



Ultimate Frisbee

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Please briefly indicate how your workshop links with the quality PE theme of the conference: Ultimate Frisbee is unique to many other sports, in that it is self-refereed which encourages students to develop conflict resolution skills. It is also a very inclusive game with high levels of physical activity. It promotes a balanced approach to competition as there is an emphasis on sportsmanship and fair play through the 'Spirt of the Game' concept. This allows the teacher to develop the pupils learning in the affective (e.g. positive social behaviours and personal attitudes) and cognitive (knowledge and understanding and problem solving) domains. These values mark it out as an ideal game to introduce as part of a quality physical education programme.

How to Play Ultimate Frisbee

Two teams of 7 players play on a rectangular shaped pitch with 2 end zones (one marked out on either side of the pitch). The objective is for the team with the frisbee to pass it up the field without dropping it and catch it in an end zone to score a point. Ultimate Frisbee is a non-contact game and possession is lost if the disc hits the ground, is intercepted, blocked, or goes out over the perimeter line. The frisbee may be advanced in any direction by passing it to a team mate. Once a player has a frisbee they are not allowed to run with it and they have 10 seconds to throw it. One defender may stand near the person holding the frisbee to block. The game is self-referred. Players are responsible for their own foul calls and resolve their own disputes. If people disagree, they redo the play. Watch this short video for an explanation of the rules <http://www.youtube.com/watch?v=NNpObH41jRM>

The rules should be adapted to suit the needs of your class. Examples adaptations include:

- The numbers of players on each team should be reduced to maximise involvement
- Each team is allowed a number of drops e.g. two drops, you can have two misplaced throws (i.e hit the ground) and the same team picks up the Frisbee from where it landed. The possession is then given to the opposition team if the Frisbee hits the ground after two drops. Possession is turned over in the case of an interception.
- After a score, the attacking team drop the frisbee and the other team restart game

Teaching Approach/Lesson Structure:

A Games Centred approach to teaching Ultimate Frisbee is utilised within this resource. This approach involves changing the traditional structure of your PE lessons so that games set realistic problems in practice for pupils and teachers to solve. The teacher scaffolds the pupils learning through questioning and game like activities rather than traditional drills.

Traditional Model

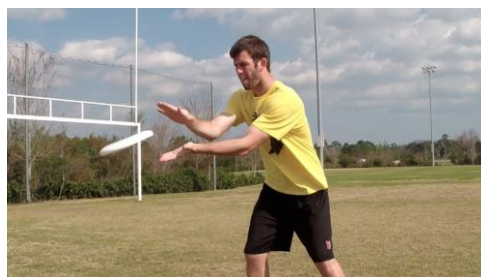
Games Centred Model

-Warm up	-Warm up
-Technical skill practice	-Purposeful game
-Drills	-Questioning pupils how can we do it better?
-Game	-Practice (technical skills/tactical)
-Cool down	-Back to the game to apply what we practised
	-Cool down

Warm Up and Frisbee Fluency

Frisbee Fluency activities are a series of actions to get the children familiar, comfortable and confident with frisbees. It allows people to practice catching without the fear of being hit by someone else's throw as well as making a great warm up.

- Tell the pupils that you would like to introduce them to your friend. Take out a Frisbee and get them to say hello to your friend *Freddy Frisbee*. Divide the class into pairs and give each pair a Frisbee. Ask each pair to give a name to their new friend!
- Show the pupils how you like to use the Frisbee as a steering wheel when driving. The person who has the Frisbee in their hands is the driver, the person behind is the passenger. The passenger must follow the driver wherever they go. Get the pairs moving around a defined space at different speeds (a Sunday drive up to being chased by the Gardai!), eventually sprinting trying to lose their passenger. Remind pupils to be careful and watch where they are going. Don't forget to use the steering wheel when turning and use the car horn in traffic!
- Ask each pair to find their own parking space in the hall. Introduce pupils to the two handed crocodile catch technique (see picture).



- In their pairs pupils take turns being the zookeeper and the hungry crocodile. One pupil drops the frisbee straight down for their partner to crocodile catch. Explore catching the frisbee from different heights/angles.
- Explain to the pupils that you also use your Frisbee when working as a waiter. Get children to hold the Frisbee like a tray at head height with one hand. Their partner acts as the assistant, crocodile catching the tray before it hits the ground and spills the food

and drinks! Children are walking at first but as the restaurant get busier they move faster until they are running.

- Children also use their Frisbee as a hat to cover from the rain on the walk/run home by balancing it on their head. Their partners wait behind to catch it.
- Check out these video clips for some frisbee fluency ideas/examples:

<http://www.youtube.com/watch?v=zU91WhzRCkk#t=78>, <http://tinyurl.com/frisbeefluency>

Purposeful Game

Once pupils are comfortable with the Frisbees the following steps can be useful in introducing the game of ultimate frisbee. These steps are most suitable for senior classes (2nd-6th class). Teachers with younger pupils are encouraged to focus on developing throwing and catching skills in adapted game like activities.

Step 1: One Team One Frisbee

Set out 2/3 Ultimate Frisbee pitches using cones to mark endzones. Point out the pitch and end zones to pupils. Line pupils up at one end of the pitch behind 5 cones spread across the end zone line. The first person behind each cone steps forward. The people who have stepped forward form one team. This team must pass the Frisbee between each other until someone catches it in the end zone at the opposite end of the pitch. Pupils are no longer able to run with the frisbee in their hand and must freeze when they have it. When the whole team reaches the end zone by passing the Frisbee they stop and carry it back around the outside of the pitch. Each team member then re-joins the line they were in. Challenge the pupils to do it faster or with more/less throws.

Step 2: Two Teams Two Frisbees

Line some pupils up at the other end of the pitch behind 5 cones spread across the opposite end line. These pupils must do the same as before but they are going in the opposite direction. Both teams on either side of the pitch now start at the same time. Each team has their own Frisbee and do not interfere with the other team. Pupils will have to watch where they are running/ throwing as there are now more bodies in the area.

Step 3: Two Teams One Frisbee

When pupils have done this a few times take away one Frisbee. Now there are two teams and one Frisbee. Pupils are now ready and in a position to play a game. Explain the rules again quickly beforehand and outline how many drops are allowed etc. After playing for a few minutes stop the game and ask the pupils what kind of skills are important when playing frisbee. Elicit from the pupils the importance of throwing the frisbee accurately and ask them what worked during the game. This will lead you nicely into throwing practice.

Skill Practice

The backhand throw is the most common throw and easiest to learn. The forehand throw will be more challenging and should only be introduced gradually after a few introductory

sessions. The power for both throws comes from the wrist rather than the arm. Snapping/flicking the wrist ensures the Frisbee spins which is vital to a successful throw.

Backhand

Grip



Technique



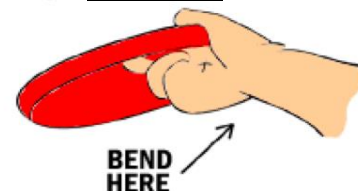
<http://www.youtube.com/watch?v=Mlf7nfKYK40>

Grip



Forehand

Technique



The disc shouldn't be parallel to the ground but dropped down to about 45 degrees by bending at the wrist.



<http://www.youtube.com/watch?v=lgUyW5aGC2U>

Pupils can throw in pairs first (all in same direction). Challenge the pupils to get 5 successful throws without a drop and then lengthen the distance. Throwing and catching activities used in other strands of the PE curriculum can be adapted for use with Frisbees. After practising give pupils the opportunity to apply what they have learnt in a game situation.

Spirit of the Game

“Spirit of the Game” embodies the sportsmanship emphasised within ultimate Frisbee. This emphasis on fair play allows ultimate Frisbee players to be their own referees. Ultimate is a great character-building sport for kids, teaching them that their “spirit” and the way they conduct themselves is more important than winning. Check out this video explaining Spirit of the game <https://www.youtube.com/watch?v=2mlo5WykDI0>. Spirit of the game scoring sheets can be used to outline exactly what it is to be a spirited team. Pupils can self-assess themselves using the scoring sheets before assessing other teams. The winners are the team that receives the highest spirit score rather than the team that won the most matches. Download the sheets from: http://www.wfdf.org/downloads/cat_view/42-sotg-documents

Further Information:

See www.irishultimate.com for more ultimate frisbee information, resources and details of how to purchase starter packs. I would like to thank the IFDA for their provision of resources and advice.

SPRIT OF THE GAME SCORE SHEET

Your whole team should be involved in rating the other team! Circle one box in each of the five lines and sum up the points to determine the SOTG score for the other team.

1. Rules Knowledge and Use

Examples: They did not purposefully misinterpret the rules. They kept to time limits. When they didn't know the rules they showed a real willingness to learn

2. Fouls and Body Contact

Examples: They avoided fouling, contact, and dangerous plays.

3. Fair-Mindedness

Examples: They apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches

4. Positive Attitude and Self-Control

Examples: They were polite. They played with appropriate intensity irrespective of the score. They left an overall positive impression during and after the game.

5. Communication (NEW)

Examples: They communicated respectfully. They listened. They kept to discussion time limits.

1st Opponent (Game score)					2nd Opponent (Game score)				
Poor	Not Good	Good	Very Good	Excellent	Poor	Not Good	Good	Very Good	Excellent
0*	1	2	3	4*	0*	1	2	3	4*
0*	1	2	3	4*	0*	1	2	3	4*
0*	1	2	3	4*	0*	1	2	3	4*
0*	1	2	3	4*	0*	1	2	3	4*
0*	1	2	3	4*	0*	1	2	3	4*