



### **USA Ultimate Frisbee: Basic throws, trick shots, game play, and more**

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### **SPIRIT OF THE GAME**

"The integrity of Ultimate depends on each player's responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount."

### **Why Frisbee?**

- Minimal equipment required
- Teaches Sportsmanship as a core for the sport
- Lifelong sport
- Development of a new skill most don't have

### **Equipment**

- [Discraft Ultrastar 175g Frisbee](#)

### **Skills**

#### **Main Throws**

- Backhand
- Flick
- Hammer

#### **Trick Shots**

- Scoober, Thumber, Chicken wing, Air bounce, Skips and more.
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### **Activities/Stations**

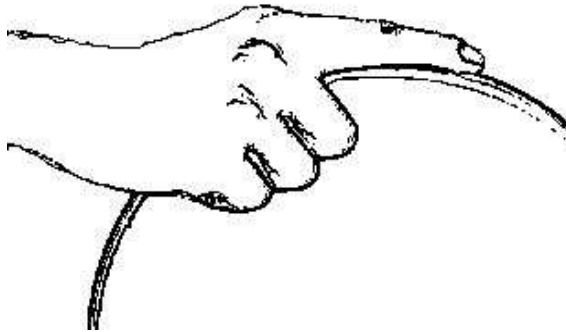
This unit is composed of 4 different lessons that can each be run for multiple days, depending on class size, age level, length of class, and times seen per week.

### **Lesson 1 - Introduction to throws/throwing challenges**

# Backhand

1st and easiest throw, pointer on rim, thumb on top other fingers curled underneath

## Grip



## Stance

### BACKHAND THROW



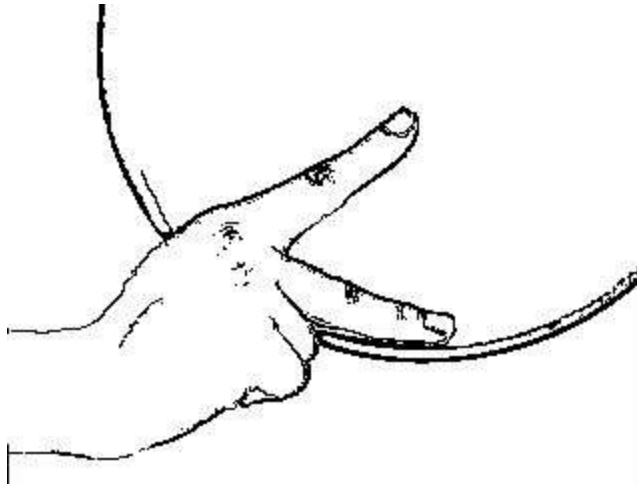
A throw in which a player brings the Frisbee across to the other side of the body and then propels it forward

[BACKHAND THROW VIDEO](#)

# Flick/Forehand

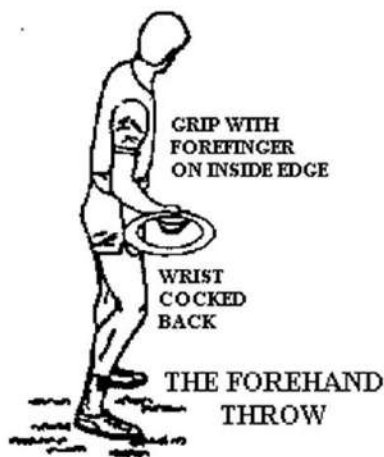
2nd throw to learn, thrown from opposite side of body

## Grip



## Stance

### FOREHAND THROW



A throw in which a person swings the arm backward and then rotates it forward along the same side of the body; The Frisbee should roll off the middle finger

[FOREHAND  
THROW VIDEO](#)

**Hammer** Held the same way as the flick, but throw like a baseball and upside down

## **Throwing Challenges**

**Consecutive Throws** - Standing about 10 yards apart from a partner, complete as many throws in a row as possible.

**Water Balloon toss** - Partners start about 5 yards apart and attempt to complete a pass, with each complete pass, receiver takes a step back. Which group can get the farthest apart.

**Relay** - Partners try to get from one side of the field to the other, If they drop the frisbee, the restart. **(Very important to teach short quick throws and that long throws rarely work)**

**Route running** - One partner will run a route and try to catch throw. Teaching throwing to a moving target and reading the frisbee.

**Farthest throw - The student's favorite!** Line students up on a line, preferably with wind at their back. On your go the throw as far as they can. This simulates the "pull" in frisbee.

## **Lesson 2 - Stations**

These stations will help students develop throwing skills without the frustration of throwing and catching with a partner where they miss constantly.

**Bocce Frisbee** - Bocce ball but using frisbees

**Tic-Tac-Frisbee** - Using hula-hoops, tape, or sticks, make tic-tac-toe board and have students with different color frisbees take turns trying to get 3 in a row. These can be laying on the ground or hanging on the wall

**KanJam** - KanJam

**Sticks** - Placing cones on sticks, students alternate trying to throw the frisbee through the sticks that are placed about a foot and a half apart. SCORING: 1 point for hitting a cone off the stick, 3 points for making it through the sticks without knocking off a cone

**Horse/Trick Shots** - Let kids get creative here! Place out any equipment you want: Cones, hula-hoops, jump ropes, goals, etc. Students create a shot and others have to recreate it.

**Hula-Hoop Horseshoes** - 2 hula-hoops placed about 10 yards apart, students try to throw the frisbees into the hoop. SCORING: 1 point for disc 1 frisbee length from hula hoop 2 points for touching the hula-hoop, 3 points for being in the hula-hoop.

**Keep Away** - Students make 2 teams, One team tries to maintain possession for as long as possible. If the frisbee hits the ground or is intercepted, the possession changes

## **Lesson 3 - Ultimate Frisbee**

**Field size** can be setup to whatever size works best for your age/skill level. Make sure endzones are VERY large to make it easier to score points. I increase field size as students are getting more successful. Starting at 15 yard end zones, with 20 yards in between and width of at least 20 yards.

## **Ultimate in 10 Simple Rules**

**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.

**Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

**Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.

**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.

**Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.

**Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.

**Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

**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-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.

**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.

#### Lesson 4 - Frisbee golf

Students get into groups and start at different holes set up around the field. Each group takes a scorecard and a pencil. Just like regular golf, each throw counts as a stroke, wherever the frisbee lies, they take their next throw. Students complete a hole when they hit the pin, the play onto the next hole

