wrist back.

- The skill of catching the frisbee.
 - **3 catches** – Crocodile/ pancake catch,twohanded,one handed.

Crocodile/pancake catch

- Two hand clap together (vertically) to trap Frisbee between them. (Like crocodiles mouth)

Two Handed:

- Grip the Frisbee with two hands along the side.
- Pinching finger together

One Handed:

- Frisbee griped with one hand, along the side of the Frisbee.

- Movement
 - With the Frisbee – pivoting
 - Movement into positions on the court.



Warm Up Ideas / Games:

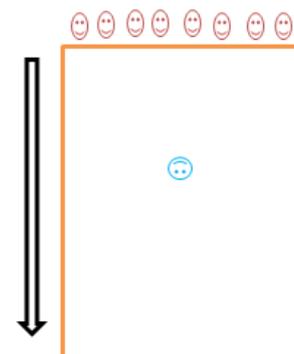
1.

Name: Octopus Tag

Focus: Warm up + highlight importance of the pivot (helping to introduce the rule)

Space: Large Rectangle (size depends on space available / no. of students)

Equipment: Cones



How to play:

- Students line up at one end of the rectangle.
- One person is nominated to be the 'catcher' (they can always move anywhere in the area)
- On the 'catchers' command, the group have to make it to the opposite end without being caught /tagged.
- If students make it successfully to the other side, they wait for the command to cross again.
- If caught, the person must stand where they have been caught – they are now on but can only pivot to catch people running through.
- The game continues, with students running from end to end, until everyone is caught. Last person standing is the winner.
- The idea of the game is that it will eventually become very difficult to move through the space as people will be standing scattered around trying to catch them.

Differentiation:

- Have more than one person as the 'catcher' inside the area.
- Increase (to make harder) or decrease (to make easier) the size of the area.

2.

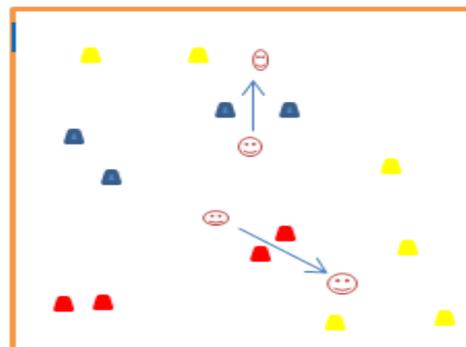


Name: Through the gates

Focus: Warm up + focus on throwing and catching

Space: Large Square / rectangle. Inside the square place a number of gates (twocones), varying in size. For example. Blue Gates (Large) Green Gates (Medium) Red (Small)

Equipment: Cones, Frisbees (one between two)



How to play:

- Students work in pairs – one Frisbee between two.
- Explain to the students that they must work in pairs to pass the Frisbees, through the gates to each other.
- They run to each gate, and then they must pass through.
- Large gates are easier to pass through as the smaller gates require more accuracy.
- After a practice, time the students for one minute and see how many SUCCESSFUL passes they can make in that time.
- Challenge the students to see if they can just go through the smaller gates. Repeat to see if they can improve their score.

Differentiation:

- Start with a tennis ball / larger ball to introduce the concept of throwing and catching / movement in the area.
- Later introduce the Frisbee.

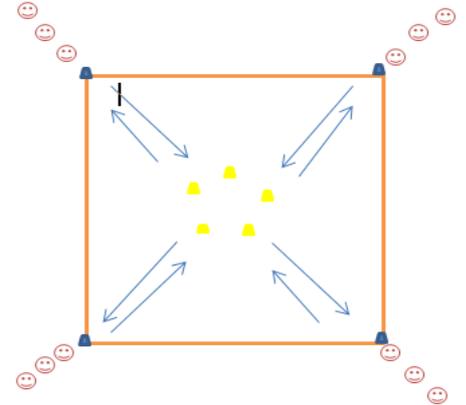


Name: Robin Hood

Focus: Warm up or drill – movement / throwing and catching

Space: Large square (four corners marked with cones) using cones, make a small circle in the centre of the square. Place Frisbees inside the circle.

Equipment: Cones, Frisbees



How to play:

- Four teams, lined up on one of the corners of the square.
- Students must run, one at a time, to collect a Frisbee from the centre.
- Game is finished when there are no Frisbees left in the centre.
- Team with the most amount of Frisbees win.

Differentiation:

- Younger classes run in pick up and run back with the Frisbee
- More able classes – the students have to successfully pass the Frisbee back to the next person.
- Add a defender who can block passes back to team mates.

**A nice way to help the students with the rules – write the rules on sticky labels and stick them to the Frisbees. After the games ask them to have a look at some of the rules they have collected in their teams.*



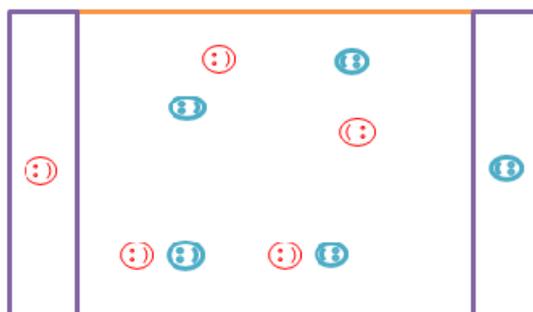
Name: End Zone

Focus: Warm up, game play, passing and moving

Space: Large rectangle with two end zones – marked with cones at each end.

**When this game is used as warm up, I would set up 2 or more pitched, for small sided games.*

Equipment: Cones, tennis ball, Frisbee, bibs



How to play:

- Divide the students into two teams (or more depending on number of pitches)
- Each team should have bibs
- Students choose one student to stay in the end zone (to catch the ball)
- As a team the student must work together to pass the ball (Frisbee) to the person in the end zone.
- If successful the ball is then passed to the person on the opposition to start the game again.

Differentiation:

- Start using a tennis ball / or bigger. This will help the students understand the game.
- Once confident passing, introduce the Frisbee
- All other Ultimate Frisbee rules apply (non-contact, change of procession etc.)
- Younger classes - for the younger classes I would remove the end zones. To score the students simply have to make 3 or 5 passes without interception or dropping the ball.

Alternative Warm ups:

- Relay races
- Chasing games

Drills / Activities:



Introduction:

After introducing the rules, the most important part is developing throwing and catching skills.

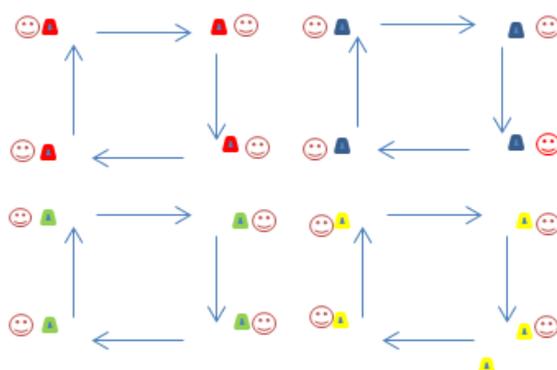


Throwing and catching:

- Introduce the teaching points / correct technique for backhand (to start) and demo technique for catching.
- To start students should work in pairs.
- Standing at a cone, passing the Frisbee back and forth.
(* this will be carnage to start, so use large area!! However students will very quickly pick up the technique)

Differentiation:

- Increase and decrease the distance for different classes and abilities
- Progress the students, as and when you feel appropriate
- Introduce some competition – how many passes in one minute etc.
- Competition - for the more advanced groups, include rules such as, if they drop the frisbee they have to start again.
- Alternative competition – students make 5 passes and change places, then four and change places, 3 passes etc. first team sitting down WINS!



PROGRESSION 1:

See diagram for layout of area. This helps with the transition of the lesson/ Groups

- As students get more confidence (achieve more success), get them to work in a group of four
- One student standing on each corner of a square.
- They should now pass in a square to each other
- Highlight the importance of pivoting. First catching and then pivoting to make the pass.
- Again introduce competition – how many in one minute etc.



PROGRESSION 2:

- When confident passing from a standing position introduce movement.
- Get the four students to move inside the square they were passing in and now encourage them to pass and move.
- Alternatively you can number the students 1-4 etc. and they must pass in numerical order.
- Also getting the students to touch a cone after they have passed will encourage movement.



PROGRESSION 3:

- Add a defender or 'piggy in the middle' (with this progression you must highlight the non-contact rule)
- Give a bib to one of the students (the defender)
- The other students must pass the Frisbee without the defender getting it.
- If the team make 3 successful passes, they score.
- After 1 or 2 minutes change the defender.

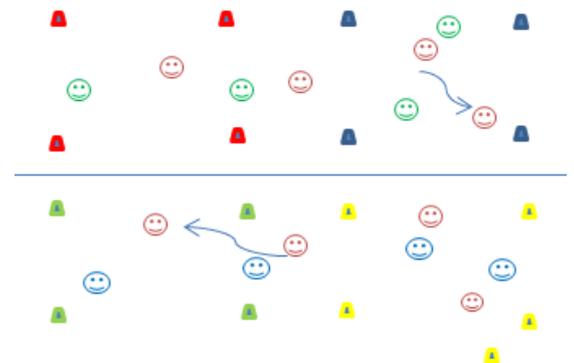


Differentiation:

- For younger / weaker groups have the students stand in a circle with the defender positioned in the middle.
- Increase or decrease the number of passes that = a score to make it easier /harder for groups.

PROGRESSION 4:

- Once the students are confident and achieving success while under pressure, increase the number of the defenders to have a 2 v 2 game.
Or
- Bring together to teams and have a 4v4
- Refer to diagram to see transition of groups. Join two of the grids together for 4v4 game.
- Also base this on progress of group.
- Continue to score by making 3 (or more) passes.



ALTERNATIVE DRILLS/ ACTIVITIES:



Name: Circle time

- As a class or in smaller groups, students stand in a circle
- Students must pass the ball/frisbee from one person to the next
- Once they have released the ball/frisbee they must leave their place and run around the circle and back to their position before the Frisbee comes back.

Name: Relay races

- Divide the class into equal teams
- All standing behind the a cone, a second cone should be place 20/30m away from each team
- Each team should have one Frisbee
- Explain to the students that they must, as a team get the frisbee to the opposite cone WITHOUT
 - The frisbee hitting the floor
 - Without moving while they have the frisbee in their hand
 - Every member must touch the Frisbee at some stage.
- Students must work as a team to complete the task.

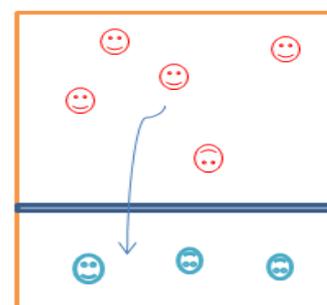
FUN ALTERNATIVE GAMES

Name: Tennis / badminton Frisbee

Equipment: Badminton or tennis net (or some form of post), Frisbees, cones

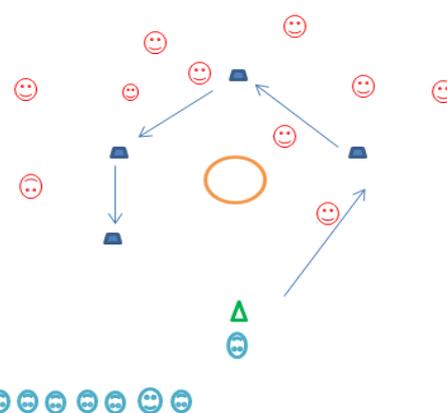
How to play:

- Divide the class into two teams
- Make out two areas (equal size) either side of the net / post or alternatively use tennis court or badminton markings.
- As a team they pass the Frisbee over the net.
- To score the frisbee must land in the opposition's area.



Name: Frisbee rounders

Equipment: rounders posts or cones, Frisbees,





How to play:

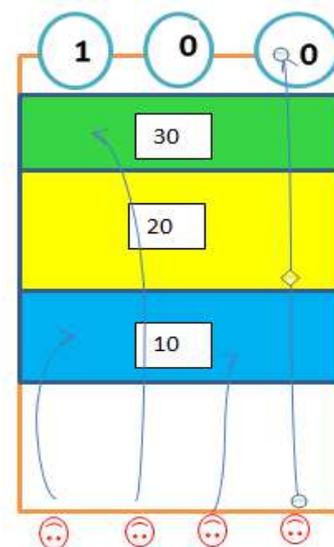
- Mark out a normal rounders pitch
- Divide the class into two teams
- One batting / one fielding (in this case one throwing / one catching)
- The difference in the game is this:
 - Each player will have two or three frisbees
 - To start they will throw the frisbee anywhere they like (in bounds).
 - The fielding team cannot move until the final frisbee has been thrown.
 - Once thrown the fielding team must work together to get the two frisbees back to the middle circle.
 - The 'thrower' must run to as many bases as possible, aiming to score a full rounder.
 - If both frisbees are back in the middle circle the 'thrower' must stop at a base or they are out!
 - A player is knocked out if
 - The fielding team get all the frisbees back to the middle square and they are not 'home' or at a base' or keep running.
 - The player's frisbee is caught by one of the fielding team (without the fielding team moving to catch it).

Name: Target Zone

Equipment: Cones, Frisbees, hula hoops

How to play:

- Divide in class into teams (2, 3, 4, 5 or whatever your preference)
- Mark out different target zones, each worth different amount of points.
- Each team will have 1 Frisbee
- Each person in the team will have one chance to throw the Frisbee; if they successfully get the frisbee into one of the zones they get the allocated points
- Each team adds up their points, team with the most wins.
 - *This game can be adapted to any space, use the backboards of basketball nets, hula hoops etc.*



ULTIMATE FRISBEE The Game!

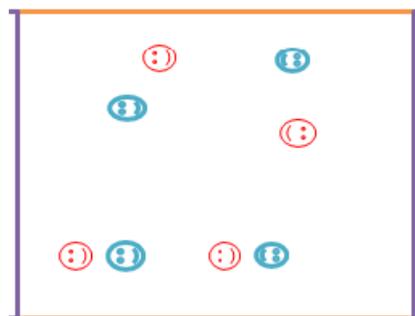


LOWER ABILITY / YOUNGER GROUPS:

When introducing the game, I would start with NO ENDZONES just a large square / rectangle.

How to play:

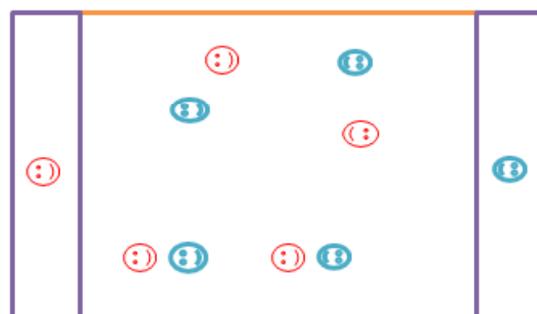
- Students divided into two teams. (or more depending on size of the class, ideally no more than 5 per team)
- To score (like earlier drills) just make 3 successful passes. (Or more to make it harder)
- Follow all other rules for game including, non-contact, possession changes with interception or breaking a pass.



MIDDLE ABILITY:

Introduce the end zones.

- Divide the students into two teams - each team must select one person to stand in the end zone.
- To score, the team must pass the Frisbee to the player in the end zone.
- The player in the end zone can move anywhere in the end zone. No one else is allowed in
- To start, the player in the end zone passes to the opposing team.



- All other rules apply

HIGHER ABILITY / OLDER GROUPS:

Introduce full ultimate Frisbee rules

- To start the game, both teams line up on opposite end lines. One team starts by passing the frisbee to the other team.
- Usually a 7 v 7 game.
- To score someone from the team must catch the Frisbee in their end zone.
- Frisbee is passed to opposing team to start again, after scoring.
- Highlight the concept of self-refereeing.

