

Name _____

Ultimate Frisbee Unit Overview



Students will be playing the fast paced sport of ultimate Frisbee during the month. Skill development will focus on:

Proper technique for catching

Pancake catch

C-catch

Proper technique for throwing

Sidearm throw

Backhand throw

In addition to developing their catching and throwing skills, students will participate in a few lead-up games before the official game of ultimate Frisbee is played. The unit culminates with a Passing for Accuracy skill test and a written test on the rules and terminology of ultimate Frisbee.

Fitness development is emphasized with daily warm-ups and runs increasing in duration each week ($\frac{1}{4}$ mile, $\frac{1}{2}$ mile and mile). Fitness testing practice is interspersed throughout the unit. Below are the tests students perform and the fitness component each measures.

- **Curl-ups:** abdominal strength and endurance
- **Shuttle Run:** agility
- **One Mile Run/Walk:** heart and lung endurance
- **Pull-ups/Flexed-Arm Hang:** upper body strength and endurance
- **Sit and Reach:** flexibility of lower back and hamstrings

ULTIMATE FRISBEE TERMS

BACKHAND THROW: This is a throw where the thumb is on the top of the Frisbee and the fingers are fanned on the bottom of the Frisbee. This throw is thrown close to your body.

C-CATCH: A type of reception where you can use one hand or both hands. The hand(s) is shaped like the letter C where the thumb is on the bottom of the Frisbee and the fingers are on the top.

DEFENSIVE TEAM: The team without the Frisbee and the team throwing off.

FOUL: Any contact on an opposing player to disrupt play.

INTERCEPTION: This occurs when the defense catches a pass from the offense.

MARKER: The defender guarding the thrower and the person who counts out the stall.

OFFENSIVE TEAM: The team with the Frisbee or the team receiving the throw off.

PANCAKE CATCH: A type of reception where you use both hands. One hand is placed on top of the Frisbee and the other hand on the bottom.

RUN OFF: This is when the offensive team scores a point following a throw off. They complete all their throws down the field without turning it over.

SCORE: This is awarded to the offensive team when they complete a throw in the opponent's end zone. The team receives one point.

SIDEARM THROW: This is a throw where the fingers are on top of the Frisbee and the thumb is on the bottom. This throw is thrown away from your body and it is used for longer throws.

STALL: A ten second count given to a person with the Frisbee to release the disc.

THROWER: The person with the Frisbee.

THROW OFF: Both teams start on their goal line and the defense throws the Frisbee to the offense to start the game.

TURNOVER: This occurs when the offensive team loses possession by throwing it out of bounds, dropping the Frisbee, a defensive block, or an interception.

RULES

GENERAL OBJECTIVE: To pass the Frisbee from one teammate to the next down the playing field without turning it over or dropping the Frisbee. The goal is to go down and score a point in the opponent's end zone. The defense is trying to prevent the offensive team from scoring.

THE FIELD: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. Note: In class we will be playing on a modified field with different dimensions.

INITIATE PLAY: A coin toss decides which team has the choice of receiving or selection of goals. Each point begins with both teams lining up on the front of their respective end zone lines. The defense throws the Frisbee to the offense. A regulation game has seven players per team. Note: We may play with more or less depending on class size.

SCORING: Each time the offense completes a pass in the defense's end zone, the offense scores a point. At least one foot must land inside the end zone when completing the pass. Play is initiated after each score with a throw off by the team that just scored.

MOVEMENT OF THE FRISBEE: The Frisbee may be advanced in any direction by completing a pass to a teammate. Players may not run with the Frisbee. The person with the Frisbee has ten seconds to throw the Frisbee. The defender guarding the thrower counts out the stall count.

CHANGE OF POSSESSION: When a pass is not completed (out of bounds, drop, block, interception), the defense immediately takes possession of the Frisbee and becomes the offense.

NON-CONTACT: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. The defensive player must be one arms length away from the thrower. Only one defensive player may guard an offensive player in possession of the Frisbee.

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.

SELF-REFEREEING: Players are responsible for their own foul and line calls. Players resolve their own disputes. The physical education teacher will oversee game play to ensure everything is executed correctly and fairly.

SPORTSMANSHIP: This game stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players.