

# THE ULTIMATE FRISBEE EXPERIENCE

Complete Lesson Plans for Teachers

## INSIDE

Why choose Ultimate  
History of the sport  
Getting started  
Spirit of the game  
Complete lesson plans  
Equipment and gameplay  
Activity resources  
Glossary of terms



**ULTIMATE**  
**CANADA** 

# **The Ultimate Frisbee Experience**

## **Complete Lesson Plans For Teachers**

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# Table of Contents

## 1. Introduction

What is Ultimate? .....	4
The History of Ultimate .....	4
Ultimate Today .....	4
Why Choose Ultimate? .....	5
What if I have never played Ultimate? .....	6

<b>2. What is Spirit of the Game (SOTG)? .....</b>	<b>7</b>
--	----------

<b>3. How can I use this document.....</b>	<b>8</b>
--	----------

## 4 How to play Ultimate

The Field .....	9
Equipment Needed .....	9
10 Simple Rules .....	10
Gameplay .....	11

## 5. Ultimate Lesson Plans

Before you begin .....	13
------------------------	----

### Beginner Level:

#### Lesson 1

Backhand Throw, Pancake Catch, SOTG Activities .....	14
--	----

#### Lesson 2

Defense, Basic Rules, Modified Game, SOTG Activities .....	19
--	----

#### Lesson 3

Forehand Throw, Small Sided Games, Modifying Field Size, SOTG Activities .....	23
---	----

#### Lesson 4

Ultimate Game, SOTG Activity.....	31
-----------------------------------	----

## 6. Ultimate: Next Steps

#### Lesson 5

The “C” Catch, Cutting, Modified Gameplay, SOTG Activities .....	34
--	----



# 1. Introduction

## What is Ultimate?

Ultimate is a team sport played using a disc (Frisbee), with 7 players (one line) per team on the field at a time.

## The History of Ultimate

In 1967, 15-year-old Joel Silver learned how to play Frisbee football at summer camp. The sport was similar to regular football, but there was no contact and unlimited forward passing.

Joel returned in the fall to Columbia High School in Maplewood, New Jersey, continuing to throw the disc with his fellow students. By the spring, Silver and his friends had organized a lunch-hour game of Frisbee football with a team from the student newspaper. The teams were composed of both athletes and non-athletes alike. Originally, there were 20 to 30 players on the field at one time.

By 1969, games were played in the school parking lot, because it was lit, every weekend night, and on school vacations. The number of players on the “field” was reduced to 7 per team, due to the width of the lot.

The sport was named Ultimate, as Joel considered the game to be the Ultimate sports experience. The players considered Ultimate to be a gentleman’s sport, so there was no need for referees. While initially only men played the game, eventually women joined in to make Ultimate a truly co-ed sport. Many of these original rules form the basis of the rules today.

Many used to consider Ultimate to be a “hippie” sport, as it evolved during the hippie era. Players would sometimes wear wild costumes, and men might even wear skirts. If an unusually beautiful natural event, such as a rainbow or a huge thundercloud were observed, the players would call a “mother nature moment”, and the game would stop while they marvelled at the beauty they saw.

## Ultimate Today

Today Ultimate is a worldwide sport recognized by the International Olympic Committee.

Each year in Canada there are provincial, high school national, and the Canadian Ultimate Championships (CUC). There are summer leagues in every province and two territories, where players of every skill level are welcome. Some provinces have indoor leagues during the winter months. Costs to play are kept as low as possible because Ultimate is truly a grassroots based game. And yes, in some tournaments you can still see wild costumes because, at it’s core, Ultimate is about the joy of play.

## **Why choose Ultimate?**

### **What are the advantages for students playing Ultimate?**

The main reasons to choose Ultimate are inclusion, vigorous activity, low costs, personal growth and responsibility, and playing a lifelong sport.

Ultimate is fun and easy to play. Many times, students who have not been successful at traditional team sports find Ultimate very appealing. All they have to be able to do is run, play some defense and catch a disc. Throwing skills will come later. Ultimate is also one of few sports where boys and girls can play together on a team. Because Ultimate is a non-contact sport, the risk of serious injury is reduced. Players can easily practice their throwing skills. All that is required is a disc and a small outdoor, or even indoor, space. Players who advance in the sport can try out for provincial and national teams.

Selection to these teams is based on skill. There are no tier systems that players must compete in. One teacher from a small inner city school in Winnipeg, reported that four of his players had played at world championships; two, while still in high school.

Ultimate is a high intensity sport. Players are always running during a point. In a regulation game, players cannot substitute until a point is scored, but by modifying the rules, players can switch off (similar to hockey) if they get too tired. This modified type of game is called Speed Ultimate, or Switch on the Fly Ultimate.

The equipment costs for Ultimate are minimal. Teachers need access to a field, a number of marker cones, and some 175 gram discs. Participants need a light and a dark shirt (pinnies will also suffice), and runners. Football or soccer cleats are required if students want to join local leagues outside of school.

Ultimate does not rely on referees to enforce the rules. Players on the field are responsible for calling infractions, and resolving any disputes. Being honest and treating opponents fairly is a cornerstone for “Spirit of the Game”, which is unique to Ultimate.

Ultimate is a lifelong sport. Throughout Canada there are 34,000 players in 70 leagues registered with the national sports organization; Ultimate Canada. There are also an estimated 70,000 players who are part of school and social clubs. Players range from elementary school age to over 60 years old. There are leagues and divisions for players of every skill level, from beginners to national team members. Each year in Canada, there are Provincial Ultimate Championships, National High School Championships, and National Junior Club Team Championships. Every two years, there is a World Junior Championship played in a different country each time.

Worldwide, the World Flying Disc Federation estimates that people in over 50 countries play Ultimate.<sup>i</sup> Recently, the International Olympic Committee has recognized Ultimate. This means that Ultimate can compete with other sports for inclusion into future Olympic Games.<sup>ii</sup>

“Ultimate is a game that helps develop physical literacy skills such as:

- spatial awareness
- balance and proprioception
- hand-eye coordination
- multisensory processing

Kids who play Ultimate are exposed to situations that regularly develop life skills such as:

- learning and practicing co-operation and teamwork
- empathy, honesty, and self-regulation
- building logical thinking skills through strategy
- learning and practicing healthy competition”<sup>iii</sup>

### **What if I have never played Ultimate?**

There are many resources to support teachers who have never played Ultimate. In this document you will find links to videos, and Ultimate National and Provincial/Territorial Sports Organizations (PTSO) to help you in teaching the sport. If your school has an Ultimate team, there may be students available to demonstrate and teach throwing skills. One recommendation would be to contact your PSO or local Ultimate association (listed in Appendix C) and ask for assistance.

### **What resources are available to help me coach a school team?**

Appendix C contains information regarding the National Coaching Certification Program which teaches coaches the skills needed to run an effective Ultimate program.

## 2. What is Spirit of the Game?

Spirit of the Game (SOTG) is what makes Ultimate unique among sports. Because there are no referees, players themselves are responsible for fair and honourable play.

From the United States of America Ultimate (USAU) 11<sup>th</sup> Edition Rules:

*Spirit of the Game: Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players." USAU 11th Edition Rules, Rule 1.b.*

It is very common to see opposing players congratulating each other after an exceptional play, or a long, hard fought point. After a game, some teams will perform a cheer that honours the opposing team; win or lose. At national and international competitions, teams may give a "Spirit prize" to an opposing player who has demonstrated excellent Spirit during the match.

While all sports encourage sportsmanship, SOTG is different. Sportsmanship does not require a player to admit to an infraction that might place her team at risk of losing a point or a game. SOTG demands that if a player commits an infraction and is called for it, he must acknowledge that he committed the infraction and accept the consequences, even if it puts his team at risk of losing a point or the game.

Ultimate is self-officiated. Calls and disputes on the field are settled by the players on the field. There are no outside agencies to appeal to. Thus, the integrity of the sport is embodied in SOTG and the players who adhere to it.

For more information about SOTG, visit Ultimate Canada at:

[https://canadianultimate.com/en\\_ca/spirit-of-the-game](https://canadianultimate.com/en_ca/spirit-of-the-game)

### 3. How can I use this document?

There are three sections in this curriculum. **Ultimate: Beginner Level**, consists of four lessons designed to introduce students to the game. **Ultimate: Next Steps**, teaches intermediate skills. **Ultimate: Advanced Skills and Activities** can be found in Appendix A. These lesson plans are for players who have already had exposure to the beginning and intermediate sections.

The lessons can be followed in a linear fashion, one after another, or the teacher may pick and choose which lessons to teach based on the needs of the group of students at hand. If the school has an Ultimate team and players are in the class, teachers may wish to group students according to ability and then present lessons according to skill level. Time for activities is flexible and the teachers should decide how long to spend on each one.

If the time to teach Ultimate is limited, practicing of skills may give way to game play so that students are active. Conversely, if there is more time available, the teacher may wish to present a specific lesson over two time slots to maximize student understanding and allow for skill development and practice during class time.

Spirit of the Game (SOTG) activities should always be included in a lesson. They do not take much time and are essential in the teaching, understanding and practicing of SOTG. Each lesson contains SOTG questions for discussion, as well as an activity. These questions and activities are also listed in Appendix B. If teachers require more than one class to complete a lesson, they should refer to Appendix B for additional SOTG resources.

Unlike some other sports that rely on tiering or level systems to identify elite athletes, Ultimate relies only on a player's skills and abilities at the times of provincial or national tryouts. Because of the potential for players to participate in high level competition, teachers should ensure that they teach the game properly, and access outside resources if required, so that players have a solid grounding in the game.

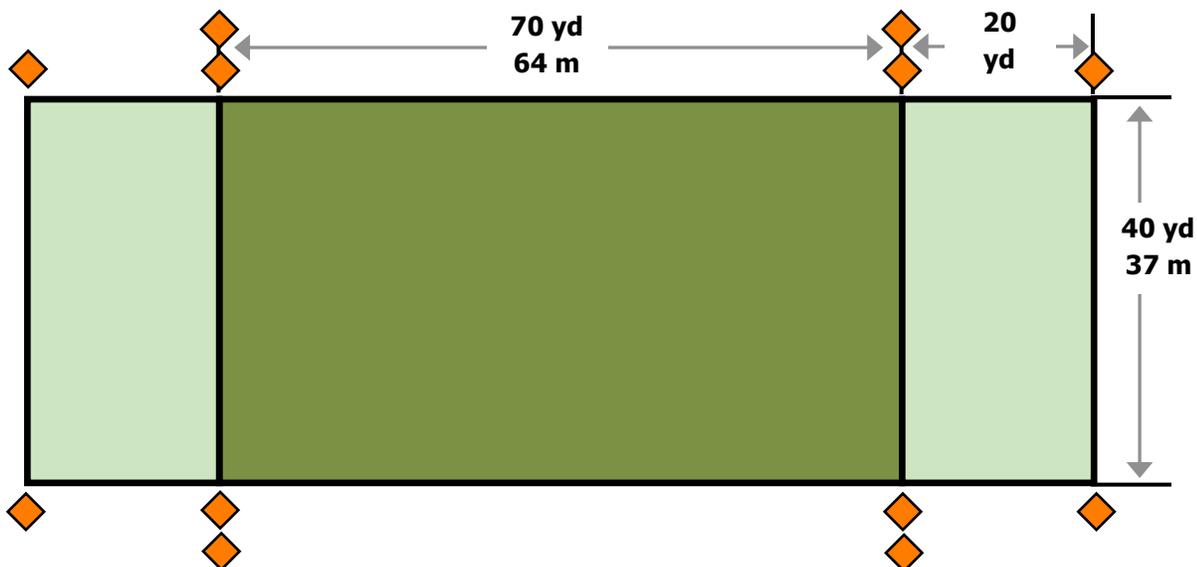
The most important consideration when teaching Ultimate is that of "having fun". Ultimate is a sport where laughter and fun are never in short supply. Even at high levels of play, mistakes can be fodder for good-natured joking; but never taunting. Students should be reminded that dropped discs and bad throws are part of the game and that the most important thing is to keep smiling and keep trying.

## 4. How to Play Ultimate

### The Field

Ultimate fields are measured in yards, the same as football fields. The diagram below includes metres for reference. The orange diamonds indicate cone placement.

An Ultimate field is 40 yards wide, and 70 yards from goal line to goal line. Each end zone is 20 yards deep. Field size can be changed to accommodate a smaller area playing area, or modified game play. For example, if the class is in a gym, the basketball court would be the field and teams would have 3 or 4 players. If using a small space outdoors, teams could have 5 players and the field would be 25 yards wide, 42 yards long, with end zones on 14 yards. Lesson 3 has more field size options.



### Equipment Needed

Ultimate has minimal and inexpensive equipment requirements. Plastic cones are used to mark the end lines and goal lines. Players traditionally have dark and light jerseys. Pinnies can be used in place of these. Players on interscholastic teams use football or soccer cleats, but running shoes will suffice at the beginner classroom level.

The most important piece of equipment is the disc. The official disc of Ultimate weighs 175 grams. Several manufacturers make this weight of disc, the most common being Discraft and Daredevil. It is vital that a 175 gram disc be used. Lighter discs will not fly as well and heavier discs can be hard to throw. With that being said, younger players may have more success with the 145 gram Discraft J-Star disc. Contact your local ultimate association (listed in Appendix C) for help in purchasing the correct discs and also to access special discounts offered by some leagues.

## Rules

The rules of Ultimate can be somewhat complex. For beginning players, a simple ten point summary has been created. (See Appendix C for a printable Black Line Master of this resource)

### Ultimate in 10 Simple Rules

by *Steve Courlang and Neal Dambra*

1. **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.
2. **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.
3. **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.
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.
5. **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.
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-Officiating:** 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.

## Gameplay

### Simplified

Ultimate is a non-contact sport played by two seven player teams. Each player will match up and guard a player on the other team. Regulation games are to 15 points. Games may have lower point totals if desired. The game starts with one team receiving a throw (like a kickoff) from the other team. The disc is passed in any direction between offensive players. The thrower must establish a pivot foot before throwing and is not allowed to take any steps. The thrower must pass the disc to a receiver within 10 seconds; otherwise it is a turnover. The person guarding the thrower counts out the 10 seconds. If contact occurs on the thrower, it is deemed a foul and the 10 second count starts again at 0. If contact occurs on the receiver, it is deemed a foul and the disc is returned to the thrower. Any time a pass is incomplete, intercepted, or lands out-of-bounds, a turnover occurs, resulting in a change of possession of the disc. A point is scored when a player passes the disc to a teammate in the end zone.

### Detailed

The captain of each team brings a disc and meets on the sideline. They flip the discs, like a coin toss, while one captain calls “odds” or “evens”. If both discs land with the label side up, or both with the label side down; that is “evens”. If one disc is label side up and other label side down; that is “odds”. If the outcome of the flip matches the call of the captain, then she gets to choose whether her team will start on offense or defense, or she can choose a side of the field. If the outcome does not match her call, the other captain gets to choose. (**NOTE: All bolded words are in the glossary**)

Each team has seven players standing on opposite goal lines. For Co-ed play, the teams are usually comprised of four boys and three girls. Teachers are free to modify this ratio, based on the makeup of the class. The team starting on defense throws the disc to the other team. This is called the **pull**. Each defensive player will guard an offensive player.

The team on offense receives the disc and moves it up the field by passing it between players. Players get open to receive a pass by making **cuts**; sharp, explosive changes of direction designed to create space between themselves and their defender. Players must establish a pivot foot as soon as possible after they catch the disc and before they throw it to the next player. Running with the disc is not allowed. When an offensive player catches the disc he becomes the **thrower**. The defender guarding him becomes the **mark** and starts a **stall count**. The defender begins with the word “stalling” and then counts off ten seconds out loud. The defender cannot touch the disc or block the thrower’s vision. If the thrower does not pass the disc within ten seconds, or if the pass is dropped, or incomplete, it is a turnover and the defensive team takes over on offense. If the pass is complete a new thrower/marker relationship begins again at “stalling one”.

The defense can also block, knock down or catch a disc in the air. These are also turnovers.

Ultimate is a non-contact sport, so defensive players may not contact offensive players in any manner. Physical contact results in a foul that can be called by the offensive player. There is no holding or picks and screens. (**NOTE:** There will likely be some mild, incidental contact. But if that contact influences the outcome of the play; it is a foul.)

The disc is advanced up the field, but must always be caught in bounds. If the disc hits the ground, or is caught out of bounds, it is a turnover. Play re-starts with the new thrower tapping the disc on the ground, or having the new defender tap the disc, then calling, "Disc in". When any one of the players on the offensive team catches a disc in the opposition's end zone, a point is scored. The team that scored stays in that end zone. The other team walks back to the opposite end zone, resulting in a change of direction after every point.

Sometimes there are disputes on the field. For example:

- Did the marker really foul the thrower?
- Did the defender foul the receiver?
- Was the catch in bounds?
- Was ten seconds reached before the pass?

Whenever a call is made, the player that call is directed to can "**contest**" that call. If he does not, then the call stands and play continues. As part of SOTG, the players on the field deal with all contests. Sideline players and coaches are not allowed to become involved in the dispute resolution process, unless players on the field ask for a rule clarification, or help with perspective. If, after 30 seconds, a resolution cannot be reached then the disc is returned to the last thrower to have possession. Play resumes with the disc being "checked in" by the mark. This ensures that the defense is ready to play. In Ultimate, it is acceptable to "agree to disagree". Players should refrain from loud, heated arguments, and focus on resolving the issue quickly and calmly. Otherwise; "Back to Thrower"!

Player substitutions can only be made between completed points, except in the case of injury. If there is an injury on the field, play immediately stops. If an injured player on Team A is replaced, then Team B has the right to replace any one of their players without giving a reason. This offsets the advantage that Team A will get by having a rested player come into the game.

In regulation play, games are to 15 points, with a 10 minute half-time when one team has scored 8 points. Teachers may want to modify this to assist new players. Smaller fields and lower point totals are completely acceptable. The best thing a teacher can do is modify the games so that students can score points. When you are a beginner, there is nothing more exciting than scoring a point in Ultimate!

## 5. Ultimate: Lesson Plans

### Before You Begin

#### Ideas for Dealing with Players who have Ultimate Experience

Players with Ultimate experience could be asked to assist in demonstrating the skills presented in each lesson. They can also work with beginning players as mentors to help with skill acquisition. At the teacher's discretion, they may be released from the main group and allowed to work on throwing and catching skills on their own, or play any of the small sided games listed in Lesson 3 or do the activities in Appendix B.

If there are two teachers in the class, one teacher can stay with each group after the split. If the teacher with the experienced group is comfortable, and the group desires, lessons 5, 6, or 7 may be presented. Alternatively, the teacher may simply supervise the small sided game.

*(NOTE: Most importantly, the experienced players should be active and enjoying the class, without feeling held back by the beginning players.)*

#### Teaching Tip

In order to minimize distraction, have players place all discs on the ground while you are teaching a skill or concept.

Avoid instructing too much, unless it is in a discussion where the students are engaged in the conversation. Focus on the main points, potentially only two or three per skill or strategy, that you want them to internalize. The most fun they will have is when they are on the field, throwing, catching and running.

#### The Most Important Part of Ultimate: Spirit of the Game (SOTG)

Be sure to include SOTG activities at the end of each class. While playing Ultimate is fun, celebrating SOTG makes it even better! The SOTG Point for Discussion should allow players to reflect and comment on their attitudes towards self-officiating, fair play and spirit in general. Always strive to keep the conversations positive and non-judgemental. The additional Spirit Game may be omitted if time is short. The SOTG Point for Discussion should always be included.

Each Spirit Game activity is a suggestion only. Teachers should feel free to substitute other games.

The important thing is that the players' experience includes a sense of community, life skill development and, of course, fun!

# Lesson 1 – Beginner Level: Backhand Throw, Pancake Catch and SOTG Activities

## Specific Learning Outcomes

- ♦ To throw a backhand with proper technique
- ♦ To catch a disc using the Pancake catch technique
- ♦ To develop a sense of timing when throwing and catching a disc
- ♦ To introduce Spirit of the Game



**Pre-Lesson:** Teachers may wish to give a brief overview of the game of Ultimate.

The videos below show highlights of high school level Ultimate championships:

<http://bcultimate.ca/2016/06/bcjuc-2016-junior-tier-1-highlights/>

<https://www.youtube.com/watch?v=RCWgV2XPIX0>

## Basic Backhand Throw

**NOTE:** For a video tutorial about the backhand throw, link to:

<https://www.youtube.com/watch?v=8oBzItB3220>

The basic backhand is the easiest throw to learn. The three important elements are: Grip, Stance, Throw (**GST**)

### 1. Grip: How to hold the disc

- Place your thumb on top of the disc, along the flight rings (the concentric circle ridges near the edge of the disc)
- Wrap your other fingers under the edge of the disc



## 2. **Stance:** How to position the body

- If you throw right-handed, step across your body with your right foot. If you throw left-handed, step across your body with your left foot. This allows you to extend your body further to throw around a defender. Think of doing a lunge.
- Your back foot is your pivot foot. Make sure it stays on the ground to avoid travelling. Pivot on this foot and step across, until your body position is perpendicular to your target (the receiver).
- The shoulder of your throwing arm should face your target.
- Hold the disc parallel to the ground.



## 3. **Throw:** Releasing the disc

- Swing your throwing arm forward, keeping the disc parallel to the ground.
- As you release the disc, flick your wrist. This gives the disc spin. Spin makes the disc fly straighter and further.
- Upon release, your hand should be pointing at your target.

**NOTE:** If your throw is wobbly, or headed in the wrong direction, you are trying to throw using only your elbow and shoulder, instead of flicking your wrist.

With practice, steps 2 and 3 are done in one quick fluid motion, to avoid having your defender block your throw.



**HINT:** If students are having trouble mastering the wrist flick, have them pair up and stand facing each other about 2 yards apart. Have them throw the disc to one another by only flicking the wrist, keeping the elbow and shoulder stationary.

Tell them that throwing a disc is like snapping a towel.

**Activity (Indoors or Outdoors):** In groups of two, about 10 yards apart, have the players practice the backhand throw. (**Modification:** If you do not have sufficient discs, place students in groups of 3 or even 4.)

## Cues for Throwing

### A. If the disc is not thrown straight

- Be sure your grip is firm enough to hold the disc flat.
- Make sure the disc is flat, parallel to the ground.
- Make sure your throwing hand is pointing towards the target upon release.

### B. If the disc flies upwards or downwards

- Make sure the disc is flat, parallel to the ground, before release.

### C. If the disc wobbles

- Snap your wrist like you are snapping a towel.
- Make sure you are stepping across your body before throwing.
- Be sure you are throwing smoothly; no jerking.

## Pancake Catch

The pancake catch is an easy, effective catch for both beginning and experienced players alike. Both hand placement and timing can affect a successful catch.

- Keep your eyes on the disc. Position your body square to the disc.
- Use 2 hands to catch the disc.
- Hold your hands flat, about 6 - 9 inches apart, to “pancake” the disc. Try to catch the disc in its center, with the palms of your hands, rather than on the edge, or with only your fingers.
- Pull the disc in towards your body.



**NOTE:** Beginners may have more luck by trapping the disc with the body. If you pancake too early, you will catch the edge of the disc with your fingertips. If you pancake too late, you may need to use your forearms to catch it. Either may result in dropping the disc, and the opposing team will take possession.

## Cues for Pancake Catching

- Extend your arms with your elbows slightly bent.
- Catch the disc in the palms of your hands

## Throw and Catch Activities

**Activity 1 (Indoors or Outdoors):** Work with a partner. Begin about 2 yards apart.

Practice throwing and catching to one another until you have 3 successful throws and catches.

Each partner steps back so they are 3 yards apart.

Again, practice throwing and catching to one another until you have 3 successful throws and catches.

Continue in this pattern, gradually increasing the distance between the partners 1 yard at a time.

**Activity 2 (outdoors):** This activity allows players to practice their backhand and pancake catch, but adds movement so they are more active.

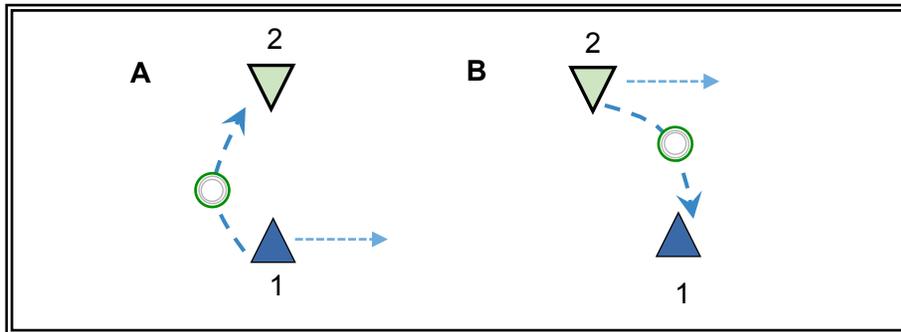
Players pair up and stand 5 yards apart.

**A:** Player 1 throws a backhand to player 2; then moves 3 yards to their right.

**B:** Once there, player 2 throws a backhand to player 1. After the throw, player 2 moves 3 yards to their left.

**C:** Repeat steps A and B.

**D:** After 4 passes each, players return to the starting position, switch places and repeat the activity.



**Activity 2 (indoors):** Players pair up and stand 5 yards apart. Each pair is competing against the other pairs of players. On a whistle, players begin throwing at the same time. The goal is for each pair of players to catch as many passes as possible.

If the disc has to be retrieved, then the receiver must return to their original position before their return throw. The teacher will determine the time for this activity. The pair with the most completions is the winner.

## **SOTG Activities**

### **SOTG Point for Discussion**

In this first activity, teachers should explain SOTG to the players.

Spirit of the Game (SOTG) is what makes Ultimate unique among sports. Because there are no referees, players themselves are responsible for fair and honourable play.

From the United States of America Ultimate (USAU) 11<sup>th</sup> Edition Rules:

*“Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players.”*

Questions for players to consider:

1. Because there are no referees, players themselves are responsible for fair play. As a player, what does this mean to you?
2. Calls and disputes on the field are settled by the players on the field. There are no outside agencies to appeal to.  
Is it possible for two people to see the same on-field call completely differently? What would you do next: Tell them they are wrong and argue? Or agree to disagree and move on with the game? Which would mean the disc goes back to the thrower.
3. Teachers may state: “In the lessons that follow, we will be playing Spirit games at the end of each class. Spirit games are a part of the Ultimate community.”

### **Spirit Game (If time permits)**

#### **Look Down, Look Up**

Everyone stands shoulder to shoulder in a circle. The teacher stands outside the circle and says "Look down". Everyone looks at the ground; the teacher says "Look up!" and everyone looks up at a specific person of their choice. If that person is looking back, both players are out. Keep playing until there are two people left!

## Lesson 2 – Defense, Basic Rules, Modified Game, SOTG Activities

### Specific Learning Outcomes

- ♦ To understand and practice the different defensive positions
- ♦ To be aware of the basic rules of Ultimate
- ♦ To engage in SOTG while playing a modified Ultimate game
- ♦ To celebrate community

### Pre-Lesson

#### Review the Backhand Throw:

- Swing your throwing arm forward, keeping the disc parallel to the ground.
- As you release the disc, flick your wrist. This gives the disc spin. Spin makes the disc fly straighter and further.
- Upon release, your hand should be pointing at your target.

#### Review the Pancake Catch:

- Keep your eyes on the disc. Position your body square to the disc.
- Use 2 hands to catch the disc.

#### Review SOTG:

- You as a player are responsible for honesty and fairness on the field.

### Warm Up (5 min.)

Players pair up and practice throwing and catching.

### Defense

The role of the defense is two-fold:

- First, to put pressure on the thrower so a bad throw, or no throw, is made.
- Second, to stay close to receivers on the field to prevent a completed pass.

1. The defender guarding the thrower is called the “**mark**”. When learning to play Ultimate the mark is positioned in front of the thrower, about two feet away. This is called a “straight up mark”. The defender stands in an athletic position, knees slightly flexed, arms at waist height and slightly extended. The mark tries to prevent a throw by shuffling from side to side as the thrower moves the disc around from side to side. The goal of the defender is to let a pass go sideways, but not downfield. The mark calls out the stall count, beginning at “stalling one” until he reaches “ten”.



The defender continues to guard the same person after the throw is released. Note that “double-teaming” by defenders is not allowed.

2. The defender guarding a receiver must stay close enough to the receiver to prevent a completed pass, without blocking or otherwise interfering, with that player. This will make the thrower look at other options. The defender must follow the offensive player wherever he goes. This can be a challenge as the offensive player will make a number of cuts to try and get open. When a disc is thrown to that player, the defender has the right to make a “bid” for the disc. He can block it, knock it down, or catch it. However, he cannot touch the offensive player while doing this.

*The following activities may be used for practicing defense and throwing. The teacher will determine how much time to spend on each activity.*

### Cues for Defense

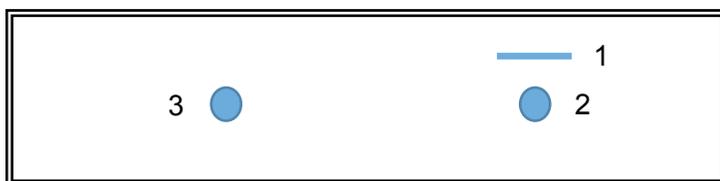
- Stand in an athletic position.
- Move with the disc using your legs; not reaching with your arms.

**Activity 1:** (NOTE: This activity will have the players practice defense. No pass should be attempted by the thrower.)

Have the players pair up. One player is the mark, the other is the thrower. The mark starts the stall count as the thrower moves the disc from side to side. The defender has to move with the disc. Once “stall 5” is reached, the players switch positions and repeat the process.

**Activity 2:** The purpose of this activity is twofold. First, get players running to mark the thrower. Second, give each player a chance to throw the disc while being defended.

Put the players in groups of three as shown below.



The defender (1) will start the stall count. Limit the count to “stall 5”. Before “stall 5” have the offensive player (2) pass the disc sideways to offensive player (3). Player (2) then runs and plays defense on player (3). Player (1) becomes the receiver for the next sideways pass. After the pass is thrown, player (3) runs and plays defense on player (1). Player (2) becomes the receiver for the return sideways pass. Continue this rotation throughout the activity.

**NOTE:** This activity is similar to the “3 Player Throw, Catch, Defend” in Appendix B. However, in this activity the pass is thrown sideways so players get to practice without the pressure of a defender in the way.

## **Basic Rules**

Before playing a modified game of Ultimate, explain the basic rules to the players. At the end of class, the teacher may wish to hand out “Ultimate in 10 Simple Rules” so the students can further their rules knowledge.

The basic rules can be explained in less than a minute:

- You cannot run with the disc. Establish a pivot foot before throwing.
- The disc can be passed in any direction.
- Any time a pass is incomplete, intercepted, or lands out-of-bounds, a turnover occurs and the other team takes possession.
- A point is scored when you catch the disc in the end zone.
- Physical contact results in a foul and the disc is returned to the thrower.

## **Modified Ultimate Game**

Because throwing a disc in game situations can be difficult for beginners, this game uses a beanbag, or a soft foam ball instead of a disc. If using a foam ball, be sure it can be thrown at least 10-15 yds. All the rules are the same, so no running or handing off the bag or ball. Especially emphasize the “no contact” rule. Passing, defense and scoring are the same as a regulation game. A smaller field should be used to increase scoring chances. Teams may be smaller as well. Begin the game by having one team start on offense with the bag or ball ten yards in front of their goal line. This will eliminate the need for a pull.

**NOTE:** If the game is played indoors, teachers may want to limit teams to groups of four or five. If the ball touches a wall or any other part of the gymnasium, it is a turnover.

## **SOTG Activities**

### **SOTG Point for Discussion**

“Sometimes, doing the right thing means admitting you did the wrong thing.”

Questions for players to consider:

1. What do you think this statement means?
2. Can you give an example of this statement in action on the Ultimate field?
3. Does admitting you were wrong make you a stronger or a weaker player?

### **Spirit Game (If time permits)**

#### **Rock, Paper, Scissors Entourage**

Find someone to play rock paper scissors with. If you lose the individual match-up, you are in the “entourage” of the person who beat you and you follow them around cheering for them in every matchup they play. If that person loses, you are in a new entourage for the winner. Eventually it comes down to two people who haven’t lost, both with huge entourages. They play and the entourages cheer and get super loud supporting their person. Winner takes all, for they have the entire entourage

## Lesson 3 – Forehand Throw, Small Sided Games, Modifying Field Size, SOTG Activities

### Specific Learning Outcomes

- ♦ To throw a forehand with proper technique
- ♦ To exhibit SOTG and teamwork during a small sided game
- ♦ To celebrate community

### Pre-Lesson

#### Review defensive positioning:

- The “mark” (defender guarding the thrower) stands in an athletic position, knees slightly flexed, arms at waist height and slightly extended. The mark calls out the stall count.
- The defender guarding a receiver must stay as close as possible, without blocking or otherwise interfering, with that player.

#### Review SOTG:

- Playing with Spirit means you should admit when you are wrong.

### Warm Up (5 min.)

Players get into groups of 4. Two are throwing and catching. The other two are playing “easy” mark defense. Players switch positions halfway through the 5 minutes.

### Basic Forehand Throw

**NOTE:** For a video tutorial about the forehand throw, link to:

[https://www.youtube.com/watch?annotation\\_id=annotation\\_1963566221&feature=iv&src\\_vid=Vnmt-khCGBc&v=GpTNxsWh0Mg - t=2m55s](https://www.youtube.com/watch?annotation_id=annotation_1963566221&feature=iv&src_vid=Vnmt-khCGBc&v=GpTNxsWh0Mg - t=2m55s)

The forehand throw is a bit more difficult to master than the backhand throw, but is more versatile in game play. Again, the three important elements are Grip, Stance, and Throw.

#### 1. Grip: How to hold the disc

- Hold your index and middle fingers together.
- Open out your thumb. Place the disc between your index finger and your thumb. Make sure the disc is resting in the space between your thumb and index finger. Place your thumb on the flight rings of the disc, and the 2 extended fingers on the inside of the disc.
- Rotate the disc until your middle finger is against the inside rim of the disc. Make sure both index and middle fingers are straight.



**Note:** if students are having difficulty holding the disc steady with this grip, suggest they try the “Peace” grip. Form a peace sign with the index and middle fingers. Place the thumb on the flight rings of the disc, and the 2 extended fingers on the inside of the disc. Rotate the disc until the middle finger is against the inside rim of the disc. Some players feel they have more power in their throw if they place their index finger against their middle finger. Other players feel they have more control with the peace sign grip. Choose whichever grip feels better.

This link gives a demonstration: <https://www.youtube.com/watch?v=Vnmt-khCGBc>



## 2. **Stance:** How to position the body

- Stand square to your receiver.
- If you are right-handed step out to the right. If you are left handed, step out to the left. This will help you throw around your defender. Your other foot is your pivot foot.
- Your arm should be at the side of your body.
- Your throwing hand should be approximately waist high.
- Hold the disc so that it is flat, or parallel to the ground.



### 3. **Throw:** Releasing the disc

- Extend your elbow slightly away from your body.
- The foot you step out with supports most of your body weight. Keep your torso upright.
- Flick your wrist. Keep your shoulder, elbow and torso relatively still, focusing on the power coming from the wrist. Keep the disc parallel to the ground, but with the outside edge slightly lower than your hand. Make sure your body is still square to your receiver.

With practice, steps 2 and 3 are done in one quick fluid motion, to avoid having your defender block your throw. The disc should fly level towards the receiver.

**More throwing information can be seen here:**

<https://www.youtube.com/watch?v=nHsSHJBEcRw>

## **Cues for Throwing**

### **A. If the disc is not flying level**

- Try throwing with your upper arm against your body. Just flick your wrist.
- Make sure the disc is flat, parallel to the ground.

### **B. If the disc flies upwards or downwards**

- Make sure the disc is flat, parallel to the ground, before release.

### **C. If the disc wobbles**

- Snap your wrist like you are skipping a stone.

### **D. If the player has trouble controlling the throw in general**

- suggest they try the “Peace” grip.

## **Throw and Catch Activities**

**Activity 1:** Work with a partner. Begin about 15 feet apart.

- Practice throwing and catching with one another. Focus on trying to get the disc flying straight and level. Catch with a pancake catch.
- Make sure your grip is correct before each throw. Remember that the power comes from a flick of the wrist.
- Watch your partner. Tell them if the disc is flat when they throw. Observe if they are moving their arm, or focusing on the wrist flick.
- As you become more confident in your throws, gradually increase the distance between the partners.

**Activity 2:** Work in groups of 3, a thrower, a receiver, and a mark (defender).

- The thrower tries to throw a forehand to the receiver. The mark stands on the backhand side of the thrower and counts to “stall 5”, but does not try to block the throw. The group can determine how far apart the thrower and receiver should be, depending on their throwing and catching skills.
- The thrower has 3 tries to get the disc to the receiver. After three attempts, the defender becomes the thrower, the thrower becomes the receiver, and the receiver becomes the defender.
- Continue until everyone in the group has been a defender.

**NOTE:** If the class is indoors, keep the thrower and receiver closer together. If the disc is thrown off target, remind the receivers to let it go and not chase it. This will help eliminate accidental collisions.

## Small Sided Games and Modifying Field Size

### Small Sided Games

For large phys-ed classes, a regulation game may not provide enough opportunity for players to run, throw, catch, and score. Conversely, smaller classes may not be able to field two teams of seven players. Small sided games ensure that players experience a chance to enhance their technical skills, score points and have fun. For Co-ed classes teachers should ensure that there is a mix of both male and female players on each team.

**NOTE:** If playing indoors, teachers should modify the size of the teams and the game space as required.

#### **Mini Ultimate**

**(Skills Developed:** All Ultimate related skills)

Players are grouped into teams of 3 players. The field is 20 yards wide, 30 yards long, and end zones are 6 yards deep. The regular rules of Ultimate apply. There are three teams assigned to each field. This allows players to rest. Games are to three points and the team that wins stays on the field. Teachers may wish to set a time cap on each game so that players waiting to play remain active. In this case, the team that is leading stays on the field. If teams are tied; a disc flip will determine who stays on. You could expand to teams of four if needed.

### **Hot Box**

**(Skills Developed:** Throwing, catching, accuracy, cutting)

This is a game for teams of 3 or 4 players. Three teams can be assigned to each game. This allows players to rest. Using cones, create a 4 yard box in the middle of a 30 yard square. This box is the “end zone” for both teams. The playing field is the large square around the box. Players on offense pass the disc around until they can complete a pass to a teammate inside the end zone. Nobody can stand in the end zone for more than two seconds. All of the regular rules of Ultimate apply. Games are to three points, but unlike Mini Ultimate, if a team scores they retain possession. However, they must “clear” the disc from the end zone to the large square (similar to 3 on 3 Basketball) before they can score again. The team that scores three points first remains on the field.

**NOTE:** As in Mini Ultimate, teachers may wish to set a time cap so that all players have a chance to participate.

### **Frisbee Bocce**

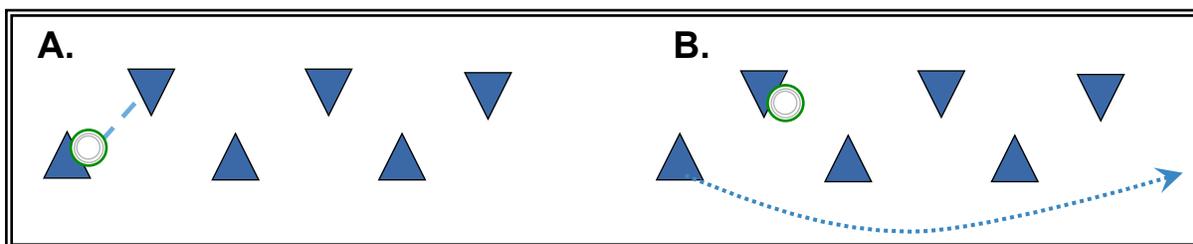
**(Skills Developed:** Accuracy, throwing)

Put players in groups of 4 or less. Each player has a Frisbee. You will also need a target. This could be a Frisbee, a ball, hoop, etc. The target is thrown out away from the players, or if players are very new to Ultimate, placed a reasonable distance away. Each person throws their disc and tries to land closest to the target. Scoring is: 1 point for the closest, or 2 points if the target is hit. Total points required to win a game can range between 5 and 10 depending on the ability of the throwers.

### Team Ladder Run

**(Skills Developed:** Throwing, catching, sprinting, accuracy)

Create 2 or more teams of 6 to 8 players. The teacher can determine the length of the field based on the abilities of the players. Generally, a 40 yard field would suffice for beginners. The first team forms a ladder (two rows slightly offset) about 10 yards apart. In diagram (A) the first player passes the disc across the ladder to the receiver. After passing the disc, the thrower runs to the far end of the ladder as in diagram (B). At the same time the receiver throws across to the next person. Continue in this manner to the end of the field. If a pass is dropped, the intended receiver picks up the disc and continues the process. The teacher should count the number of completed passes. Dropped or incomplete passes are not counted. After the first team is finished, the second team goes. The team with the most completed passes wins. Options include teams counting their own passes so that more teams can play at the same time, or the teacher could ask other players to count passes.



### Run the Rabbit

**(Skills Developed:** Marking, accuracy, throwing, catching, faking)

This skill building game requires teams of 3. The two players on offense try to keep the disc away from the defender (the rabbit). They stand across from each other about 6-8 yards apart. Passing the disc back and forth, they cannot move from this position. The rabbit must “mark” the player with the disc. Begin the stall count at “stall 5”. A turnover occurs each time a pass is not completed or the stall count reaches 10. Once a turnover occurs, the defender replaces the offensive player responsible for the turnover. If, at any point, 4 throws in a row are completed, the “rabbit” switches with one of the throwers. This will prevent one player from being the “rabbit” for long periods of time.

### 3 Passes

(**Skills Developed:** Teamwork, cutting, disc possession, defense)

Two teams of 4 start on opposite ends of a modified field. A disc is tossed to the middle and both teams sprint for it. Once a team takes possession, Ultimate rules apply except points can only be scored after three consecutive passes are completed. Throws may be in any direction, anywhere on the field within the boundaries. The disc is turned over to the other team on an interception, a dropped or missed pass, a knock down or stall count of 7. Games are played to a 3 points or a time limit.

### Modifying Field Size

When beginning to play Ultimate, a regulation size field can make it difficult for players to advance the disc, score points and enjoy the game.

Modified field dimensions help beginning players to be successful at Ultimate. It is easier to score points on a smaller field. And scoring points is fun! In addition, a smaller field means that teams can be smaller, allowing more players to be involved on multiple fields than a single regulation field.

Modified field dimensions are based on the number of players on the two teams, the skill level of those players, and the amount of total space that is available. Students in Grade 8 and lower should always play on smaller fields.

Some dimensions are noted below:

Game Format	Team Size	Width	Length	End Zone
4 v 4	8 -10	18 m/20 yds.	27 m/30 yds.	6 m/6 yds.
5 v 5	10 -12	23 m/25 yds.	39 m/ 42 yds.	13 m/14 yds.
7 v 7	10 -14	32 m/35 yds.	45.7 m/50 yds.	16.5 m/18 yds.

Note: For a regulation Ultimate game and field:

Game Format	Team Size	Width	Length	End Zone
7 v 7	14 - 21	37 m/40 yds.	64 m/70 yds.	18 m/20 yds.

## SOTG Activities

### SOTG Point for Discussion

“Retaliation is never an option.”

Questions for players to consider:

1. When you are wronged (bad call, hard foul) on the field, what might be a first reaction?
2. If the first reaction was anger; how might that affect your behaviour during the next point?
3. If the first reaction was to stay calm, how might that affect your behaviour during the next point?

**Remember:** Retaliation only hurts the player who retaliates. If you feel you are being mistreated on the field, talk to your teacher or coach.

### Spirit Game (If time permits)

#### “Honey do you love me?”

Players form a circle with one player in the middle. The middle person must approach players in the circle and ask, "Honey, do you love me?" The person being questioned must answer, "Honey, I love you but I just can't smile." If that person does smile or laugh, they are now in the middle and the previous middle person joins the circle. The person who is in the middle is not allowed to touch other players but may make as many funny faces or movements as they wish.

## Lesson 4 – Ultimate Game, SOTG Activity

### Specific Learning Outcomes

- ♦ To play a game of Ultimate utilizing individual skills, teamwork and SOTG
- ♦ To participate in a Spirit Circle and understand the nature of SOTG

#### Pre-Lesson:

##### Review the forehand throw:

- Place your thumb on the flight rings of the disc. Hold your index and middle fingers together, and place the middle finger against the inside rim of the disc.
- Stand square to your receiver.
- Extend your elbow slightly away from your body.
- Flick your wrist. Keep your shoulder, elbow and torso relatively still.

##### Review SOTG:

- Retaliation is never an option. If you feel you are being mistreated on the field, talk to your teacher or coach.

#### Warm Up (5-10 min.)

The teacher should lead a proper physical warm-up to prepare for the game. The players may also play a small sided game as an extended warm up before the Ultimate game.

#### Ultimate Game

There are several options for this lesson. The primary goal is playing, and enjoying, a game of Ultimate.

Field size may be modified as the teacher sees fit. There may be two or more teams. With more than two teams, a small tournament may be run, keeping point caps low so a round robin or bracket style play can be completed.

**NOTE:** If the game is played indoors teacher may want to limit teams to groups of 4 or 5. If the disc touches a wall or any other part of the gymnasium, it is a turnover.

If less direct competition is desired, the team that is scored on could be required to congratulate the scoring team with “high fives” and no numerical scores would be kept. While this may seem counter to the competitive nature of sport, it is a perfect fit for enhancing SOTG. Even at high levels of competition, it is not unusual to see players congratulating their opponents for an outstanding play; even if that play resulted in a goal!

## Cues for the Ultimate Game

- Mistakes are part of the game. If you make one; don't worry.
- Remember to play with Spirit and have fun out there!

## SOTG Activity

### Spirit Circle

After the game(s) all players and the teacher stand in a circle. The teacher asks the players to reflect on the game(s) just played. This SOTG activity relies heavily on the teacher leading the discussion.

**NOTE:** Teachers can implement their own ideas for the Spirit Circle. The questions below are only suggestions. The most important thing is that SOTG and a sense of community be at the forefront.

#### A.

##### Sample Questions:

*What is the most spirited thing you saw on the field today?*

*What part of an Ultimate game is the most fun for you? (If a player answers in a negative way, the teacher should accept that response as valid. Not all students will enjoy the game.)*

*Why is SOTG important?*

*What could you do to help your team be more spirited?*

#### B.

Another option for the Spirit Circle is for the teacher to reinforce how playing with intensity and SOTG are compatible.

##### For example:

*"So we just played some really fun, but really intense games. I watched you out there. You were really working hard! But because of SOTG, here we all are, as one unit, as one team. And that's the thing about Ultimate. Both teams play hard, but in the end, each respects the others effort. So let's finish with a big cheer!"*

**(NOTE:** The teacher can decide the focus of the cheer.)

## **6. Ultimate: Next Steps**

At this level, the teacher may wish to play full Ultimate games rather than small sided or modified games. This is fine, as long as the players are able to score points and have fun! If this is not the case, consider making the field smaller and have fewer players in each game.

## Lesson 5 – The “C” Catch, Cutting, Modified Gameplay, SOTG Activities

(Requires a small ball and a larger ball. Both are passed around the spirit circle.)

### Specific Learning Outcomes

- ♦ To learn and practice the “C” catch
- ♦ To learn and understand the two major kinds of offensive cuts
- ♦ To exhibit SOTG and teamwork during a small sided game
- ♦ To celebrate community

### Pre-Lesson

Give an overview of this intermediate section, noting what skills and concepts the players will learn.

### Warm Up (5 min.)

Players pair up and practice throwing forehands and backhands.

### The “C” Catch

If a receiver needs to catch a disc that is higher than their shoulder, or lower than their waist, it is difficult to use a pancake catch. Use the “C” catch instead.

- Form a “C” using your thumb and your outstretched fingers.
- If you are reaching up to catch the disc, the fingers should be at the top of the “C”.
- If you are reaching down to catch the disc the fingers should be at the bottom of the “C”.
- Catch the disc in the “C”, using both hands.
- If necessary, you can catch the disc with only one hand, but the catch will be easier using both hands.



## Cues for the “C” Catch

- If the disc is high, keep your palms down, fingers on top.
- If the disc is low, keep your palms up, fingers on the bottom.
- You can catch the disc with one hand if a two handed catch is not possible.

## Catch Activity

Work with a partner. Stand 10 yards apart.

Throw the disc, aiming either a bit above the shoulders, or a bit below the waist of your receiver.

The receiver needs to react to either catch high or catch low, using the “C” catch.

Continue throwing to one another until each of you has successfully caught 5 passes.

## Cutting

There are two distinct offensive positions in Ultimate; **Cutters** (receivers) and **Handlers** (throwers). Handlers are the players with the best throwing abilities. They are the ones who throw the disc downfield to the cutters. Cutters are generally fast runners. They should be able to make passes, but are receivers first and foremost.

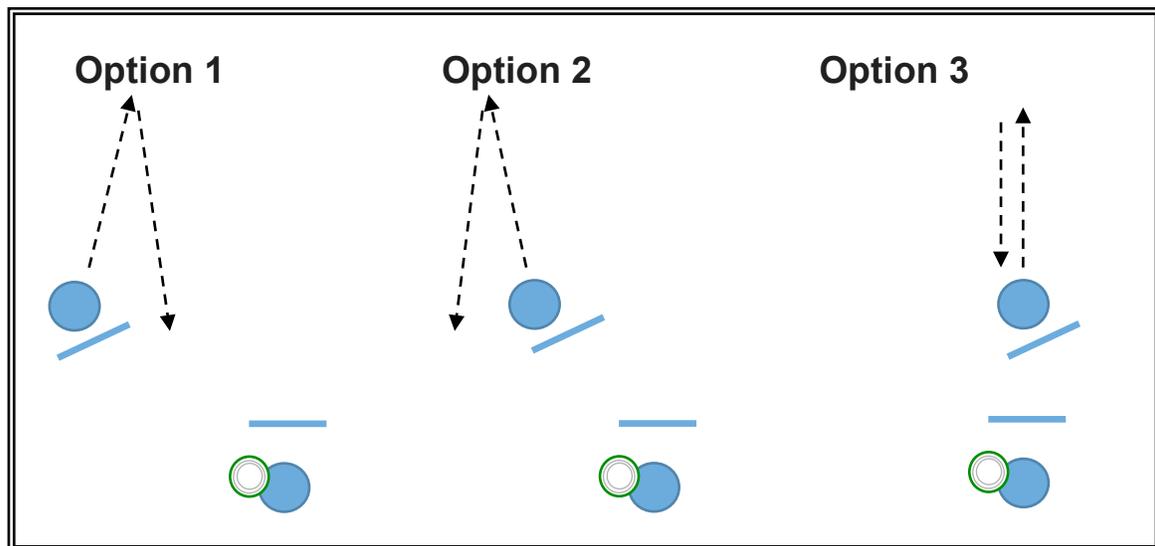
Handler cuts are different from receiver cuts. While receivers run **boulder cuts**, handlers run **dump cuts**. But effective cutting is not just about running around. It is about running with a plan and a purpose. And when cutting correctly, a player can make a defender very miserable!

NOTE: Teachers may have all players do each cutting activity, or they may separate the group into cutters and handlers. Each group would then participate in the appropriate activity.

**NOTE:** If the class is indoors, remind the players to be careful when cutting. Depending on the player’s footwear, gym floors may be slippery.

## A. Boulder Cuts

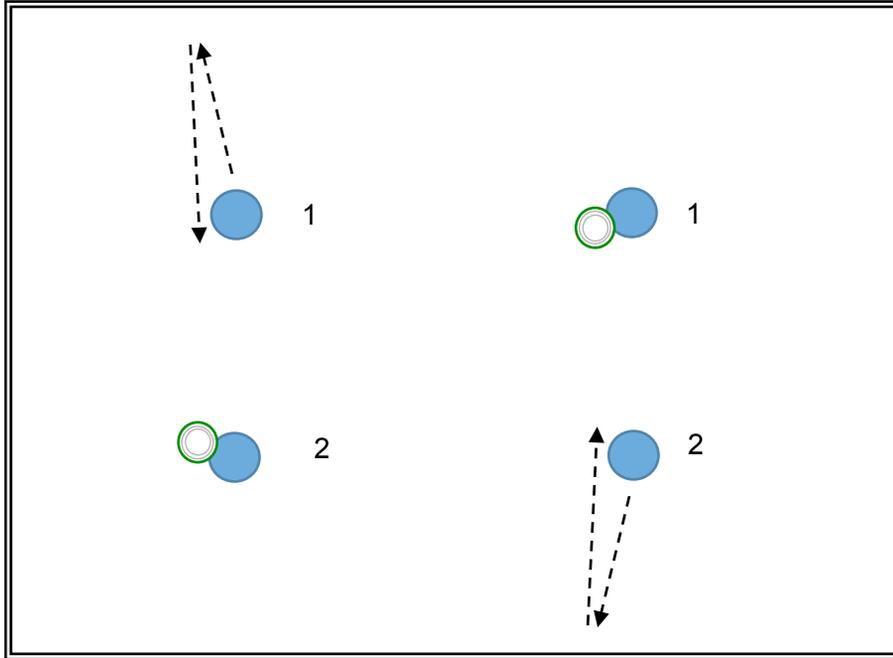
A **boulder cut** occurs when a cutter runs a given distance (about 7-10 yards) in one direction and then abruptly cuts back and runs in the opposite direction, usually towards the thrower. Boulder cuts are designed to get the defender out of position and end up chasing the cutter. In the example below the cutter (circle) runs upfield and then cuts back, leaving his defender (line) behind him. Depending on the position of the cutter, cuts can be made to the inside (option 1), the outside (option 2), or straight out and straight back (option 3). The handler should throw the disc once the cutter has turned and is running back. Cutters should never stop to receive a pass. They should always “**run through**”; keep running towards the thrower until the disc is caught.



### Cues for the Boulder Cut

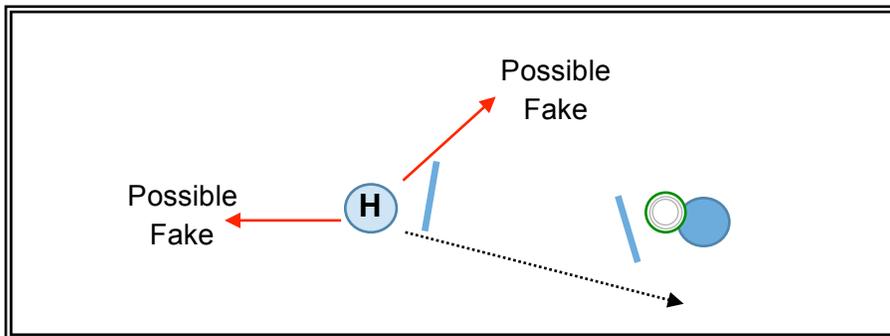
- Change direction as quickly as you can.
- Cut in straight lines. Don't make a big curve to change direction.
- Don't stop to catch the disc. Keep running until you have completed the catch.

**Activity - The Yo-Yo:** Have the players pair up and stand about 7-10 yards apart. Player 1 runs a boulder cut. Player 2 throws the disc. When caught, player 2 runs the boulder cut and player 1 throws the disc. This can be a 3-4 minute timed drill. NOTE: Players can throw backhands or forehands in this drill.



## B. Dump Cuts

A **dump cut** occurs when a handler (H) makes a quick fake in one direction, usually one or two steps and then cuts towards and slightly behind the thrower for an easy **dump pass**. This is a valuable pass as it will **reset** the stall count.



### Cues for the Dump Cut

- Change direction as quickly as you can.
- Run hard when you make your fake.

**Activity - Dump Cut Throws:** Pair up players and have them stand 15 yards apart. Have them run the dump cut (refer to above diagram). After 3-4 minutes, re-group players into groups of 4. Have them run the same drill, but this time with defense. Groups should run the drill twice so each offensive player gets to throw the disc and then switch off with the defense so the defenders get to practice the cut.

### **Modified Game Play**

Teachers can have the players participate in any small sided or modified game(s) they wish. A full game of Ultimate is also an option.

## **SOTG Activities**

### **SOTG Point for Discussion**

“Congratulating an opponent during the game is a good thing.”

Questions for players to consider:

1. After an opponent makes a great play, why would you want to congratulate them?
2. Why would doing this honour SOTG?
3. How does showing respect for your opponents’ abilities affect how people might think of you?

### **Spirit Game (If time permits)**

#### ***Fox and Hound***

The fox (small ball) is started first and is passed from person to person around the circle.

When the fox is about half way around, the hound (large ball) is started in the same direction.

The hound can change directions to try and catch the fox, but the fox can only go one way, until the hound changes direction. When the fox is caught, the game is over.

## Lesson 6 - Hammer Throw, Ultimate Game, SOTG Activity

### Specific Learning Outcomes

- ♦ To throw an overhead (Hammer) throw with proper technique
- ♦ To play a game of Ultimate utilizing individual skills, teamwork and SOTG
- ♦ To celebrate community

**Pre-Lesson:** Quickly review the “C” Catch, Dump Cut and Boulder Cut.

#### “C” Catch

- If the disc is high, keep your palms down, fingers on top.
- If the disc is low, keep your palms up, fingers on the bottom.

#### Dump Cut

- Change direction as quickly as you can.
- Run hard when you make your fake.

#### Boulder Cut

- Change direction as quickly as you can.
- Cut in straight lines. Don't make a big curve to change direction.
- Don't stop to catch the disc. Keep running until you have completed the catch.

#### Review SOTG:

- Show SOTG by congratulating an opponent after a great play.

#### Warm Up (5 min.)

Players pair up and practice throwing and catching.

#### Hammer (Overhead) Throw

The **hammer** throw is unlike the other throws. The disc is held with a forehand grip. The throw starts behind the head, and released as it passes over the forehead, much like a baseball is thrown. It is held nearly vertical, but tilted at a slight angle, away from the throwing arm, and will flatten out upside down after its release. The player should stand square to the target. Like all throws, the wrist flick is vital to a successful hammer.

**NOTE:** Below is a link to a video of the hammer throw. In the video he refers to a “flick throw grip”. This is another term for the forehand throw grip.

<https://youtu.be/K9L7K0nGI0c>



**Option:** A right-handed thrower may find it helps to step back with the right foot before throwing, a left-handed thrower would step back with the left foot before throwing.

Use less tilt to throw the disc further and more tilt to throw the disc to a player close by.

The hammer throw is useful when the player needs to get the disc over the upfield defenders to the receiver. It is also useful when nearing the end of a stall count, to send the disc far upfield.

### **Cues for the Hammer Throw**

- Use the forehand grip.
- Release the disc at a 45 degree angle when it is slightly in front of you.
- Don't forget to snap your wrist.

### **Activity**

- 1) Players line up in pairs, about 30 feet apart. Each pair practices throwing the hammer to each other. As they successfully complete the throws, they increase the distance between them, to gain experience at various distances.
- 2) In groups of 4, (2 offence, 2 defense) the offence practices hammer throws over the heads of the defense. After 8 throws, offence and defense trade places.

### **Ultimate Game**

Play a full or modified game.

### **SOTG Activity**

#### **SOTG Point for Discussion**

“SOTG; It's not just about Ultimate.”

Questions for players to consider:

1. Other than in an Ultimate game, how and when might you show Spirit?
2. Is it valuable to think about Sprit while playing other sports?
3. What about in the classroom, at your part time job, or at home?

## **Spirit Game (If time permits)**

### **21**

As a group, state all of the numbers from 1 to 21. One player starts by saying any number. The next player says any other number and so on. Nobody can say anything but a number and no number can be said by more than one person. (For example: player 1 says 7, player 2 says 13, and player 3 says 5. Player 4 says any number other than 7, 13, or 5.) If more than one person says any number, the count starts over. A definite team effort!

**NOTE:** If there are more than 21 players; increase the number to match or break into smaller groups.

## Lesson 7- Force Side Defense, Intermediate Backhand, Modified Game, SOTG Activities

### Specific Learning Outcomes

- ♦ To understand and practice Force Side defense
- ♦ To throw an Outside/In (O/I) backhand with proper technique
- ♦ To exhibit SOTG and teamwork during a small sided, modified, or regulation game
- ♦ To celebrate community

### Pre-Lesson

#### Review the Hammer Throw:

- Use the forehand grip.
- Release the disc at a 45 degree angle when it is slightly in front of you.
- Don't forget to snap your wrist.

#### Review SOTG:

- Remember that you can exhibit Spirit off the Ultimate field as well.

### Warm Up (5 min.)

Players pair up and practice throwing and catching with the "C" catch.

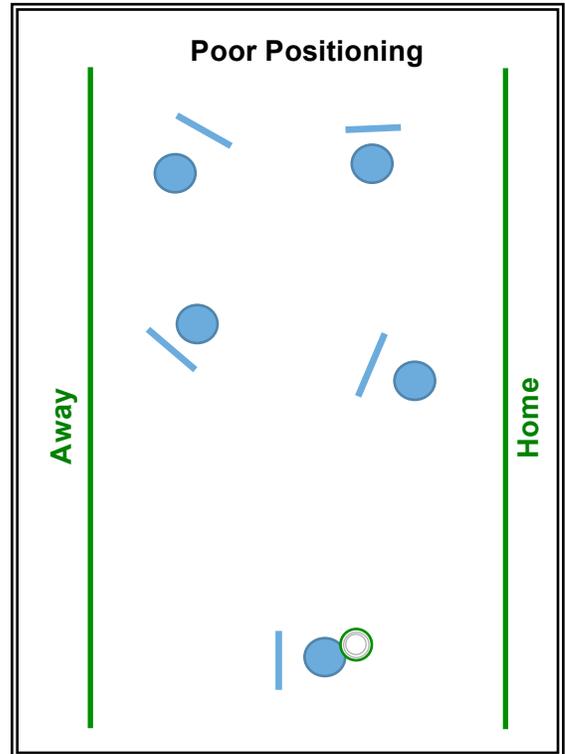
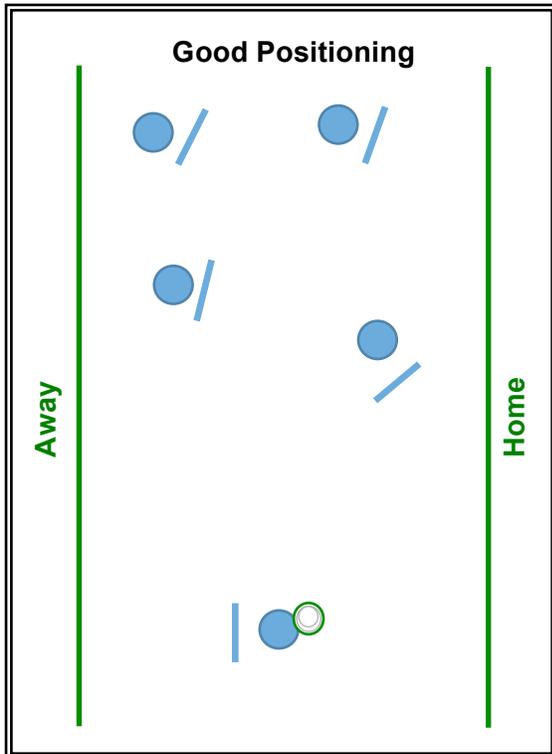
## Force Side Defense and Positioning

In Lesson 2, the defender learned to mark the thrower from a straight up position. Now, the defender will learn to set a **force**. Setting a force is the main defensive approach in Ultimate.

Before the pull, the defensive team decides which way to force the offense to throw. They may choose to force forehand throws, or backhand throws. They may also choose to call "force home" or "force away". **Home**, is the side of the field where the players stand. **Away**, is the opposite side of the field. Forcing a side allows the thrower to make open throws to only one side of the field. That side is called the "**force side**". The opposite side is called the "**break side**". Upfield defenders must place themselves between their checks and the force sideline to prevent catches.

Once the disc is in play, the mark (defender) stands on the break side of the thrower. The mark must not allow the offensive player to throw the disc to the break side of the field. If the mark allows a pass to the break side, it is called a "break" because the defensive team is now out of position.

In the example below, the defense (lines) are forcing the offense (circles) to throw forehands. The mark sets the force and the downfield defenders keep the offense from getting open to catch the disc.



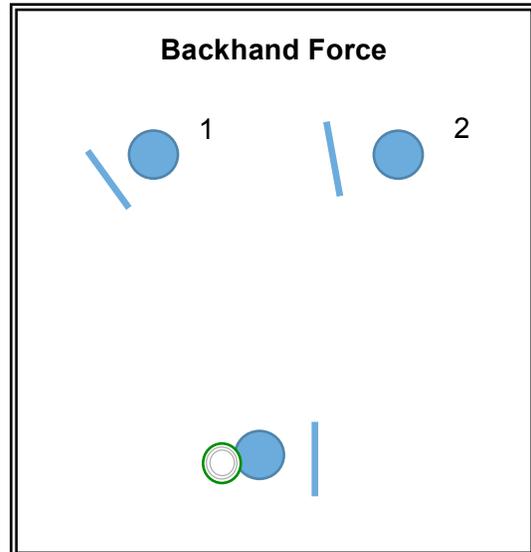
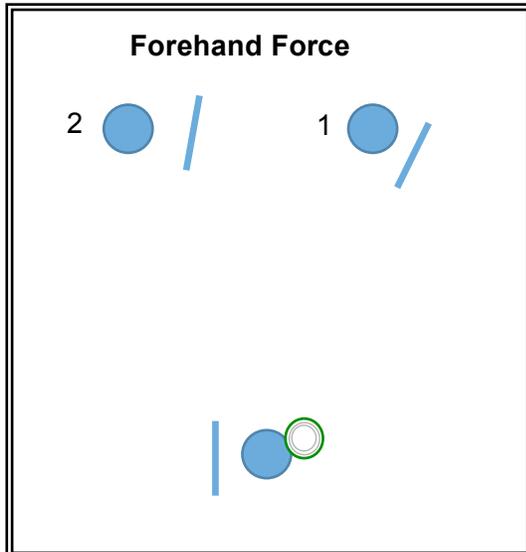
### Cues for Force Side Defense

- When you are marking; stand on the side of the thrower that you DO NOT want them to throw to. (Break Side)
- If you are an upfield defender; place yourself between the cutter and the force side sideline.
- Never change the force during the point.

## Activity – Beat The Force:

**NOTE:** If the class is indoors, teachers may wish to split the gym in half and have one activity (6 players) in each half. Modify the length of the activity. Have each group try 2 points, then switch off a group on the sidelines. This will keep all players active.

Two groups of 3. One group is offense, the other defense. Each group should have a handler to throw the disc. The offensive players (circles) try to get open for a pass. Player 1 cuts first and if not successful, clears (runs away) from the thrower and player 2 cuts. The stall count should start at 5. Reset to the starting positions once a catch is made. After 4 passing attempts, the groups switch.



## Intermediate Backhand

During a game, it is not always possible to throw the disc in a straight path directly to a receiver. Opposing players may be blocking a direct path or the thrower may be very close to a sideline. In these cases it will be necessary to curve the flight path.

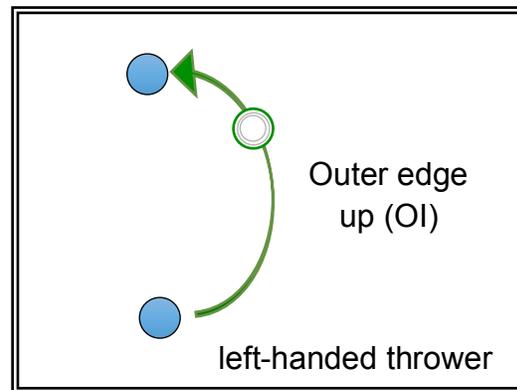
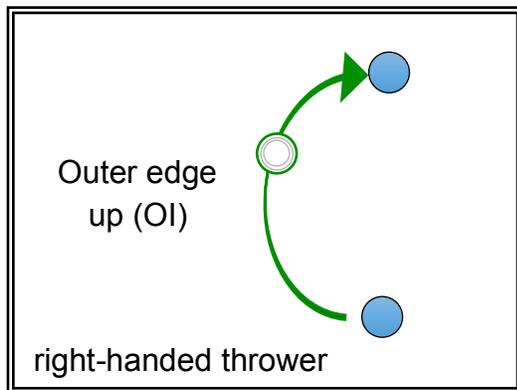
The outer edge of the disc is the edge opposite to the grip.

For a right handed thrower:

To make the disc curve up to the left, then curve back to the right, slightly tilt the disc toward your body. Imagine an arc in the air, parallel to the disc. Throw the disc to the highest point in that arc. The disc will start left, and then curve right. This is called an OI throw (outside/in)

For a left handed thrower:

To make the disc curve up to the right, then curve back to the left, slightly tilt the disc toward your body. Imagine an arc in the air, parallel to the disc. Throw the disc to the highest point in that arc. The disc will start right, and then curve left. (OI throw)



### Cues for the Intermediate Backhand

- Remember to slightly angle the disc towards your body.
- Aim for the top of the imaginary arc.
- Don't forget to snap your wrist as you release the disc.

**Activity:** In pairs, have the players practice this throw.

## Modified Game Play

Teachers can have the players participate in any small sided or modified game(s) they wish. A full game of Ultimate is also an option.

Depending on the skill of the throwers, teachers may also wish to have the defender's force backhand only. This will help the game move along, as forehands are much more difficult to throw under defensive pressure.

**NOTE:** If the game is played indoors teacher may want to limit teams to groups of 4 or 5. If the disc touches a wall or any other part of the gymnasium, it is a turnover.

## SOTG Activities

### SOTG Point for Discussion

“Taunting an opponent does not reflect SOTG”

Questions for players to consider:

1. What is taunting? Is it different from joking?
2. If someone taunts you, how does that make you feel?
3. If we believe in SOTG, should we ever taunt an opponent?

## Spirit Game (If time permits)

### Bear, Cowboy, Ninja

This activity is similar to Rock, Paper, Scissors. On a set count you have to be either a Bear (raise your hands in front of your body like paws and growl) a Cowboy (make an quick draw from your holster) or a Ninja (assume a Ninja pose). Cowboy beats Bear....Bear beats Ninja...and Ninja beats Cowboy. Have the players pair up. Winners go onto face other winners, while the others cheer them on.

## Lesson 8- Stack Offense, Modified Game, SOTG Activities

### Specific Learning Outcomes

- ◆ To understand and practice Stack offence
- ◆ To exhibit SOTG and teamwork during a small sided, modified, or regulation game
- ◆ To celebrate community

### Pre-Lesson

#### Review Force Side Defense:

- The mark (defender) stands on the break side of the thrower.
- The mark must not allow the offensive player to throw the disc to the break side of the field.

#### Review the Intermediate (O/I) Backhand:

- Slightly tilt the disc toward your body. Imagine an arc in the air, parallel to the disc. Throw the disc to the highest point in that arc.

#### Review SOTG

- Remember that taunting an opponent is contrary to SOTG.

### Warm Up (5 min.)

Players pair up and practice throwing forehands, backhands, and O/I backhands.

### Stack Offence

The **Vertical Stack** is a basic offensive set in Ultimate. It is used to start an offensive possession after a drop or incomplete pass by the other team. Players form a vertical line downfield from the thrower. One handler will stay back with the thrower in case a dump pass is required. Players take turns cutting to try and receive a pass. If they do not get a pass, they then **clear** to the back of the stack. Clearing involves running out and away from the thrower, so that other players have a chance to cut, without interference.

Any player can lead the stack, by calling out, "Stack on me!". That player sets up about 15 yards from the thrower and the other players line up behind, with about 5 yards between them.

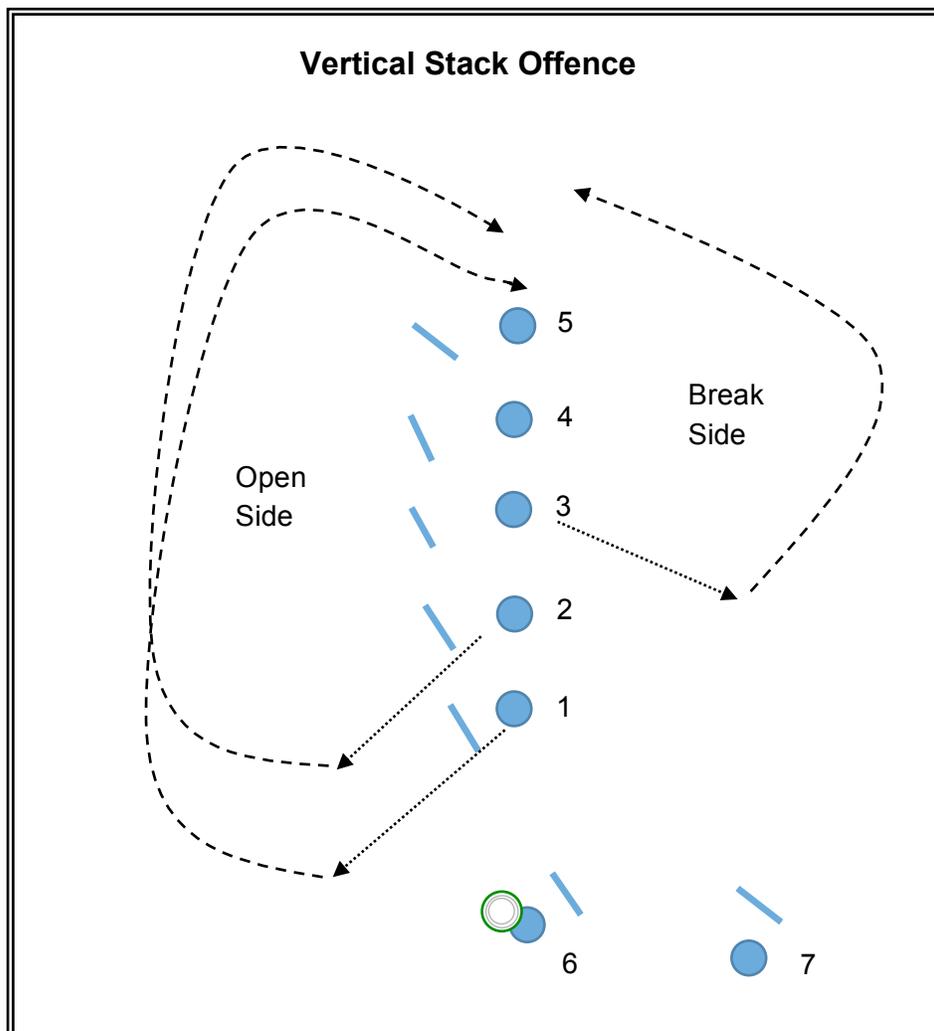
After setting up, Player 1 at the front of the stack makes a cut. If no pass is received she clears to the back of the stack. Player 2 makes a cut, as soon as he sees that player 1 is not getting a pass. If he does not get a pass, he clears to the back of the stack.

This continues with each player in the line until a pass is completed or the stall count reaches 6 or 7. When it does, player 7 makes a dump cut to reset the stall count. As each player makes their cut, the stack adjusts by moving forward. Each player makes an explosive move to beat their defender. If a player fakes, he should only take two steps and then cut back. Players can also cut to the break side to disrupt the defense.

The most important thing to remember is that players must clear out and not stand in the passing lane. Once a pass is completed, players can abandon the stack and use boulder cuts to get open and advance the disc.

The defense positions themselves on the force or **open side** to prevent a completion.

The one major issue with the vertical stack is that of **picks**. A pick occurs when any defensive player is blocked, even for a split second, from guarding their offensive check. Usually this happens when a player, offense or defense, runs between the defender and the offensive player. But in a vertical stack, defensive players can be blocked when the offensive team makes the stack too tight. Teams using a vertical stack need to be aware that spacing between players during set up is crucial.



## Cues for the Vertical Stack Offense

- Make a hard and fast first cut.
- If you do not get the disc, run out and to the back of the stack.
- Never stop running, whether you get the disc or not.

## Activity – Vertical Stack

**NOTE:** When teaching the vertical stack indoors, teachers may wish to have the players walk through the activity with no throw attempted. When running the activity at full speed, limit the size of the groups to 4.

Have the players practice running the vertical stack. For each group of players, half plays offense, the other half plays defense. Once the stack is run through, the offense and defence trade places and run the stack again. Depending on class size, teachers can use smaller groups. Players 3, 4, 5 and 7 could be eliminated. The important point is to be sure that cutters cut hard and clear hard. Watch out for picks!

## Modified Game Play

Teachers can have the players participate in any small sided or modified game(s) they wish. A full game of Ultimate is also an option.

**NOTE:** If the game is played indoors teacher may want to limit teams to groups of 4 or 5. If the disc touches a wall or any other part of the gymnasium, it is a turnover.

## SOTG Activities

### SOTG Point for Discussion

“When is a player celebration inconsistent with SOTG?”

Questions for players to consider:

1. After scoring a point, is it ok to celebrate with your team?
2. Why would it not be acceptable to point or verbally harass an opponent?
3. Thinking about the last question, why would you not want to celebrate in those ways?

## **Spirit Game (If time permits)**

### **Pass the Movement**

Players gather in a circle. One player starts a movement. The player on their right side duplicates that movement and adds one of their own. This continues around the circle. Each player continues with their own series of movements, even after the player on the right adds a new one. The game ends when all the players are moving.

# Appendix A

## Ultimate: Advanced Skills and Activities

Some of the skills and concepts at this level take time to master. Teachers can run more drills and have less game play, or the opposite depending on the abilities of the players.

**NOTE:** At this level, the teacher may wish to play full Ultimate games rather than small sided or modified games. This is fine, as long as the players are able to score points and have fun! If this is not the case, consider making the field smaller.

## Intermediate Forehand

### Specific Learning Outcomes

- ♦ To throw an Outside/In forehand with proper technique

### Warm Up (5 min.)

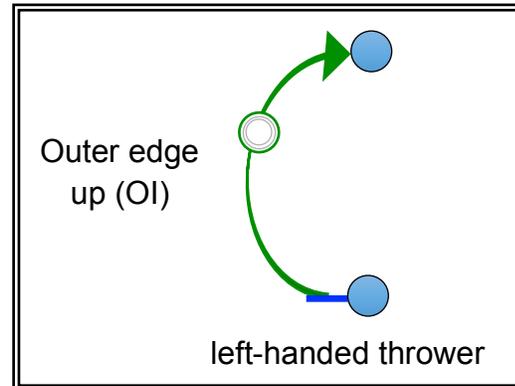
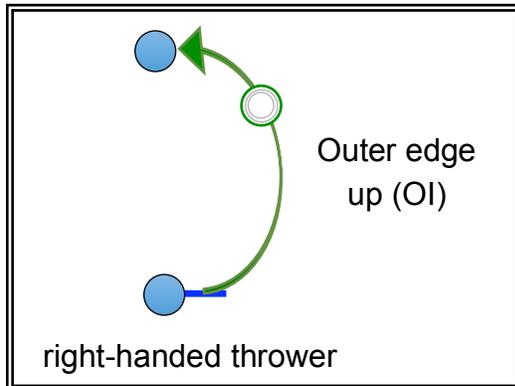
Players pair up and practice throwing and catching using all of the throws and catches they have learned.

### The Outside/In (OI) Forehand Throw

When a player throws a basic forehand, the disc is released flat, flying directly to the receiver.

When throwing an OI forehand, the angle of the disc upon release will allow the disc to be thrown around defenders towards the target.

For an OI forehand throw, slightly tilt the disc toward your body. Imagine an arc in the air, parallel to the disc. Throw the disc to the highest point in that arc. For a right handed thrower, the disc will start right, and then curve left. For a left handed thrower, the disc will start left, and then curve right.



### Cues for the Intermediate Forehand

- Slightly tilt the disc towards your body.
- Aim for the high point of the imaginary arc.
- Don't forget to snap your wrist.

## Specialty Cuts: Receivers – Mirror Cuts, Handlers – Magic Cuts

### Specific Learning Outcomes

- ♦ To understand and practice advanced cutting techniques: Mirror Cuts for receivers and Magic Cuts for Handlers

### Warm Up (5 min.)

Players pair up and practice throwing O/I forehands and O/I backhands.

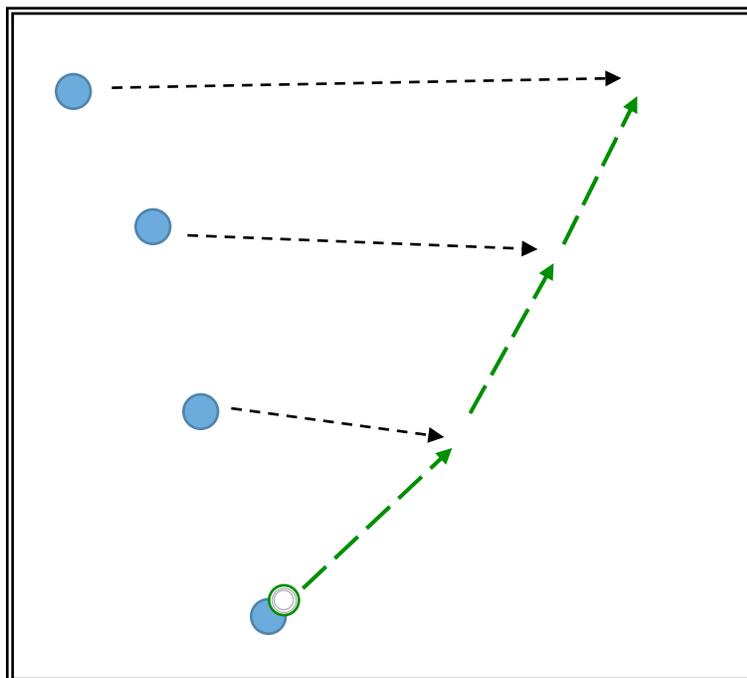
### Specialty Cuts

There are some specific cuts that cutters make and specific cuts that handlers make. In this lesson the teacher will split the group into cutters and handlers to learn those cuts.

#### Cutters - Mirror Cuts

A **mirror cut** occurs when a player makes a cut in a given direction and a teammate who is upfield makes the identical cut. The first player catches the disc and throws it to the teammate making the mirror cut. This can happen over and over until a goal is scored. When teams execute these cuts properly, while making good passes and catches, it is called **flow**. When an offense is in flow, the defense is usually out of position and playing catch-up. The disc is advanced rapidly up the field for a score.

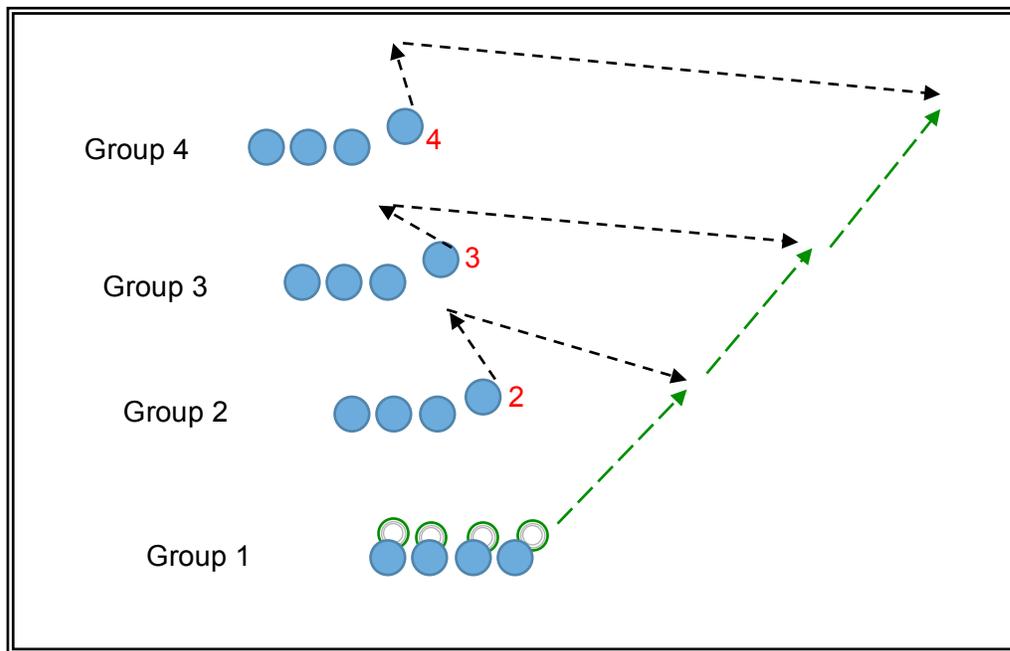
Timing is important when making a mirror cut. Cut too soon, and the thrower won't be ready to pass to you. Start too late and flow will be lost as the defense will set a mark on the thrower.



## Cues for Mirror Cuts

- You have to time your cut. Watch the play behind you.
- Keep moving to set up your cut. Don't stand still.

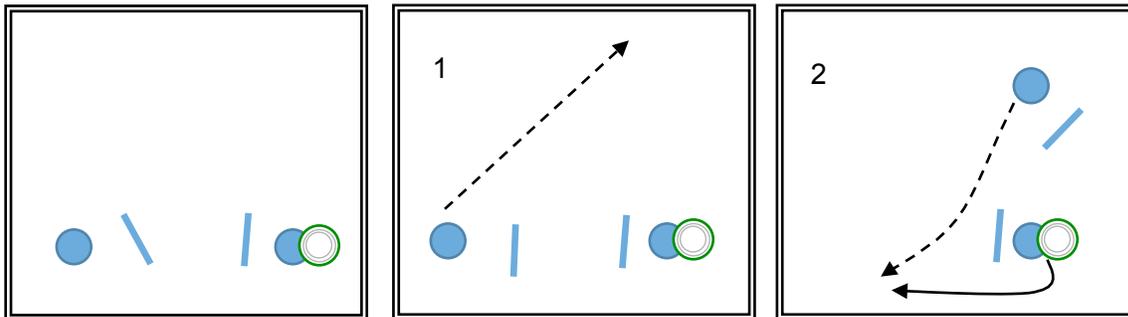
**Activity - Mirror Cuts:** Place the players in four groups down the centre of the field. Groups are 15-20 yards apart, depending on the throwing skills of the players. Each person in group 1 has a disc. Cutter 2 makes a fake, cuts to one side and is thrown the disc. Cutter 3 then makes a fake and cuts to the same side to receive the flow pass from cutter 2. The last cutter does the same. Rotation is: Group 4 to group 1, 1 to 2, 2 to 3, and 3 to group 4



## Handlers – The Magic Cut

A **magic cut** is used when the thrower is close to the sideline. Once there, the defense has an advantage as the thrower has to contend with the sideline out of bounds. The magic cut is designed to either move the disc upfield, or move the disc horizontally across the field to the middle of the field by throwing a **swing pass**. The magic cut is very difficult to defend and has two distinct parts.

1. The handler without the disc makes an angled cut towards the sideline.
2. If the thrower cannot make a pass, she turns toward the middle of the field and faces her defender. The other handler quickly cuts back and slightly away from the thrower. He then receives a pass. The pass is thrown into the open space about 45 degrees behind the thrower, and just in front of the other handler, so he has to run hard to make the reception.



### Cues for the Magic Cut

- Make all cuts as fast as you can.
- Watch for the pass at any point during your cut, but don't wait too long to start the next cut.
- The disc will be in front of you on the cut back; so run it down to make the catch.

**Activity - Magic Cut:** Handlers are in groups of 4. Each group plays 3 points and then switches positions. Each player should play all positions once.

## Horizontal Offense

### Specific Learning Outcomes

- ♦ To understand and practice the Horizontal offensive set

### Warm Up (5 min.)

Players pair up and practice throwing and catching.

### Horizontal Offense

The horizontal offensive set goes by several names. **Horizontal offense**, **horizontal stack**, and **West Coast offense** all describe the same set.

This type of offense is used to move up the field into scoring position. It relies on cutters staying in their lanes, synchronizing their cuts and understanding what to do when the disc is not close to them. As the disc moves upfield, the handlers and cutters move with it.

The handlers and cutters line up across the field. Handlers are about 15 yards behind the cutters. Cutters on the disc side of the field time their cuts. One player is cutting in towards the thrower, as the other is cutting out, away from the thrower. Handlers can pass to an open cutter or they can swing the disc to another handler. By swinging the disc, handlers can catch the defense out of position. The handlers should look for upfield cuts for about 5 stall counts and then swing the disc.

Cutters who are on the non-disc side of the field should never run over to the disc side. This will only **clog** the cutting and passing lanes. They should only cut if the disc is swung to their side of the field.

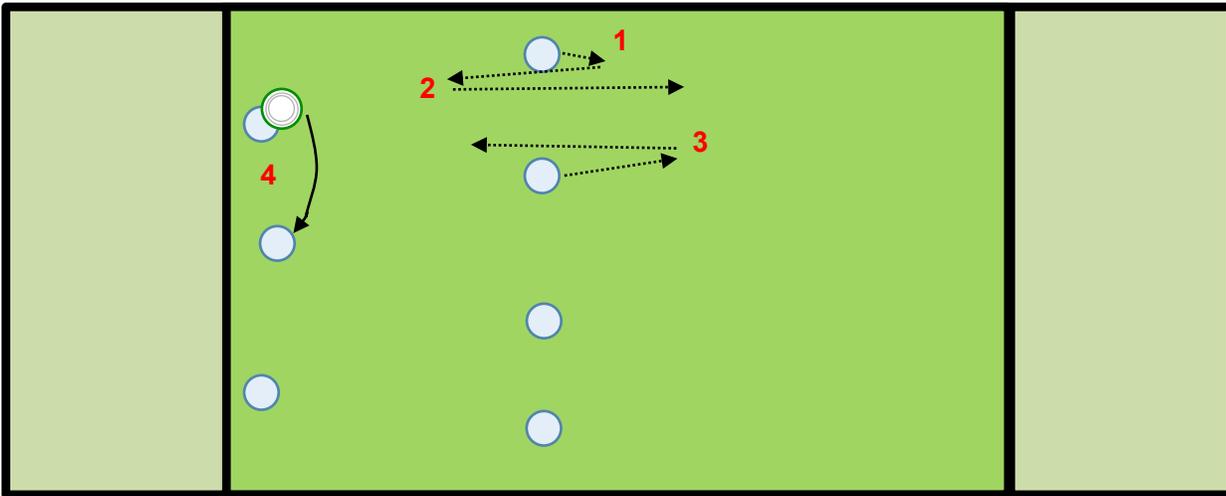
Once a cutter receives the disc; she can pass forward to other cutters or back to the handlers. In general, if flow is established; keep flowing forward. If the defense shuts down flow; dump back to a handler.

**NOTE:** Many boulder cuts in this offense are set up with short fakes (3-4 yards) before the cut back.

In diagram **A**, the away side handler will attempt to make a backhand pass to one of the cutters. The first cutter will fake running out and then make an **in-cut** by running towards the thrower (1). The second cutter will run out. If no pass is completed to the first cutter, the first cutter will clear out (2) and the second cutter will run in (3). If she does not get open to receive a pass, the handler will swing the disc to the middle (4).

A.

→  
Away

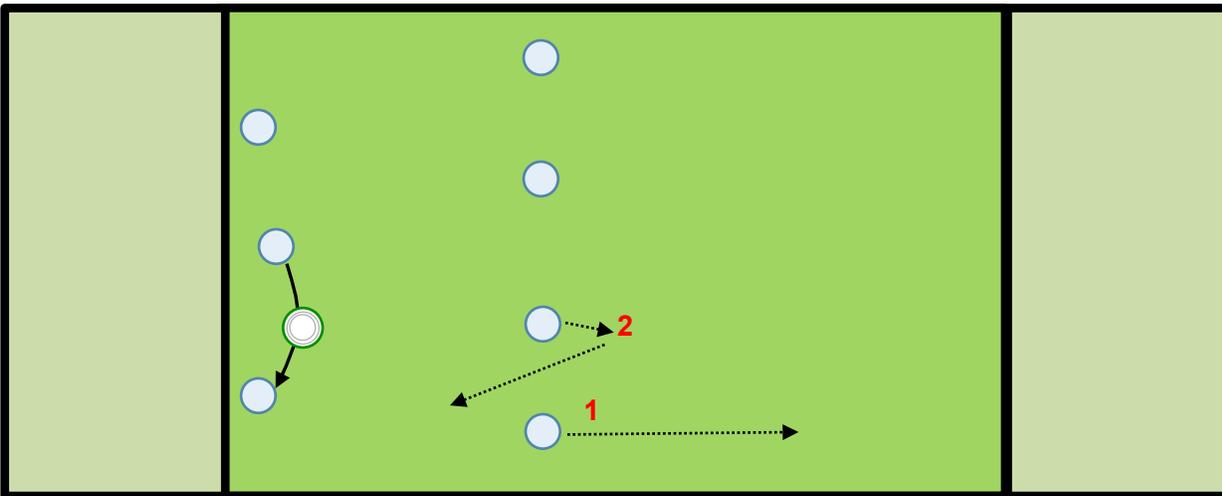


Home

In diagram **B**, the middle handler swings the disc to the home side and the cutters activate. This time the cutter nearest from the sideline runs an **out-cut** by running away from the thrower (1). The second cutter fakes out and in-cuts (2).

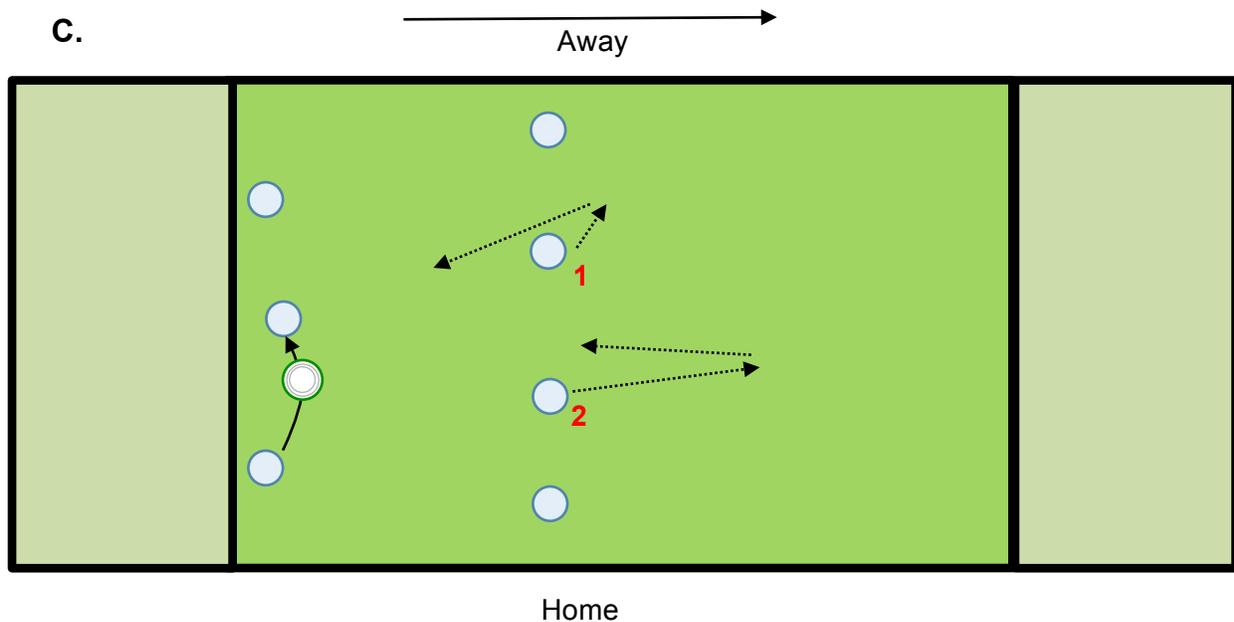
B.

→  
Away



Home

In diagram **C**, the disc is swung back to the middle and the two cutters in the centre activate. If cutter 1 is unsuccessful, cutter 2 runs an in-cut.



### Cues for the Horizontal Offence

- Cutters must not get too close to the handlers.
- Cutters on one side work together to time their cuts.
- Cutters who are on the opposite side of the field from the disc must stay on their side of the field.
- Handlers should swing the disc rather than force a pass to a well defended cutter.

### Activity: Practice horizontal offence.

In groups of 7, work on basic cutting and swinging in the horizontal offence. Do this without defence. Defenders can be added once the players are comfortable with their role in the offense.

## **Appendix B**

- **Activities Resources**
- **Spirit of the Game Resources**

## Activities Resources

These activities will assist teachers in keeping lessons challenging for players. There are many drills, games, and activities available online. A suggested search would be: best Ultimate Frisbee drills

## Two Player Activities

### 2 Player Catch

Players stand 10 yards apart and throw the disc to each other, using the appropriate throwing technique. Accuracy is important and receivers should not have to move to catch the disc.

If there is a wind, the pairs should intermittently rotate 90 degrees. This will help players understand how the wind will affect throws in different directions.

### 2 Player Come Back

This activity will require the whole field. Player 1 is the handler, player 2 the receiver. The receiver runs straight away from the handler for 15-20 yards, stops, turns and runs back to the handler. The handler throws just as the receiver is stopping so when the turn is made the disc is in the air. The receiver catches the disc, puts it down, and runs out another 15-20 yards to repeat the cut. Meanwhile the handler has followed her throw, picked up the disc and is ready to repeat her part of the drill. When the far end zone is reached the handler and receiver switch positions and come back down the field.

**NOTE:** Multiple groups can participate at the same time. The teacher may choose to make this a race, to add excitement for the players.

**NOTE:** The teacher can require that the receiver throws the disc back to the handler rather than drop the disc on the ground. In this case, the handler runs towards the receiver after the initial pass is caught. Once the receiver throws the disc back to the handler, the receiver immediately turns and runs upfield to continue the progression.

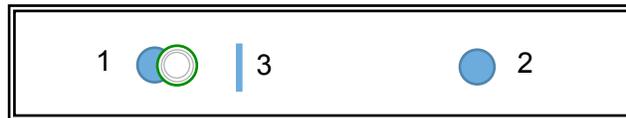
### 2 Player Give and Go

Two players, 10 yards apart, jog downfield making soft passes to each other. When throwing, players should quickly establish a pivot foot and then throw. Have the players throw backhands and forehands.

## Three Player Activities

### 3 Player Throw, Catch, Defend

Player 1 and 2 are 10-15 yards apart. Player 3 marks player 1 for a maximum stall count of 5. Player 1 throws to player 2 and then runs to start marking player 2. Player 3 moves to Player 1's former position. Player 2 throws to player 3 and then runs to start marking. All marks are straight up. Overheads (hammers) are not allowed.



### 3 Player Weave

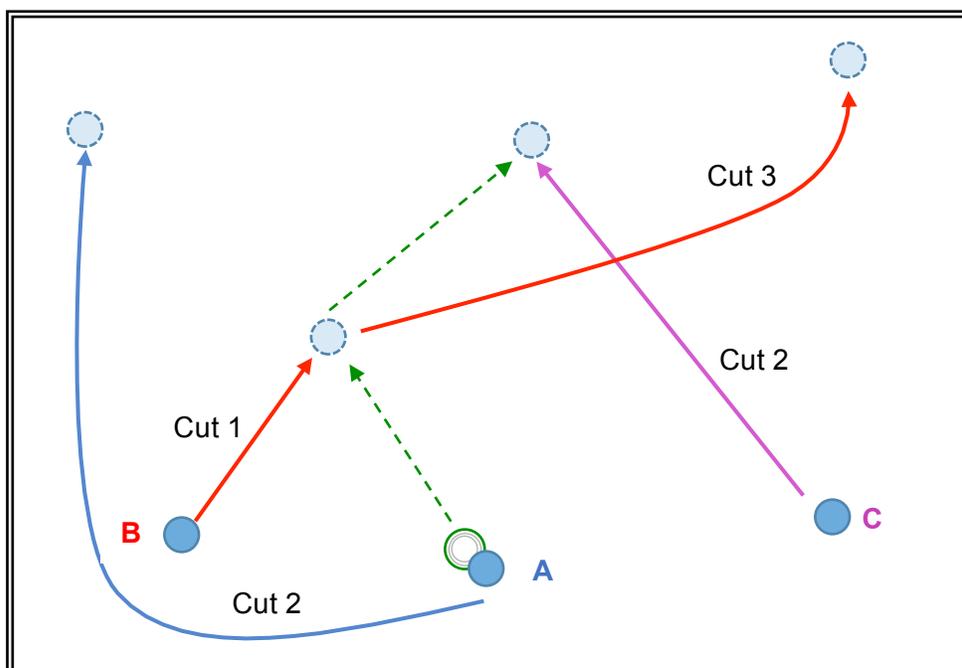
**NOTE:** This is an intermediate activity requiring solid, throwing skills. It follows the same format as the basketball weave drill.

Set up three lines of players in the end zone about 6 yards apart.

The middle player (A) starts with the disc. Player B runs to catch the disc thrown by player A. After the throw, player A runs behind player B, then heads up field.

Player C then runs to catch the disc thrown by player B. After the throw, player B runs behind player C, then heads up field. Player C then throws to player A.

This continues until they reach the goal line. The player with the disc should stop before making the throw. This prevents travelling. Keep the players relatively close together so that drops and msthrows are kept to a minimum. If a disc is dropped or msthrown, the closest player picks it up and continues with the next throw.



## Team Activities

### Three Colour Passing and Recognition

**NOTE:** Teachers will need three different colours of pinnies or use a dark shirt, a light shirt, and one colour of pinnie. The instructions below assume red, blue and yellow pinnies. The purpose of the activity is for the thrower to identify who is cutting for the disc and the cutters to identify when they are **activated** (required to make cuts to receive a pass).

Teams of six. Two players wear red pinnies, two wear blue and two wear yellow. All players are on offence. The red players may only pass to the blue players, the blue players may only pass to the yellow players and the yellow players may only pass to the red players.

When players are not allowed to receive a pass, they must clear away from the cutters who are active and get ready to make their own cuts once they are allowed to receive the disc.

**Ex:** A red player has the disc. Blue cutters activate while yellow cutters move up field to activate mirror or in-cuts once the blue player has the disc. Once the red player passes to the blue player, she and her partner must head upfield to catch a pass from the yellow player. Alternatively, one red player could move upfield, while the other positions for the dump pass.

### Huck and Catch

Players form two lines. One in the centre of the field and the other close to the side line. The centre line is the throwing line. The outside line is the cutting line. All discs are in the centre line. A player from the outside line runs deep to receive the **huck** (a long pass downfield) from the thrower. Once that catch is made, the thrower runs to the back of the cutting line, and the player who caught the disc runs to the back of the throwing line. Have everyone throw and catch and then move the cutting line to the opposite side of the field.

**NOTE:** Players should throw a forehand when the cutting line is on their left, and a backhand when the cutting line is on their right.

**NOTE:** Players who catch the disc should be sure to clear well off the field to avoid collisions with others participating in the drill.

## Stack and Cut

**NOTE:** Usually there are 5-8 players in each **stack**. Teachers may wish to have two groups going at once so that players are not inactive for a long period of time.

Two stacks (vertical lines of players) face each other 15 to 20 yards apart. All the discs should be towards the front of each stack. The front player in stack A does not have a disc. She makes a fake and cuts to one side and receives a pass from the front player in stack B. The receiver goes to the rear of stack B, and the front person in stack B (who just threw) now cuts and the throw is made by the front person in stack A. Cutters decide which side to cut to and throwers must adjust to throw backhands or forehands.

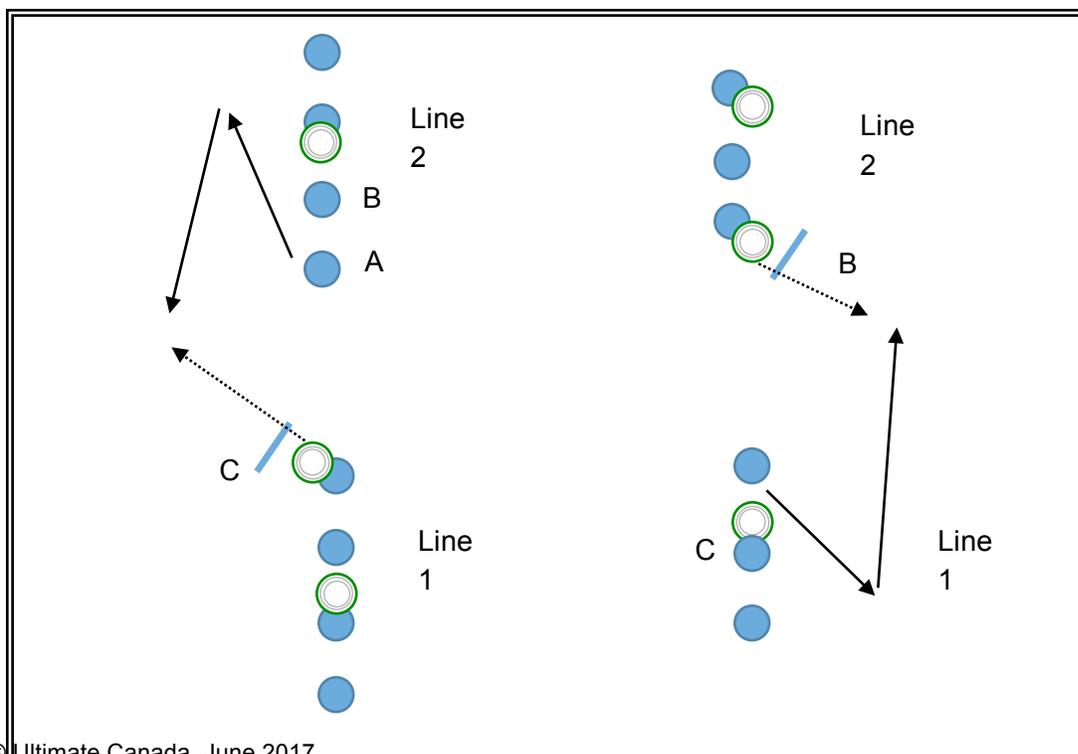
## Stack and Cut - Breakforce

**(NOTE: This requires solid throwing and catching skills.)**

Players line up in a vertical stack of 5-8. The Stack and Cut - Breakforce is similar to the Stack and Cut. The difference being that there is defence on the thrower, and the thrower must throw through the defense to the break side.

In the diagram below, Cutter (A) fakes upfield and then runs a cut towards the thrower on the break side. Once the throw is made, she moves to the back of line 1. Meanwhile, the next player in line 2 (B) becomes the defender, the player behind becomes the thrower and the thrower from line 1 becomes the cutter. In line 1, the initial defender (C) becomes the thrower and the next player in line 1 becomes the defender.

This cycle continues throughout the drill. After a given number of throws and catches, the defenders will reset and force the opposite way.



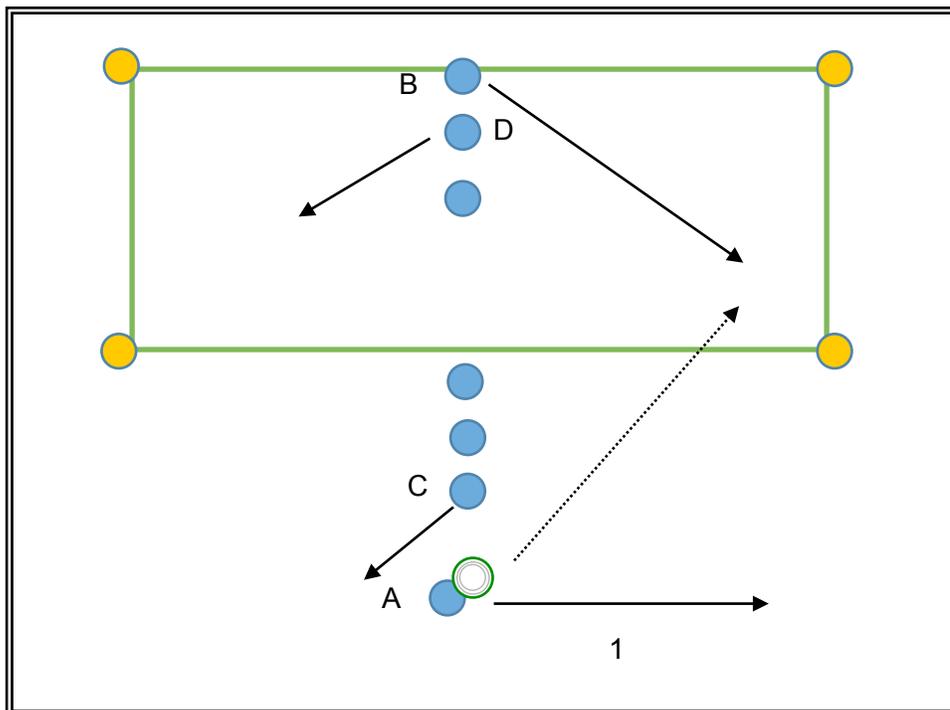
## Circle Pass and Defend

Eight to ten players stand in a circle about 20 yards in diameter. There are two defenders in the middle of the circle. One defender marks the disc, the other tries to anticipate and intercept passes. The thrower may not pass to the people directly next to them. The receivers may not move to catch the disc. After three turnovers, new defenders are chosen and the old defenders join the circle. The best way to defeat the defense is by faking and making quick throws.

## Dump, Swing, Score (Also called "Seattle")

**NOTE:** Set up a regulation or modified end zone for this activity. Since there are no other field requirements, teachers may have any number of groups participating.

Six or more players form two even stacks at the front and back of the end zone. Player (A) starts just outside of the front stack and throws to a receiver (B) cutting from the rear end zone line to one of the front cones for a score. The thrower then runs across (1) for a dump from that receiver and then swings the disc to the next thrower (C) cutting out of the front stack. That thrower completes a scoring throw to a receiver (D) cutting from the rear end zone line to the opposite cone and so on. Players rotate between the front and back stacks.



## **SOTG Activities Resources**

These SOTG activities can be used in place of the SOTG activities in any given lesson, or if a lesson extends beyond one class period.

### **Points for Discussion**

#### **SOTG Point for Discussion**

**“Retaliation is never an option.”**

Questions for players to consider:

1. When you are wronged (bad call, hard foul) on the field, what might be a first reaction?
2. If the first reaction was anger; how might that affect your behaviour during the next point?
3. If the first reaction was to stay calm, how might that affect your behaviour during the next point?

**Remember:** Retaliation only hurts the player who retaliates. If you feel you are being mistreated on the field, talk to your teacher or coach.

#### **SOTG Point for Discussion**

**“Congratulating an opponent during the game is a good thing.”**

Questions for players to consider:

1. After an opponent makes a great play, why would you want to congratulate them?
2. Why would doing this honour SOTG?
3. How does showing respect for your opponents’ abilities affect how people might think of you?

#### **SOTG Point for Discussion**

**“SOTG; It’s not just about Ultimate.”**

Questions for players to consider:

1. Other than in an Ultimate game, how and when might you show Spirit?
2. Is it valuable to think about Spirit while playing other sports?
3. What about in the classroom, at your part time job, or at home?

## **SOTG Point for Discussion**

### **“Taunting an opponent does not reflect SOTG”**

Questions for players to consider:

1. What is taunting? Is it different from joking?
2. If someone taunts you, how does that make you feel?
3. If we believe in SOTG, should we ever taunt an opponent?

## **SOTG Point for Discussion**

### **“When is a player celebration inconsistent with SOTG?”**

Questions for players to consider:

1. After scoring a point, is it ok to celebrate with your team?
2. Why would it not be acceptable to point or verbally harass an opponent?
3. Thinking about the last question, why would you not want to celebrate in those ways?

## **SOTG Point for Discussion**

### **SOTG Recognition**

Questions for players to consider:

1. When playing the game, do you notice spirited and un-spirited play?
2. Are you more aware of other players Spirit than your own?
3. If a teammate is making un-spirited calls or decisions, what might you do?

## **SOTG Point for Discussion**

### **“Just like throwing a forehand, playing with Spirit is a skill that takes practice.”**

Questions for players to consider:

1. Can you explain this statement?
2. What might you do to practice Spirit both on the field and on the sideline?
3. How will you know your practice has paid off?

## **SOTG Point for Discussion**

### **“SOTG opportunities are all around us; you just have to know where to look.”**

Questions for players to consider:

1. A person who you do not know is struggling to get 3 large equipment bags into the school. How might you display Spirit in this case?
2. What other examples can you think of?
3. In a one sentence answer; what has SOTG taught you?

## **SOTG Point for Discussion**

**“You only get to play Ultimate because others play with and against you.”**

Questions for players to consider:

1. What does this statement mean to you?
2. What can you do to ensure that you are the kind of player others will want on their team?
3. Is it possible that poor Spirit will affect how often you play, regardless of your skill level ?

## **BE CALM**

This is strategy for dispute resolution on the field. A black line master for printing can be found in Appendix C

**B**reathe      don't react right away

**E**xplain      what you think happened

**C**onsider      what they think happened

**A**sk            other players for advice (on perspective and rules) if needed

**L**isten        to what everyone had to say

**M**ake a call   loudly and clearly (and use Hand Signals)

## **Spirit Games**

### **Fox and Hound**

The fox (small ball) is started first and is passed from person to person around the circle.

When the fox is about half way around, the hound (large ball) is started in the same direction.

The hound can change directions to try and catch the fox, but the fox can only go one way, until the hound changes direction. When the fox is caught, the game is over.

### **21**

As a group, state all of the numbers from 1 to 21. One player starts by saying any number. The next player says any other number and so on. Nobody can say anything but a number and no number can be said by more than one person. (For example: player 1 says 7, player 2 says 13, and player 3 says 5. Player 4 says any number other than 7, 13, or 5.) If more than one person says any number, the count starts over. A definite team effort!

**NOTE:** If there are more than 21 players; increase the number to match or break into smaller groups.

### **Bear, Cowboy, Ninja**

This activity is similar to Rock, Paper, Scissors. On a set count you have to be either a Bear (raise your hands in front of your body like paws and growl) a Cowboy (make an quick draw from your holster) or a Ninja (assume a Ninja pose). Cowboy beats Bear....Bear beats Ninja...and Ninja beats Cowboy. Have the players pair up. Winners go onto face other winners, while the others cheer them on.

### **Pass the Movement**

Players gather in a circle. One player starts a movement. The player on their right side duplicates that movement and adds one of their own. This continues around the circle. Each player continues with their own series of movements, even after the player on the right adds a new one. The game ends when all the players are moving.

## The Magic Disc

Everyone gets in a circle, standing as close together as possible facing inwards. If there are too many players, there can be 2 groups. Players reach in and stick out their index finger. Then, you place a disc on top of everyone's fingers. Everyone must maintain contact with the disc at all times. You'll find that the disc magically keeps rising.

## Wah!

The idea is that with every movement you make, you say "Wah!"

Stand in a circle with about 15 inches between players. One person starts by putting their hands together with arms straight above their head, then lowers them (in a chopping motion) and points to someone else and says Wah! The person who was pointed at then does the opposite motion (arms straight, hands together level with thighs, and raises them in a reverse chopping motion) and says "Wah!" Then the two adjacent people on either side make a sideways chopping motion as if they are chopping that person down like a tree. They also have to say Wah! and point at the person who has their hands up. The person with their hands up then points to someone else, says Wah!, and the game continues. The idea is that if someone's timing is off, and they do not do the correct action or say "Wah", then they are disqualified.

**NOTE:** This is a link to a video of the game being played:

<https://www.youtube.com/watch?v=CZfqM0nszLA>

Alternatively you can search on Youtube: Game: wah

## Go!

This game revolves around odds or evens. Have the players form 2 groups. Teams then line up across from each other so each player is facing an opposing team member. If there are odd numbers, someone misses out, or the teacher can join in. One team chooses odds and the other gets evens. Players hide one hand behind their back and say, "One, two, three, GO!" They then present the hidden hand with 1 to 4 fingers extended. Adding the fingers up, you'll have an odd or even number. The person whose team (odd or even) matches the added number of fingers wins. The other player is out. The game ends when all the members of one team are out.

## **Appendix C**

### **Black Line Masters**

1. BE CALM
2. Ultimate in 10 Simple Rules

### **References**

### **Glossary**

### **List of Ultimate PTSO's and Organizations**

### **National Coaches Certification Program (NCCP) Information**

## **BE CALM: A Dispute Resolution Strategy**

**B**reathe            don't react right away

**E**xplain            what you think happened

**C**onsider            what they think happened

**A**sk                    other players for advice  
(on perspective and rules) if needed

**L**isten                to what everyone had to say

**M**ake a call            loudly and clearly  
(and use Hand Signals)

## Ultimate in 10 Simple Rules

by Steve Courlang and Neal Dambra

1. **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.
2. **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.
3. **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.
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.
5. **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.
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-Officiating:** 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.

## Glossary

Ultimate has its own lexicon or “lingo”. While it retains words like “pick” and “foul” as other sports, some of its unique slang include “bingo”, “blade”, “box”, “chilly”, “dump”, “flow”, and “pull”.

- **activate** - occurs when cutters who have not been part of the play are now required to make cuts to receive a pass.
- **away**- is the opposite side of the field from where the teams and teacher(s) stand. (**NOTE:** In a regulation Ultimate game, teams will have players positioned on both sidelines. These players assist on-field players by telling them where the defense is positioned.)
- **berkeley cut** - is an angled cut towards the sideline, heading upfield and away from the thrower.
- **bid** - occurs when an offensive player tries to catch a disc, or a defensive player tries to knock down a pass intended for an offensive player.
- **blade** – is a throw that goes high into the air and curves hard back to the ground on its edge.
- **boulder cut** – occurs when a player runs a short distance in one direction and then very quickly cuts back and runs in the opposite direction.
- **box** – a scrimmage of ultimate played with a half field and fewer players where the disc is caught in a smaller square area marked by cones.
- **break side**– the side of the field to which the defense is trying to prevent a throw.
- **chilly** – is an effort to slow the pace of play and not pass the disc too quickly.
- **clearing**– when a player who does not receive a pass moves out and away from the thrower so other players can cut without interference.
- **clogging** - when players do not clear the passing lane after not receiving a pass. When players from the non-disc side of the horizontal offense come across to the disc side.
- **contest**- when a player does not agree with an infraction against him by the other team.
- **cuts** - sharp, explosive changes of direction that offensive players use to get open for a pass and away from their defender.
- **cutter**– is a upfield offensive player.
- **disc in** – after a disc goes out of bounds, the new thrower taps the disc on the ground, or allows the new defender to tap the disc, then calls, “Disc in”.

- **dump** – passing the disc backwards or an offensive player position to catch a dump pass.
- **force (force side)** – the side of the field that the defense forces to offense throw to. Can be the backhand side or the forehand side. Also called the “open” side.
- **flick**– another name for a forehand throw
- **flow** – occurs when an offensive team completes a number of passes in succession to move the disc toward the end zone they are attacking.
- **handlers**– offensive players who has excellent throwing skills. These players can pass between themselves or pass the disc upfield to the cutters.
- **hammer** - an overhead pass where the disc is thrown upside down.
- **home**- the side of the field where the players and teacher(s) stand.  
(NOTE: In a regulation Ultimate game, teams will have players positioned on both sidelines. These players assist on-field players by telling them where the defense is positioned.)
- **horizontal offense (also known as horizontal stack and West Coast offense)** - This type of offense is used to move up the field into scoring position. It relies on cutters staying in their lanes and coordinating their in and out cuts.
- **hospital pass** - an older Ultimate term. It is a pass that floats in the air so that a number of players are getting ready to try and catch it.
- **huck**- a long pass downfield.
- **in-cut** - a cut run towards the thrower.
- **layout** – when a player dives to catch or knockdown a disc.
- **magic cut** – a magic cut is used by a handler when the disc is on the sideline.
- **mark** - the player who plays defense on the thrower.
- **mirror cut**– occurs when a player makes a cut in a given direction and a teammate who is upfield makes the same cut.
- **open side**– also known as the force side. This is the area that the defense wants the offense to throw to.
- **out-cut** - a cut run away from the thrower.
- **person to person defense**– when each player on defense guards an offensive player.
- **pick** – occurs when any defensive player is blocked, even for a split second, from guarding their offensive check.

- **pull** – the throw that begins offensive possession after each score.
- **reset**– passing the disc backwards or sideways so the stall count starts over.
- **run through** - a cutter keeps running towards the thrower, and the thrown disc, until the disc is caught. Cutters should never stop to receive a pass.
- **stack** – a vertical line of offensive players
- **stall count** – a ten second count initiated by the marker. The thrower must pass the disc before the “T” of ten. If not, it is a turnover.
- **swing pass** – is a pass made sideways across the field. Usually handlers throw this type of pass, but cutters may do this at times to get the disc back toward the middle of the field.
- **thrower** - the person who has possession of the disc and attempts to pass it to another player
- **vertical stack** – an offensive structure that places a vertical line of players downfield from the thrower.

## List of Ultimate PTSO's and organizations

Ultimate Canada (National Sport Organization) – [www.canadianultimate.com/](http://www.canadianultimate.com/)

### *Ultimate Canada Associated Leagues and PTSOs*

#### **Alberta**

- Calgary Ultimate Association – [www.calgaryultimate.org](http://www.calgaryultimate.org)
- Edmonton Ultimate Players Association – [www.eupa.ca](http://www.eupa.ca)

#### **British Columbia**

- British Columbia Ultimate Society – [www.bcultimate.ca](http://www.bcultimate.ca)
- Kamloops Ultimate – [KamloopsUltimateLeague.com](http://KamloopsUltimateLeague.com)
- Maple Ridge Ultimate – [www.mapleridgeultimate.com](http://www.mapleridgeultimate.com)
- Nanaimo Ultimate Association – [www.nanaimoultimate.ca](http://www.nanaimoultimate.ca)
- North Shore Ultimate – [www.nsul.ca](http://www.nsul.ca)
- Prince George Disc Sports (PGDS) – [www.pgultimate.bc.ca](http://www.pgultimate.bc.ca)
- Vancouver Ultimate League (VUL) – [www.vul.bc.ca](http://www.vul.bc.ca)
- Victoria Ultimate Players Society (VUPS) – [www.vups.bc.ca](http://www.vups.bc.ca)

#### **Manitoba**

- Manitoba Organization of Disc Sports (MODS) – [www.mods.mb.ca](http://www.mods.mb.ca)
- Steinbach Ultimate League (SUL) – <https://www.facebook.com/Steinbach-Ultimate-Frisbee-League-331318513607266/>
- Westman Ultimate Disc League (WUDL) – [www.wudl.ca](http://www.wudl.ca)
- Winnipeg Ultimate League (WUL) – [www.mods.mb.ca](http://www.mods.mb.ca)

#### **New Brunswick**

- Ultimate New Brunswick – [www.ultimatenb.ca](http://www.ultimatenb.ca)
- Active Fredericton – [www.activefredericton.com](http://www.activefredericton.com)
- Codiac Ultimate Frisbee League – [www.monctonultimate.com/home](http://www.monctonultimate.com/home)
- Saint John Ultimate Frisbee Recreation League – [www.saintjohnultimate.com](http://www.saintjohnultimate.com)
- Ultimate Frisbee Edmundston – [www.ultimateedmundston.com](http://www.ultimateedmundston.com)

#### **Newfoundland and Labrador**

- Ultimate Newfoundland and Labrador – [www.ultimatenl.ca](http://www.ultimatenl.ca)
- Men's Avalon Ultimate League (MAUL) – [www.maul.ca](http://www.maul.ca)
- Mile Zero Ultimate – [www.milezeroultimate.com/](http://www.milezeroultimate.com/)
- St. John's Women's Ultimate Recreational League – [www.swurl.ca](http://www.swurl.ca)

## Northwest Territories

- Yellowknife Ultimate Club – [www.yellowknifeultimateclub.ca](http://www.yellowknifeultimateclub.ca)

## Nova Scotia

- Disc Nova Scotia – [www.discns.ca](http://www.discns.ca)
- Acadia Ultimate Players Society – [clubs.acadiau.ca/ultimate/index.html](http://clubs.acadiau.ca/ultimate/index.html)
- Halifax Ultimate – [www.halifaxultimate.ca](http://www.halifaxultimate.ca)

**Nunavut** - Currently no UC member leagues

## Ontario

- Ontario Ultimate – <http://www.ontarioultimate.ca/>
- Ontario Disc Sports Association – <https://www.ontariodiscsports.ca/>
- Barrie Ultimate Frisbee League – [www.barrieultimate.com](http://www.barrieultimate.com)
- Belleville Ultimate Disc Association – [www.facebook.com/pages/Belleville-Ultimate-Disc-Association/161367367258104](https://www.facebook.com/pages/Belleville-Ultimate-Disc-Association/161367367258104)
- Brampton Ultimate Club – [www.bramptonultimateclub.com](http://www.bramptonultimateclub.com)
- Central Northumberland Ultimate Club – [cnuc.teamopolis.com](http://cnuc.teamopolis.com)
- Durham Ultimate Club – [www.durhamultimateclub.com](http://www.durhamultimateclub.com)
- Georgian Bay Ultimate – [www.georgianbayultimate.com](http://www.georgianbayultimate.com)
- Guelph Juniors – <http://www.gupa.ca/juniors>
- Guelph Ultimate Players Association – <http://www.gupa.ca>
- Hamilton Ultimate Club – [www.hamiltonultimate.com](http://www.hamiltonultimate.com)
- Kingston Ultimate – [www.kingstonult.ca](http://www.kingstonult.ca)
- Niagara Ultimate – [www.niagaraultimate.com](http://www.niagaraultimate.com)
- North Bay Ultimate Players Association – [www.hometeamsonline.com/teams/default.asp?u=NBUPA&t=c&s=htosports&p=home](http://www.hometeamsonline.com/teams/default.asp?u=NBUPA&t=c&s=htosports&p=home)
- Ottawa Carleton Ultimate Association – [www.ocua.ca](http://www.ocua.ca)
- Peterborough Ultimate League – [www.pultimate.ca](http://www.pultimate.ca)
- Sarnia Ultimate – [www.sarniaultimate.com](http://www.sarniaultimate.com)
- Sault Ultimate Player's Association – [www.saultultimate.ca](http://www.saultultimate.ca)
- Sudbury Ultimate Club – [www.sudburyultimate.com](http://www.sudburyultimate.com)
- Thunder Bay Ultimate – [www.thunderbayultimate.com](http://www.thunderbayultimate.com)
- Timmins Ultimate – [www.timminsultimate.com](http://www.timminsultimate.com)
- Toronto Ultimate Club – [www.tuc.org](http://www.tuc.org)
- Waterloo Organization of Disc Sports – [www.wods.ca](http://www.wods.ca)
- Windsor Ultimate – [www.windsorultimate.com](http://www.windsorultimate.com)

## **Prince Edward Island**

- PEI Ultimate – [www.peiultimate.com](http://www.peiultimate.com)

## **Quebec**

- Federation Quebecoise d'Ultimate – [www.fqu.ca](http://www.fqu.ca)
- Association d'Ultimate de Gaspé (AUG) – [www.ultimategaspé.com](http://www.ultimategaspé.com)
- Association d'Ultimate de Montréal (AUM) – [www.montrealultimate.ca](http://www.montrealultimate.ca)
- Association d'Ultimate de Sherbrooke (AUS) – [www.sherbrookeultimate.org](http://www.sherbrookeultimate.org)
- Ultimate Quebec – [www.ultimatequebec.ca](http://www.ultimatequebec.ca)
- Association Trifluvienne d'Ultimate Frisbee (ATRUF) – [www.sherbrookeultimate.org](http://www.sherbrookeultimate.org)
- Frisbee Ultime Lanaudiere (FUL) – [www.ful.ca](http://www.ful.ca)
- Ultimate Granby – [www.ultimategranby.ca](http://www.ultimategranby.ca)
- Ultimate Rimouski – [www.ultimaterimouski.com](http://www.ultimaterimouski.com)
- Ultimate Sag-Lac – [www.ultimatesaglac.com](http://www.ultimatesaglac.com)
- Ultimate St-Jean – [www.ultimatestjean.com](http://www.ultimatestjean.com)

## **Saskatchewan**

- Saskatchewan Ultimate Players Association – [www.saskultimate.com](http://www.saskultimate.com)
- Regina Ultimate Flying Disc Club – [www.reginaultimate.ca](http://www.reginaultimate.ca)
- Saskatoon Ultimate Disc-Sport Society – [www.saskatoonultimate.org](http://www.saskatoonultimate.org)

## **Yukon**

- Yukon Disc Sports – [yukondiscsports.wordpress.com](http://yukondiscsports.wordpress.com)

## National Coaches Certification Program (NCCP)

Ultimate Canada (NSO) is a partner of the Coaching Association of Canada (CAC) in developing and distributing Coaches Training. Ultimate Canada currently offers two levels of training recognized by the National Coaches Certification Program (NCCP).

### Ultimate Community – Initiation

Designed for coaches 16+ years of age who work with new/entry level players, this workshop will focus on how to instruct the basic throws and rules of Ultimate. The role of the coach, planning practices, ethical issues around coaching and the needs of the athletes, will also be covered in this 1-day workshop that takes place both in the classroom and on the field or gym.

#### What you'll learn?

- Your role as a community coach in Ultimate
- Knowing about the participants you are coaching
- Identifying ethical issues in community Ultimate
- Practice Planning and Ultimate Safety
- Basic throws and catches of Ultimate
- Communicating and interacting with participants
- Planning to lead an activity

### Ultimate Competition – Introduction

Designed for coaches 16+ years of age who work with U18 competitive players (e.g. high school competitive programs, competitive junior programs) or adult developmental teams programs. The participants will understand learning styles and appropriate feedback through hands on activities. They will learn how to identify and correct common Ultimate errors, and how to lead drills for Ultimate.

#### What you'll learn?

- What a Competition Coach should know (Rules, SOTG)
- Defining Learning & Understanding Learning Styles
- Key factors in assessing the effectiveness of coaches
- Components of effective learning using Ultimate skills
- Different approaches to teaching skills
- Running an Ultimate specific drill, and planning a new activity

For more information, please consult [https://canadianultimate.com/en\\_ca/ultimate-coaching-programs-nccp](https://canadianultimate.com/en_ca/ultimate-coaching-programs-nccp) or email [coaching@canadianultimate.com](mailto:coaching@canadianultimate.com)

## Appendix D Suggested Timelines

These times are for a 60 minute class, allowing 5 minutes to change, both before and after class.

Teachers having shorter or longer classes should modify times appropriately.

Lessons can also be split into 2 or more classes, if teachers have extra classes available for teaching Ultimate.

<b>Lesson 1</b>	<b>Minutes</b>	<b>Lesson 2</b>	<b>Minutes</b>
Pre-lesson	3	Pre-lesson	3
Basic Backhand Throw	8	Warm Up	5
Activity	10	Defence	3
Pancake Catch	5	Defence Activity 1	7
Throw and Catch Activities	14	Defence Activity 2	7
SOTG discussion	5	Basic Rules overview	2
SOTG game	5	Modified Ultimate game	15
<b>TOTAL</b>	<b>50</b>	SOTG discussion	5
		SOTG game	3
		<b>TOTAL</b>	<b>50</b>

<b>Lesson 3</b>	<b>Minutes</b>	<b>Lesson 4</b>	<b>Minutes</b>
Pre-lesson	2	Pre-lesson	4
Warm Up	5	Warm Up	5
Basic forehand throw	5	Small sided or Ultimate game	36
Throw & Catch Activity 1	5	Spirit Circle	5
Throw & Catch Activity 2	5	<b>TOTAL</b>	<b>50</b>
Small Sided Games	20		
SOTG discussion	5		
SOTG game	3		
<b>TOTAL</b>	<b>50</b>		

<b>Lesson 5</b>	<b>Minutes</b>
Pre-lesson	1
Warm Up	5
The “C” catch	2
C catch activity	4
Boulder cuts	3
Boulder cut activity	4
Dump cuts	3
Dump cut activity	5
Modified game	15
Spirit Discussion	5
SOTG game	3
<b>TOTAL</b>	<b>50</b>

<b>Lesson 6</b>	<b>Minutes</b>
Pre-lesson	3
Warm Up	5
Hammer throw	3
Hammer throw activity	5
Ultimate game	25
Spirit Discussion	5
SOTG game	4
<b>TOTAL</b>	<b>50</b>

<b>Lesson 7</b>	<b>Minutes</b>
Pre-lesson	3
Warm Up	5
Force Side defence	3
Force side activity	4
Intermediate backhand	3
O/I backhand activity	4
Modified game play	20
Spirit Discussion	5
SOTG game	3
<b>TOTAL</b>	<b>50</b>

<b>Lesson 8</b>	<b>Minutes</b>
Pre-lesson	3
Warm Up	5
Vertical Stack Offense	7
Vertical Stack activity	7
Modified game play	20
Spirit Discussion	5
SOTG game	3
<b>TOTAL</b>	<b>50</b>

## References

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<sup>i</sup> <http://www.wfdf.org/history-stats/history-of-ultimate/168-major-steps-in-history-of-ultimate>

<sup>ii</sup> Ultimate Frisbee recognized by the International Olympic Committee. Time.com. Olivia B. Waxman. Aug 3, 2015

<sup>iii</sup> Jules Hare: Why Ultimate is a Great Game for Kids, Active for Life, May 3, 2016)  
<http://activeforlife.com/ultimate-great-for-kids/>