

ULTIMATE FRISBEE

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HISTORY OF THE GAME

In the late 1960's, staff and students at Columbia High School, Maplewood, New Jersey invented an entirely new sporting activity for their high school nights. It was based around the game of American Football, in which participants used a disc instead of a football. This modified game of Football, is now what we refer to as Ultimate Frisbee.

In 1969, a competitive team was set up in Columbia High School, in which they used to practise in a parking lot. There were no boundary lines, except for goal lines, which were usually marked by piles of the players' clothing. A year later, Joel Silver, a teacher at Columbia High School, compiled the first set of official rules for the game of Ultimate. Also during this year, Columbia High School played the first ever interscholastic game of Ultimate Frisbee, defeating Millburn High School. The original rules which were implemented, allowed for 20-30 players on each team, allowed players to run with the Frisbee, and also included a line of scrimmage and a series of downs, similar to Football. These rules were later changed, forming the rules for the game as we know it now. During the 1970's, the game grew in popularity, in which the first college Ultimate game was held in the United States. In 1975, the first organised tournament was arranged in Yale, which saw 8 teams contending for the National Collegiate Championship title. Also during this year, the game was expanded to an international level, where teams from all around the world competed in the World Frisbee Championships. During the 1980's, the first true World Ultimate Championship was held in Sweden, and it was also shown as an exhibit game during the World Games in Germany. This exposure helped to develop the game on an international basis.

In 2001, the game was recognised as a medal Sport in the World Games in Japan. 8 years later, the game had grown so much, that during the World Games held in China in 2009, 50,000 enthusiasts turned up to support, the largest of all sporting activities at the games. Ultimate is now played in over 50 different countries around the world, with over 100,000 players.

RULES OF THE GAME

The field:

- Rectangular shape (64m x 37m), endzones at each end.
- Endzones are 18m in length.

Initiate play:

- 7 players on each team.
- All players line up on their respective defensive goal line to begin each point.
- The defending team throws the Frisbee towards the offensive goal line - called "pulling".

Scoring:

- Completing a pass in the defense's endzone, results in the offensive team scoring a point.
- Play is initiated after each score.

Movement of the disc:

- The disc may never be handed - it must always be thrown.
- The disc may be thrown in any direction - forwards, backwards, sideways.
- Players cannot run with the Frisbee in hand.
- Player with the disc has 10 seconds to throw it.
- Only 1 player can mark the person with the disc. They must stand at least 1m away from the thrower & count to 10 out loud - called "stall count".
- Once disc is passed to you, you must stop within 3 steps.

Change of possession:

- When the Frisbee is dropped, thrown out of bounds, blocked or intercepted, the defense gains possession immediately.

Substitutes:

- Players can substitute after a score, or during an injury timeout.

Non-contact:

- No physical contact permitted.
- When contact is made, a foul occurs.

Fouls:

- When a foul disrupts possession, the play resumes as if possession was retained.
- If the player committing the foul disagrees with the call, the play is restarted.

Self-refereeing:

- Players are responsible for their own foul and line calls.
- Fair play and sportsmanship are integral to the principals of play.

CARD 1

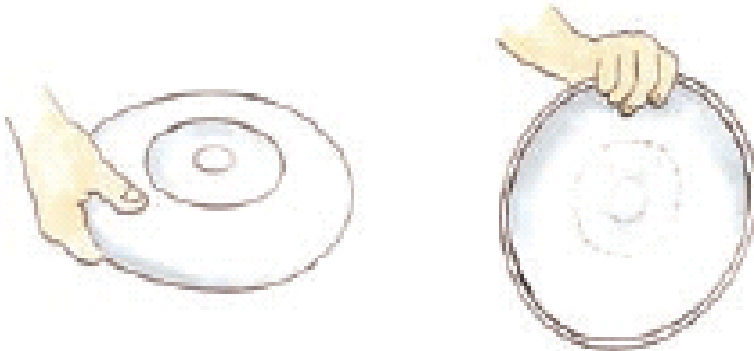
AIM

To explain and identify the different grip techniques for Ultimate Frisbee.

EQUIPMENT

Paper plates, Frisbees

Backhand grip



The backhand grip can be seen with the fingers curled under the Frisbee's rim and the thumb on top of the Frisbee.

Forehand grip



The above diagram shows the forehand grip with the index & middle fingers extended sitting under the Frisbee, the ring and little finger outside the disk and the thumb on top.

HOW TO PLAY	TEACHING POINTS	SAFETY POINTS
<ul style="list-style-type: none"> • Each player has a paper plate. • Assign each grip and each dynamic movement (relevant to the game) a number: <ol style="list-style-type: none"> 1. Backhand grip 2. Forehand grip 3. High skips 4. Running backwards 5. Side stepping • Students move around area performing action as called out by teacher for numbers 1-5. 	<p>Backhand grip:</p> <ul style="list-style-type: none"> • Finger's curled under the Frisbee's rim. • Thumb placed on top of Frisbee. <p>Forehand grip:</p> <ul style="list-style-type: none"> • Index & middle fingers extended, and sit under the Frisbee. • Ring & little finger are outside the disc, supporting the outside of the Frisbee. • Thumb is on top of the Frisbee. <p>Game:</p> <ul style="list-style-type: none"> • Perform action as quickly as possible. 	<ul style="list-style-type: none"> • Keep head up to avoid bumping into others. • Stay away from nearby obstructions. • No throwing of the paper plates - hold them to perform grip only. • Remain within boundaries.

VARIATIONS/ADAPTATIONS

- Introduce the use of a Frisbee rather than paper plates.
- Introduce more movements - more numbers to increase players' concentration.

CARD 2

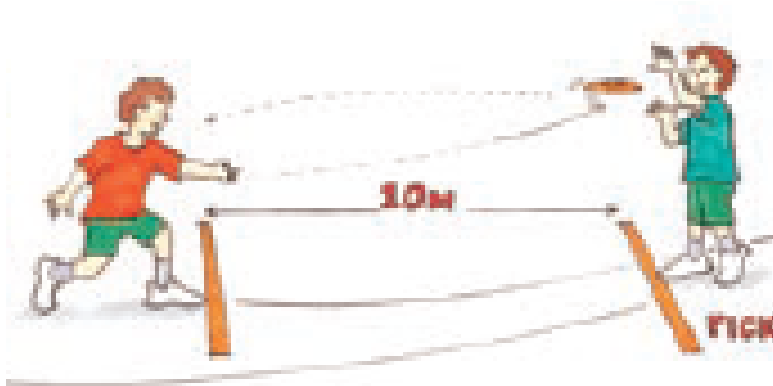
AIM

To practise the backhand throw using the correct technique.

EQUIPMENT:

Frisbees

GAME: Keep it up



The above diagram shows 2 players passing to each other using the backhand throw.



This diagram illustrates the technique of the backhand throw and how players are to perform the throw.

HOW TO PLAY	TEACHING POINTS	SAFETY POINTS
<ul style="list-style-type: none"> • Players work in pairs - 1 Frisbee between each group. • Players start 10m apart. • Throw Frisbee back and forth, using backhand throw. • If the Frisbee is caught both players take a step back. • If the Frisbee is dropped, both players take a step forward. • Frisbee is only to be thrown on the whistle. • Count number of consecutive catches. 	<ul style="list-style-type: none"> • Hold Frisbee using backhand grip. • Back of hand facing the intended target. • Stand side to target. • Keep Frisbee below belly button height. • Motion is like hitting a backhand in tennis. • Release disc flat - pretend there is a glass of water on it. 	<ul style="list-style-type: none"> • Only throw Frisbee on the whistle to avoid them flying in different directions. • Ensure sufficient space between each group. • Stay away from nearby obstructions. • Call names to alert partner of incoming Frisbee.

VARIATIONS/ADAPTATIONS

- Start with a ball.
- Start players 5m apart to simplify.
- Start players further apart to extend exercise.
- Set target number of consecutive catches for groups.

CARD 3

AIM

To develop the forehand throwing technique using target practise.

EQUIPMENT

Frisbees, tall cones or skittles

GAME: Hit the target.



This diagram shows the layout of the target game which involves aiming your throw in order to knock the skittles.



The above diagram illustrates the technique used for the forehand throw with the grip and the motion being shown.

HOW TO PLAY	TEACHING POINTS	SAFETY POINTS
<ul style="list-style-type: none"> • Players work in pairs, 10m apart. • 1 Frisbee per group. • Students take turns to attempt to knock pins, which are placed 3m in front of their partner. • Player scores a point if they hit the pin. A bonus point is scored if the pin is knocked over. • Partner retrieves Frisbee, picks up any knocked pins & now takes their turn. • Count number of times you knock the pin during the practise. 	<ul style="list-style-type: none"> • Use forehand grip to hold Frisbee. • Frisbee is thrown on same side of the body as the throwing arm. • Throwing motion resembles forehand serve in tennis - similar to shaking something sticky off your fingers. • Keep palm faced up during whole motion. • Release disc flat - pretend there is a cup of water on it. • Encourage players to call names before releasing Frisbee. 	<ul style="list-style-type: none"> • Ensure sufficient space between groups. • Ensure each partner is at least 3m away from pins in front of them to avoid them being hit with the Frisbee. • Call names to alert partner of incoming Frisbee. • Ensure no wild throwing - aim for target only.

VARIATIONS/ADAPTATIONS

- Move further away/closer to pins.
- Increase the size of the target.

CARD 4

AIM

To introduce and apply the catching technique in a fun modified game.

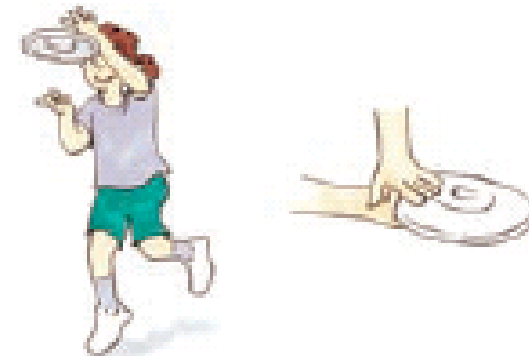
EQUIPMENT

21 Frisbees, small cones, 4 baskets

GAME: Treasure chest



This diagram illustrates the treasure chest game, which involves retrieving a Frisbee from a centre chest & passing back to base for your partner to catch.



This diagram shows the technique for catching the Frisbee using the crocodile catch, which involves vertically clamping down on the disc.

HOW TO PLAY	TEACHING POINTS	SAFETY POINTS
<ul style="list-style-type: none"> • Players work in groups of 2-3. • Square, with a team at each corner. • Chest at centre of square with all Frisbees. • First player from each group runs to centre zone and throws Frisbee back to partner at base. • Next player at cone must catch Frisbee using appropriate catch, and place in basket. • Player at centre runs back to base. • Catcher now runs to centre to collect another Frisbee & throw back to base for next player to catch. • Sequence continues like this until all Frisbees have been collected. 	<p>Crocodile catch:</p> <ul style="list-style-type: none"> • Start hands apart one above the other, similar to a crocodile's mouth. • Keep eye on Frisbee. • Clamp down on Frisbee as it passes through hands - vertical clap. • Ensure to get body behind Frisbee. • Move forward to attack the Frisbee. • Ensure hands close on top of each other to avoid fumbling the Frisbee. <p>Treasure chest:</p> <ul style="list-style-type: none"> • Only take 1 Frisbee at a time. 	<ul style="list-style-type: none"> • Players may only take Frisbees from centre. • Players should only throw back to their own base - do not throw across the grid. • Call names to alert partner of incoming Frisbee. • Keep head up to avoid bumping into others, particularly at the centre.

VARIATIONS/ADAPTATIONS

- Start with bean bags.
- Increase/decrease distance of each corner from the centre.

CARD 5

AIM

To outline different aspects of footwork within ultimate Frisbee and perform these within a challenging game.

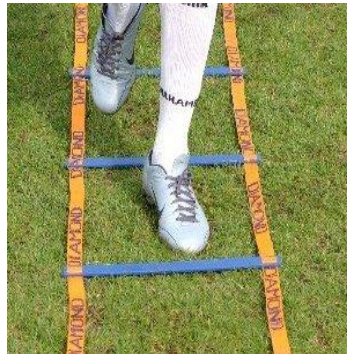
EQUIPMENT

Hurdles, ladders, cones, Frisbees.

GAME: Obstacle Catch



The above image shows the technique for bunny hopping which involves bending the knees and keeping the feet together.



The feet position for the ladders can be seen in the diagram above as players step in each part of the ladder.



The pivot involves keeping one foot stationary while stepping with the other to expand your scope to pass the Frisbee.

HOW TO PLAY	TEACHING POINTS	SAFETY POINTS
<p>GAME: Obstacle Course</p> <ul style="list-style-type: none"> • Players perform an obstacle course before receiving a pass of the Frisbee. • Players line up, on the whistle, the 1st person runs out. • Action 1: bunny hop over 5 hurdles. • Action 2: Quick feet through ladders. • Action 3: Pivot in between cones using the correct technique before receiving a pass and joining the end of the group. 	<ul style="list-style-type: none"> • Bunny Hops: Keep the legs together and bend the knees to bounce over the hurdles. • Ladder Technique: Step each foot in each part of the ladder and perform as quick as possible. • Pivot: Keep one foot stationary at all times (Pivot leg). Move the other leg to widen your scope and target to evade defender. • Throwing and Passing Technique: Use the technique indicated in the previous task cards. 	<ul style="list-style-type: none"> • Do not attempt to go through the obstacle course too quick, as quality is more important than speed. • Ensure there are no wild passes so that players aren't injured or hit by Frisbees. • Be aware of the boundaries or any obstacles that may cause injury. • Call the names of the intended receiver so that they are alert and aware that a pass is coming.

VARIATIONS/ADAPTATIONS

- Start with just the hurdles, then just the ladders before including all the obstacles and the pass.
- Begin with a ball instead of the Frisbee.

CARD 6

AIM

To outline and analyse different aspects and rules of defensive play before transferring this knowledge to a fun game.

EQUIPMENT

Balls, Frisbees.

GAME: Stop the Pass



The player in the orange above is demonstrating the guarding technique which involves blocking a pass or blocking the pathway for the Frisbee so the player can't pass. There is no contact allowed with the opposition player as it is a non-contact sport.

HOW TO PLAY	TEACHING POINTS	SAFETY POINTS
<p>GAME: Stop the Pass</p> <ul style="list-style-type: none"> • 5 attackers with the Frisbee with tags on each side of their shorts. • There are 3 defenders. • The 5 attackers must pass a ball to each other. When they have the ball, they cannot move their feet. • Defenders can only tag the attackers when they have the ball, so passes must be swift and accurate. <p><u>DEVELOPMENT</u></p> <p>GAME: Pass Bomb</p> <ul style="list-style-type: none"> • 4 attackers start with a Frisbee. • 1 defender tries to intercept. • After 4 successful passes, a new defender joins the area. • The sequence continues until all defenders are in the zone or there is an intercept. • If the ball is intercepted, switch roles. 	<ul style="list-style-type: none"> • No Contact: There is no contact permitted. The guarder must stand at least a foot away from the player in possession. • 1 Guarder Only: There is only one guarder allowed to mark each player. If a second guarder marks a player, there is a free pass from that spot. • Stall count (10 Second Count): Once a guarder gets within 10 metres of the thrower, they begin the stall count, which is the 10 seconds that the thrower has before they must pass. • Make Yourself Big: The guarder must make themselves big so that they can block the target passes for the player in possession while maintaining low hands. They should move their hands and shuffle their feet to block the targets. 	<ul style="list-style-type: none"> • Maintain a distance of 1 foot away from the opposition player so that there is no physical contact or collision. • Ensure there is no wild passes that may hit or injure another player. • Ensure that you keep your head up to be aware of the other players positioning and the ball/Frisbee. • Ensure that there is adequate space between each group.

VARIATIONS/ADAPTATIONS

- Introduce a Frisbee instead of the ball to develop the game and make it harder for players.
- Introduce a time aspect to Pass Bomb so the players are under pressure to pass.

CARD 7

AIM

To demonstrate the ability to throw and catch accurately and apply these skills to a competitive fun game.

EQUIPMENT

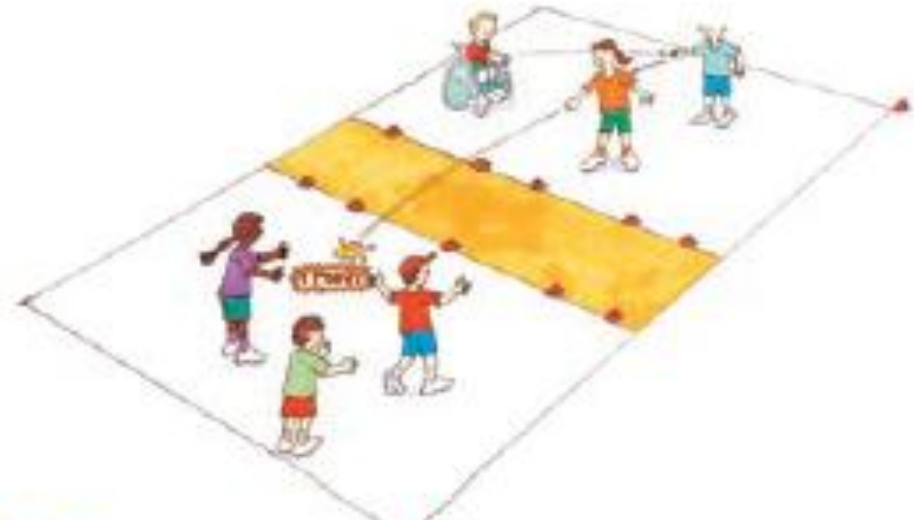
Frisbee

GAME: King of the Castle



The diagram above shows the game of King of the Castle being played where pupils line up at opposite sides of the court and throw the Frisbee to the person on the opposite side, who must catch and return a pass to the new player opposite them.

GAME: No Man's Land



Above, the diagram shows the team game of No Man's Land where the pupils throw the Frisbee over a specific set area in the middle of the court to an opposing team who must try to catch the Frisbee and return a pass.

HOW TO PLAY	TEACHING POINTS	SAFETY POINTS
<p>GAME: King of the Castle</p> <ul style="list-style-type: none"> • Players line up behind each other at one side of the court. • Players pass the Frisbee to player directly opposite them on the other side of the court. • After a while, it will become a competitive game and players will be eliminated if they pass a bad pass or drop a good pass. • These players must go to the side and practise their skills in pairs. • The game is played until everyone is eliminated. <p><u>DEVELOPMENT</u></p> <p>GAME: No Man's Land</p> <ul style="list-style-type: none"> • Players will split into 2 teams, with 3 members at either side of the court. • A zone will be placed in the middle of the court and this will be No Man's Land. • Players must pass to a member of their team on the far side. • The other team must try and intercept the pass. • A point is awarded for every successful pass. 	<ul style="list-style-type: none"> • Forehand and Backhand Technique: Use the correct technique for the forehand and backhand throws as covered in previous task cards. • Catching Technique: Use the correct technique for the catch and try and bring each pass into your chest. • Pass to Chest: Aim the pass towards the chest of your opponent to make their catch easier. • Call the Name: Call the name of the player you are passing to. 	<ul style="list-style-type: none"> • Keep your head up so that you can see the Frisbee and other players. • Call names so all players are aware of the intended receiver. • Be aware of other players so that you do not run into them or make contact. • Be aware of your boundaries in case there are walls or any obstacles present.

VARIATIONS/ADAPTATIONS

- Make the distance of the throws shorter or longer depending on the success of the players with the skills.
- Challenge the players to use different throwing or catching techniques each time so that they are practising all skills.

CARD 8

AIM

To demonstrate the skills of Ultimate Frisbee in a fun competitive modified game before applying the skills to a regular game of Ultimate Frisbee.

EQUIPMENT

2 benches, a Frisbee, 2 sets of 6 bibs

GAME: On the Bench



This diagram shows a similar form of the game being played with a ball. The format is the same with members of the team trying to accept passes from their teammates.

GAME: Ultimate Frisbee



The diagram above shows the game in action as members of each team pass the Frisbee to each other and attempt to make a pass to a team member who is situated in the End Zone.

HOW TO PLAY	TEACHING POINTS	SAFETY POINTS
<p>GAME: Bench Ball</p> <ul style="list-style-type: none"> • Players divided into teams of 6. • Players try to pass the Frisbee to their teammates before throwing a pass to a member of their team who is standing on a bench at the end of the court. • If a player passes successfully to their teammate on the bench, they join the bench. • First team with all members on the bench wins. <p>DEVELOPMENT</p> <p>GAME: Ultimate Frisbee</p> <ul style="list-style-type: none"> • Players remain in their teams of 6. • Players attempt to make a pass to a member of their team who is situated in the end zone. • A score is awarded if a pass is successful to the member in the end zone. • If a pass of the Frisbee hits the ground, the possession is turned over. 	<ul style="list-style-type: none"> • Communicate with each other: Call names when looking for a pass or when passing to a teammate. • Keep the Frisbee off the ground: Look to pass to a teammate using the backhand or forehand throw which aims to keep the Frisbee in the air. • Use skill teaching points: Use the teaching points for the skills covered in the previous task cards for the grips, throws and catches as appropriate. 	<ul style="list-style-type: none"> • Ensure there is no wild throwing of the Frisbee. • Call names of the intended receiver of the pass. • Ensure that players take care when standing on the bench - feet firmly on bench. • Keep your head up and your eyes on the Frisbee, particularly when expecting a pass. • Beware of your boundaries in case there are walls or any obstacles present.

VARIATIONS/ADAPTATIONS

- If too difficult, introduce a ball instead of the Frisbee.

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