



RHYTHMS OF LIFE  
DISC SKILLS CURRICULUM  
GRADES 3-7

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# WELCOME



Dear Teachers and Coaches,

Welcome! We are so excited to share our love of Frisbee\* with you and your students. Throwing and catching a Frisbee are skills that can be enjoyed throughout one's life on beaches, parks and college campuses. This curriculum will also introduce kids to the exciting sports of Disc Golf and Ultimate.

Ultimate is a fast-paced game that combines the unique qualities of disc play with elements of basketball, soccer and football. Organized Ultimate is played throughout the United States and in many other countries. A unique feature of this curriculum is that it provides resources to connect teachers with high school, college and club-level Ultimate players in their communities who can help enrich the program experience.

This curriculum is geared towards upper elementary and middle school-aged students (grades 3-7). It is designed to be adaptable for a range of class sizes and ability levels, giving teachers the freedom to choose from a variety of exercises and create their own progressions. Sample lesson plans are provided in Appendix E.

This curriculum can be used in P.E., after-school programs, recreation department programs or summer camps/clubs. While it certainly can be implemented in a single school, its creators are also devoted to developing a network of youth Ultimate teams. Appendix G tells you how to connect with this growing network and provides tips for getting youth disc going in multiple sites in your community.

The Rhythms of Life Disc Skills Curriculum is a collaboration of Rhythms of Life, the Ultimate Players Association (UPA), Wham-O, and Discsports in Southern California. The creators are passionate about Frisbee and disc sports. We love the aesthetics of a disc in flight, the crisp feeling of catching a disc, the connection we feel when someone catches a pass we've thrown. We hope you will share our enthusiasm and work with us to help a new generation of young people develop a love and enthusiasm for disc sports.

# INTRO TO ULTIMATE

## A FEW WORDS ABOUT PLASTIC

*“Fresh” Plastic:* New Frisbees have a wonderfully smooth texture along the rim. Discs that are played with on soft terrain such as grass or sand retain this fresh feeling.

*“Street” Plastic:* The first time a Frisbee slides on pavement it begins to get scuffed. Very soon, the rim gets worn to a rough texture, often with jagged pieces of plastic beginning to jut out. While it’s great to have discs that you can play with on gravel or pavement, we recommend that some be designated as fresh, grass-only discs. It’s important that kids be aware of their equipment, respect it, and appreciate the merits of both fresh and street plastic.

## A FEW WORDS ABOUT ULTIMATE

Ultimate is a non-contact disc sport, which combines elements of soccer, basketball and American football. It is played seven on seven, on a field with two end zones. Players cannot run with the disc. Teams advance the disc down the field by passing it to one another and score if one of their teammates catches the disc in the end zone. This may be achieved through one very long pass, or many shorter passes. If a pass is intercepted or hits the ground (i.e. dropped, knocked down, or simply errant), the result is a turnover—the other team immediately takes possession and starts to pass the disc in the other direction.

One of the most unique aspects of Ultimate is that the principle of “Spirit of the Game™” is written into the official rules of the sport. Spirit of the Game is a code of sportsmanship and respect, which all players agree to uphold whenever they play Ultimate. Even at the highest levels of competitive Ultimate, there is no referee—players call their own fouls and officiate themselves in this spirit of fair competition and respect for the rules. Thus, Ultimate is a great character-building sport for kids, teaching them that their “spirit” and the way they conduct themselves is more important than winning. We suggest that teachers and playground coaches give special emphasis to this aspect when introducing the sport.

The first games of Ultimate may be a bit frustrating (many turnovers and stopped play to explain the rules), but we have found that most kids love to learn to play Ultimate. Kids have fun the first time they play and as they develop their skills through this curriculum, their enjoyment increases exponentially.

Much more detailed information about Ultimate is provided later in the curriculum, but before kids can be introduced to the sport, they must first learn some basics. The following drills for throwing, catching, and catching while running are great for introducing the unit. Some teachers may choose to move through them quickly enough to leave time for a short game of Ultimate on the first day.

## CATCHING

- The best way to catch a disc is between two hands in what is called the "pancake," "clap," or "alligator" catch (your arms are like the jaws of the gator).
- As students progress it is valuable to challenge them to catch the disc with one hand. **Each of the following exercises can be practiced with both the pancake and one-handed catches.**
- It is important that students be allowed to experiment and play with the Frisbee on their own, without feeling that they are being watched or assessed.
- We recommend that at least five minutes be spent with some of these exercises on the first day of the course. They are also a great way to begin any class.
- In an ideal case, each student would have his or her own disc for these exercises. The exercises can also be practiced with one disc per group of two, three, or four students.

## SIMPLE CATCHING EXERCISES

(Illustrations in Appendix F)

### Catch & Release (3rd - 4th grade)

- Hold the Frisbee with two hands (one hand on each side of the disc as if "shaking hands").
- Toss the Frisbee straight up and immediately catch it with both hands in a pancake catch.
- The toss should be very gentle. At first, it should be just enough so that the disc seems to hover in the same place.

### Hors d'oeuvres (3rd-4th grade)

- Balance the Frisbee on the fingertips with the palm facing up, as if holding a tray of hors d'oeuvres.
- Move the hand up, down and around, to promote a sense of balancing the disc.
- Toss the disc up and immediately catch it with both hands with a "pancake catch."
- Repeat with the other hand.
- Try starting with the Frisbee upside down.

### Spin-aroo - Two Handed (3rd-6th grade)

- Hold the Frisbee between your two palms, in front of your chest, with your fingers pointed straight ahead.
- Toss the Frisbee straight up, so that it's spinning back towards you while it's in the air.
- Catch it with a pancake catch.

### Spin-aroo - One Handed (3rd-6th grade)

- Same as above, but holding the Frisbee with one hand. The fingers should be on the inside rim of the disc and the thumb should be on the top.
- Flex the wrist and toss the Frisbee straight up in the air. The Frisbee should be allowed to spin off the fingers so that when it is in the air it is spinning back towards you.
- Catch the Frisbee with the pancake catch.
- Practice this move, tossing the Frisbee higher and higher.
- Try tossing it with your other hand.

*Now try these exercises with a one-handed catch (also known as a "snatch"). Can you do the snatch catch with either hand? For a variety of more challenging catching exercises, see "Frisbee Fluency" in Appendix A.*

## PARTNER/GROUP CATCHING EXERCISES

Any of the previous catching exercises (especially the Spinaroo) can be practiced with partners or small groups. This is also true for the more advanced “fluency” exercises in the appendix.

- In partner play, partners stand facing one another, with one person tossing the disc and the other catching it.
- In group play, players stand in a triangle, square or circle, tossing and catching the disc either around the perimeter of the group or randomly across. In circle play, a challenging variation involves adding additional Frisbees, which are simultaneously passed around or across the circle.

Circle size is discretionary. With relatively small classes, it can be fun to make one big circle with the whole class, and have one or more discs being passed around the perimeter. Some teachers may prefer to create groups of kids with comparable ability levels, while others may opt for a random mix. There are benefits to either approach.

### Line Catch

This drill is especially effective if there is less than one disc per four kids.

- Students form a horizontal line facing the teacher. One child stands beside the teacher as their helper. Several discs are placed on the ground next to the teacher.
- Teacher throws to the first child for a pancake catch.
- After the catch the student throws back to the helper, who feeds the disc back to the cache at the teacher’s feet. The helper goes to the end of the line, and the student who caught the disc rotates in to be the helper.
- Students who become skilled throwers can then replace the teacher.

### Throwing

*Ambidexterity:* We suggest having students spend some time learning to throw the disc with both hands, even if they wind up using their dominant side when they play Ultimate. Many educators and scientists point to the developmental benefits of activities that engage both sides of the body. Kids enjoy the challenge of throwing with their off side. Since this is likely new for everyone, it levels the playing field, often providing humor, humility, and then confidence when they begin to get the hang of it.

### The Backhand

This is the most basic throw and the one with which most people are familiar.

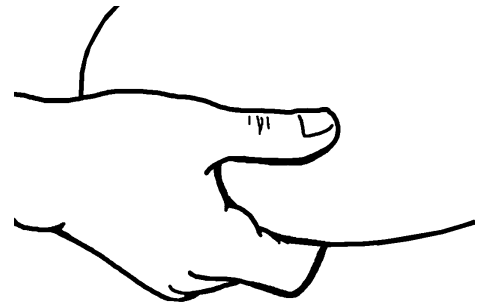
*Preparation:* Before attempting to throw the disc, we suggest loosening the wrists.

- Relax your shoulders and let your arms hang down. Bend your elbows so that your hands are in front of you, with the palms facing down.
- Shake your arms, allowing your hands to “flap” up and down rapidly. See how fast you can get your hands to go. Your wrists should be very loose to accomplish this.
- Turn your hands so that the palms face each other and continue the “hand flapping.”
- Developing this movement will increase your Frisbee success. It is also very healthful—loose wrists are taught in many martial arts practices and contribute to quickness and coordination.

## Grip

While there are many possible ways to grip the disc for this throw, we suggest the following for teaching kids:

- Grip the side of the disc, as if shaking hands with it. Extend the index finger along the side rim of the Frisbee and then drop the tip of the finger off of the rim, just to the first joint. The thumb should be on top of the Frisbee, and the three smallest fingers should be underneath it, on the inside rim. According to personal comfort, you may choose to keep the pinky uninvolved.



## Stance/Pivoting

- Plant a pivot foot. Righties should plant their left foot and lefties should plant their right foot.
- Practice pivoting around the pivot foot and stepping with the non-planted foot. Pivot around in a complete circle, then try to accomplish this with just two steps. Now pivot one way and then back the other way.
- Later in the curriculum, we will be teaching basic Ultimate Frisbee. In Ultimate, like basketball, players must plant a pivot foot. These pivoting moves will be especially helpful when you begin to play Ultimate.
- With your pivot foot planted, **step towards your target with your front foot.** (It doesn't need to be a giant step just step comfortably.) The side of your body should be aligned with the direction you wish to throw. You should be facing 90 degrees from your target.



## First Throws

- Students should gather into partners or small groups, depending on the number of Frisbees available. Partners or group-mates should start just a few feet from one another.
- Gripping the disc correctly, the thrower steps towards their partner and tosses the disc by flicking the wrist, as in the hand flapping exercise. The disc should spin off of the index finger, and the hand should wind up pointing at the target, with the arm extended.
- If thrown correctly, the Frisbee should have some spin as it travels through the air. The flick or snap of the wrist is what makes the disc spin, and gives it control and accuracy.
- **Make sure to look at your target!**
- Throw the disc back and forth with your partner at this close range. **Encourage pancake catches.**
- See how many throws you can make in a row without dropping the disc.
- Try moving a few steps farther away from your partner. To make farther throws, you will likely get your arm involved. This is fine, but make sure that the release is accomplished with a snap of the wrist.



## Troubleshooting/Corrections

*The disc is wobbly or dies before reaching the target.*

There probably wasn't enough spin put onto the disc. First make sure the receiver is very close to the thrower. Check the grip, making sure that the index finger is extended along the rim.

Then have the student throw using a strong snap of the wrist and having the disc spin off of the index finger.

*The disc goes straight up in the air, then comes back towards the thrower.*

Here the motion of the arm is surely going from low to high, with the hand finishing up in the air upon release. Have the student make sure that their arm moves horizontally, and that they finish the throw with their hand pointing directly at the target.

*The disc goes a hundred miles an hour, nearly decapitating the poor receiver.*

This student needs to use a lot less arm and more wrist. Have them focus on putting as much spin on the disc as possible, snapping the wrist but hardly moving the arm at all. Remind them that they are making a pass, not just a throw.

*Instead of flying straight, the disc curves one way or the other.*

The angle of the disc upon release will determine the trajectory with which it flies. To throw the disc level, it should be pretty much flat upon release. Chances are this child is either lifting or dropping the outside edge (edge farthest from the body) of the disc prior to the release. Have them make sure that the disc is flat before they begin their throwing motion, and then make sure that wrist and arm move straight at the target. For more on how to curve the backhand on purpose, see the section below called "Curving the Backhand."

## Circle Games

- Five to seven students stand in a circle and play catch, seeing how many passes they can make in a row without a drop. (Emphasize pancake catches.)
- After a while, try adding a second disc.
- *Variation: One student plays in the center of the circle.*

The thrower can "fake" a throw by stepping towards someone and making the throwing motion **without releasing the disc**, and then stepping towards another and throwing to someone else. (This is fun and will also help them later in Ultimate.)
- After a while, switch the person in the center. (The teacher might wish to simply call out "change" or blow a whistle.)

## Longer Throws

Once students start to become comfortable with making short, accurate passes, they can begin to attempt longer throws.

- Students prepare to throw their discs (grip the disc, plant a pivot foot, step in the direction they wish to throw).
- Students extend their throwing arm back across their bodies, so that the Frisbee is even with or behind their pivot foot. (Note that the elbow is slightly bent and the wrist is cocked in.)
- Swing the arm back across the body, allowing it to straighten like a whip. At the very end of the movement, the wrist snaps and the hand opens, releasing the Frisbee. The Frisbee should be sent flying with a good amount of spin, and the hand should end up pointing in the direction of the throw.



- To generate more power, as the arm begins its forward motion shift the weight from the back (pivot) foot to the front foot.

### Curving the Backhand

To effectively curve the backhand, kids need to understand how the flight of the disc is determined by the angle of the disc upon release. When introducing this subject, it can be fun for teachers to take a "Guided Discovery" approach (i.e. "Let's see what happens if we release the Frisbee at this angle...").

There are three basic trajectories for a backhand:

- **Straight:** Disc flies straight and level  
To throw the Frisbee straight and level, the Frisbee must be level (flat and parallel to the ground) as it is released.
- **Outside-In (aka "Bender"):**  
*Righties - Disc curves from left to right.*  
*Lefties - Disc curves from right to left.*  
To throw a "Bender," the outside edge (the side of the disc that is farthest from the body) is tilted up as the Frisbee is released. To do this the wrist must be flexed upwards (fingers pointed slightly up) as one throws.
- **Inside-Out:**  
*Righties - Disc curves from right to left.*  
*Lefties - Disc curves from left to right.*  
To throw an Inside-out, the outside edge (the side of the disc that is farthest from the body) is tilted down as the Frisbee is released. To do this the wrist must be cocked down (fingers pointed down) as one throws.

It's fun to make the disc curve! You can play for a curve by aiming to the left or right of your target and adjusting the angle of release accordingly.

By watching the trajectory of the disc, a student can deduce whether they used too much or not enough angle on the release.

## THE FOREHAND OR "FLICK"

This is a fantastic throw to teach. It's easier than it looks (and it looks very cool). It can be thrown as far as a backhand with much less arm movement and physical exertion. It's crucial for Ultimate.

### Preparation

It's a good idea to repeat the *loosening the wrists* exercises described earlier in the Backhand section. Loose wrists are arguably even more useful in the flick than in the backhand.

### Stance

- As in the backhand, players must establish a pivot foot. (Righties pivot on their left foot, Lefties pivot on their right.)
- The step is to the same side as your throwing hand. Do not step across the body!
- Unlike the backhand (where the step is made towards the target), the flick is thrown by stepping to the side of the target. Thus, both shoulders are open, facing the target when the throw is made.

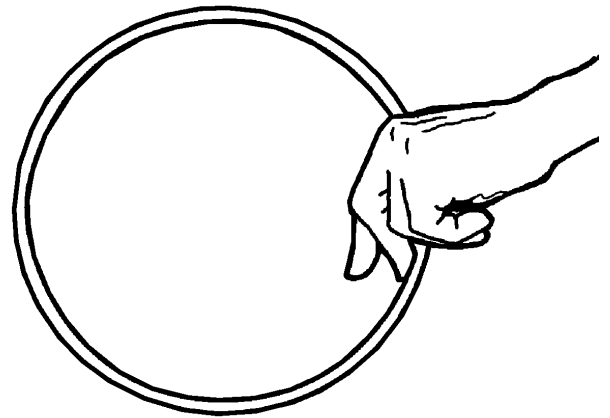
- It is very common for beginners to step with the wrong foot. Make sure to step with the same foot as the throwing arm. Stepping this way may be counter-intuitive, as it is different from throwing a baseball. With practice, it will become second nature.

## Grip

There are two basic forehand grips:

### *Training Wheels Grip*

- Make a "gun" with your thumb and index finger. The thumb is placed on the top of the Frisbee and the index finger is in the center of the underside.
- Extend the middle finger 90 degrees from the index finger and place it against the rim of the Frisbee.
- Adjust the Frisbee so that it is snug in the crease of the thumb.
- **The grip should be fairly tight.**



### *Power Grip*

- Let the Frisbee hang off of the index and middle fingers.
- Keeping these fingertips on the rim, snugly grip the disc in the crease of the thumb, with the thumb on top.
- Both the index and middle fingers should be "scrunched" together against the inside rim of the Frisbee.
- **The grip should also be fairly tight.**

In both grips, the Frisbee should be held so that as much of it as possible is on the **outside** of the hand (away from the palm).

## First Flicks

- Grip the disc, set a pivot foot and step (to the side of the target with the same foot as the throwing hand).
- Unlike the backhand, there is no weight shift during this throw. Weight should be either evenly distributed or more on the stepped (non-pivot) foot throughout the throw.
- Cock the wrist to the outside of the body. This movement is similar to the set-up for a forehand in tennis or ping-pong.
- **Dip the outside edge of the Frisbee.** This is crucial. The Frisbee should be held so that if a marble were placed on it, it would roll off to the side, away from the body. **This angle should be maintained throughout the release of the throw.**
- **Hold the elbow against the body.** Keep it here all through the throw!
- Snap the wrist forward towards the target. At the end of the snap, the Frisbee should be sent spinning off of the index finger.

*The two most important rules for throwing the flick are as follows:*

- **Drop the outside edge.** Lifting the outside edge at any point during the throw will result in a vertical Frisbee that takes a wicked curve (to the left for righties, to the right for lefties).

- **It's all wrist.** Especially at first, arm involvement should be minimized. The key to this throw is the wrist snap. **It is essentially a wrist throw, not an arm throw.** Keeping the elbow "glued" to the body can help you to get this feeling. Once you get a good snap on the release, you can unglue the elbow and start to involve a little more arm.

When first practicing the flick, focus on a snappy release that produces a throw with lots of spin. This is much more important than accuracy at this point.

### **Curving the Forehand**

As with the backhand, the angle of the release determines the flight of the disc. The three basic forehand trajectories are:

#### Outside-In or "Bender"

*Righties - disc curves right to left)*

*Lefties, disc curves left to right)*

To throw a bender, lift the outside edge of the Frisbee (the edge farthest from the body). The higher the outside edge is lifted, the sharper the disc will curve.

Straight: Disc flies straight and level.

To throw the disc straight and level, drop the outside edge slightly. This is to counter the natural tendency to lift the outside edge during the release (which would result in a bender).

Inside-Out:

*Righties - disc curves from left to right*

*Lefties - disc curves from right to left*

To throw an inside-out, drop the outside edge of the disc, even more than in the previous throw. The inside-out is one of the most difficult throws to master and probably need not be a focus in your lesson.

#### *Notes on Curving the Forehand*

- Students should adjust their aim, either right or left of the target, to play for the curve.
- **Most people find that a slight bender is easier to throw than a straight forehand.**
- As with the backhand, the flight of the disc tells you the angle at which the disc was released.
- 

### **Forehand/Backhand Pivot**

- Have the students once again practice pivoting around their pivot foot, as they did when first learning the backhand. This time, they can change their grip from backhand to forehand, depending upon which side they are stepping to.
- Righties will pivot off of their left foot (stepping with their right). When they step to the right they should throw a forehand. When they step to the left, they will throw a backhand.
- Lefties will pivot off of their right foot (stepping with their left). When they step to the left they should throw a forehand. When they step to the right, they will throw a backhand.
- Apply this pivoting and throwing off of the correct foot (alternating between forehands and backhands while playing catch) either in pairs or groups.
- Start to mix in some fakes (i.e. pivot, step and make the arm motion of throwing a backhand but then quickly pivot, step the other way and (changing the grip) throw a forehand, etc.).

*For other types of throws (Hammer, Scooby and Floater) see Appendix B "Cool Throws."*

# BEFORE PLAYING

## CUT DRILLS

In order to be open to receive a pass, an offensive player must create some separation between themselves and their defender. This involves running into an open space and often incorporates a “juke” or sharp change in direction. This running to get open is called “cutting” or “making a cut.”

The following simple drills are designed to introduce kids to the experience of cutting, and more basically, catching a Frisbee while running. We suggest doing at least one of these drills before playing Ultimate.

### **Basic Cut Drill (Dog) – Going Away**

Depending on class and number of facilitators, it may be necessary to have half of the class participate in this drill, while the other half occupies themselves playing catch in a circle.

- Students form a line, with the front of the line next to the teacher. The teacher has a cache of discs at his or her feet.
- The first student in line runs straight out, then cuts diagonally at a 45 degree angle. The teacher passes them the disc, trying to lead them slightly so that they catch it on the run.
- The student then places the disc on the ground next to the teacher on their way back to the end of the line.
- The next in line then goes out and makes their cut.

Students can determine how long a pass they would like to catch by the timing of their diagonal cut.

If the teacher feels most comfortable throwing a backhand, then students should cut towards the side that favors that throw. So for a righty teacher, the students would run straight out and then cut to their left.

### **Basic Cut Drill (Dog) – Coming To**

- Same as above, except here the line is formed 20 or so yards away from the teacher, with the first in line facing back towards the teacher.
- The first student in line runs straight towards the teacher and then cuts diagonally at a 45 degree angle.
- The teacher delivers the pass, leading them slightly so that they catch it while running.
- The student then places the disc by the teacher’s feet, goes to the end of the line, and the next student goes.

If the teacher is right handed and prefers to throw a backhand, they should have the students run towards them and then cut to their right.

# PLAYING ULTIMATE

We have found that students as young as the 3rd grade can be successful playing Ultimate. However, teachers with students who have very rudimentary disc skills may wish to play Ultimate with a beanbag or ball first instead of a disc to give them a feel for the game.

Depending on class size, teachers may wish to organize one or more games at a time. While regulation Ultimate games have seven players per team, kids would do well to start playing with five or six per side.

- 10-12 students - 1 game
- 13-24 students - 2 games
- 25-36 students - 3 games

## SETUP

Set up the field(s) with two end zones, as in football. Competitive Ultimate is played on a 70 x 40 yard field with two 25 yard end zones. For your classes, we recommend that you set up shorter fields of around 40 x 25 yards with 10-15 yard end zones.

## EXPLAIN THE BASIC RULES OF THE GAME

- No running with the disc. Teammates pass the disc to each other to advance it down the field and score when a pass is caught in the end zone.
- If the disc hits the ground it results in a turnover and the other team immediately takes possession and begins to pass the disc the other way.
- After a score, both teams line up facing each other on the opposite goal lines. The team that scored restarts play with a long throw called a “pull,” which is the Ultimate equivalent of a football kickoff.
- **Ultimate is a non-contact sport.** Unlike basketball and football, there is no shoving, boxing out, setting picks, or other deliberate physical contact allowed in Ultimate.
- **Players call their own fouls.** The system works as follows: If a player feels that they have been fouled (i.e. got their arm slapped when trying to catch a disc), they call out “Foul!” Play stops, and the accused player can then acknowledge that they committed a foul (in the official lingo, they’d say “No contest,” pronounced with the emphasis on “test”), which would result in the receiver being awarded the disc at the spot they would have caught it. If the accused player disagrees with the call, they would say “Contest” and the disc would return to whoever threw it, in what is essentially a “do-over.” What makes this system work is the concept of Spirit of the Game™, which is essential to the sport of Ultimate and should be emphasized.

## SPIRIT OF THE GAME™

To give you a better sense of what the Spirit of the Game is, here is an excerpt from the Official Rules of Ultimate, 11th Edition.

### From the Preface:

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

### **From Section 1, Introduction, Item B, 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.”

### **The UPA website:**

“Most Ultimate players care deeply about Spirit of the Game. The organizational challenge for the UPA is to foster an environment where the challenge does not become, "to see what I can get away with". Rather than dictate what Spirit of the Game is or should be, it is up to each player to do so for him or herself within the context of the teams he or she plays with and against.”

Most kids have no problem grasping the concept of Spirit of the Game. As they play, it is important that the teacher frequently reinforces this concept. This is best done by stopping play if a dispute arises, helping the kids to resolve the matter and then acknowledging their good spirit.

## **PREPARING TO PLAY**

Divide the class into evenly matched teams, making sure that each team has at least one or two of the more-skilled players.

- If there are two staff members, they can play on opposing teams.
- If there is only one staff member, they might at some point step in and play for one team if they happen to be losing badly.
- Teachers working with younger kids can also choose to play offense for both teams. In this case, their role would be to facilitate the “flow of the game.” They should stay more in the middle of the field rather than trying to catch a disc in the end zone for a score.

To start the game, each team should line up horizontally along the front of their end zone. There is a fun way to determine which team will “receive” (start on offense). The teacher flips two discs and asks a player on one team to call out “same” or “different.” This is the Ultimate version of a coin flip. Depending on how the discs land, one team will get to decide to receive or “pull” (throw off, like a kickoff in football). In real Ultimate, the winner could also choose a side of the field on which they prefer to start. This can be a factor depending on the wind. The team that pulls will be playing defense to start the first point. Defense is person-on-person and the pulling team should line up across from the player that they will be guarding.

## **PLAY**

Play begins with the pull, when someone from the defensive team throws the disc to the offensive team. Good pulls stay in the air a long time, giving the defenders time to run down the field and match up. If the pull goes out of bounds on a fly, the offensive team may start in the middle of the field, at the point where it went out. If the disc lands in and then rolls out, play starts at the spot where it went out.

- Remember: There is no running with the disc.
- Again, in the case of an incomplete pass (i.e. bad pass, dropped pass, pass that is intercepted or knocked down by the defense), there is a turnover. This means that the offense becomes the defense and the defense picks up the disc and heads the other way.

- Play continues back and forth until one team successfully scores by completing a pass into the end zone.
- After a score, the scoring team stays on that side of the field and the other team walks back to the other side. Teams once again line up on their goal lines and the team that scored pulls to start the new point.

## ULTIMATE NOTES

*Marking:* In official Ultimate, the defender who is guarding the person with the disc can stand as close as a disc length away. At this level, however, we recommend that every thrower be given a comfortable space to throw (approx 5 ft) by their defender.

*Players may not set picks:* If at any time, a player runs into another player (even their teammate), they may call out "pick!" At this point, everyone freezes, and the picked player is allowed to reposition themselves on the field. Picks may be called whether the contact was intentional or unintentional.

*Players may hold the disc for up to ten seconds:* The defender who is guarding (or "marking") the player with the disc must count out loud in order for the time limit to be enforced. When the defender says the "t" in ten, it is called a "stall." A stall results in a turnover.

*Players cannot run or walk with the disc:* In competitive Ultimate, players can't even move their pivot foot once it is established. With kids who are just learning the game, this rule usually only becomes a factor when a player forgets that they can't run or walk with the disc. If this happens, the infraction is called a "travel." Play stops while the person with the disc resets him or herself.

*Players may not rip the disc from someone else's hands:* If a player is holding the disc and another player pulls it from their hands, it is called a "strip." Play stops and the disc is returned to its rightful holder.

*End zone turnovers:* If a team takes possession of the disc in its own end zone, they may walk the disc up and begin play at the goal line. If a team commits a turnover inside their own end zone, the other team takes possession at the goal line.

*Dropped Pulls:* In competitive Ultimate, if a player tries to catch a pull (as opposed to letting it stop on the ground and picking it up) and drops it, the result is a turnover. When kids are first learning the game, we suggest that this rule be mentioned, but not enforced.

*Cutting/Clogging:* Many new players fail to realize that they must cut (run into an open space) in order to be open to receive a pass. "Clogging" results when one or more players are just standing around the person with the disc, calling "Here! Here! Throw to me!" By emphasizing the idea of cutting, you can get kids to begin to "unclog" the playing space. The concept of spacing on an Ultimate field is something that will evolve for kids as they gain experience playing.

*More on Cutting:* Most effective cuts include a sharp change in direction. The two most common ways of cutting are as follows:

- Run at the defender to get them off balance and then change direction, running into an open space.



- Run away from the defender. Once they commit to following, change direction and cut back behind or away from them.

*Confusion:* At first, it is likely that there will be many turnovers, resulting in frequent changing of which team is on offense/defense, as well as the direction of play. This can be confusing to some kids, especially those who have never played games like soccer or basketball.

*Patience:* Most new players get so excited when they have the Frisbee that they throw it right away and make a bad pass. Remind them that they have at least ten seconds (more if the defense forgets to count out loud) to find someone who is open for an easy pass.

*“Up” Calls:* Often defenders are too busy watching the person they are guarding to notice that the disc has been thrown – possibly in their direction! Thus, it is a great habit for kids to yell “Up!” when they see that the disc has been thrown.

*Discretion:* While there are obviously a lot of rules in Ultimate, the most important thing for kids who are learning the game is for them to run around, have fun, and play with good spirit. As kids develop their throwing, catching and cutting skills and become more familiar with the game, the level of sophistication will naturally increase. At first, teachers are encouraged to use their judgment as to when to stop play, point out rules, or just “go with the flow” for the sake of fluidity of play.

- For more Ultimate related games and drills see Appendix C.
- For a list of Ultimate vocab see Appendix D.
- For more comprehensive information about Ultimate, see <http://www.upa.org/peoutreach>

# DISC GOLF

Disc Golf is an exciting, fun way for students to practice their throws. It offers a nice change of pace from playing Ultimate. As with Ultimate's Spirit of the Game, it has a character-building component of correct behavior or etiquette.

Disc Golf is essentially just like regular golf (or "ball golf"). "Holes" can be cones, trees, trashcans, goal posts, etc. Many parks around the country have official disc golf courses, which have chain baskets as the goals. Serious disc golfers play with a variety of different sized and weighted discs, as with "ball golf" clubs. As of mid 2007, there were close to 2,400 Disc Golf courses worldwide. The object of the game is to hit the "hole" (basket, tree etc) with the disc in as few throws as possible.

The first time you play Disc Golf, we suggest that you lay out and mark the course for everyone. After that, you may allow each group of players to choose their own "holes" as they go.

As in ball golf, players of Disc Golf should be aware of good etiquette. This includes basic courtesies, such as:

- Waiting for the golfers in the next group to get out of range before throwing
- Standing even with or behind someone who is about to throw
- Allowing the person who is farthest away to throw first
- Not stepping on or moving someone else's disc
- Encouraging each other and not making fun of poor throws

Disc Golf, like Ultimate, provides healthy ethical challenges. It is a good idea to expect the students to be honest and report their score correctly. Scorecards also provide a good math exercise.

Depending on class size and number of discs, you may wish to group the students in twosomes, threesomes or foursomes. Teammates can alternate throws. For variety, you may choose to change the groups at some point during the class.

To maximize playing time we suggest a "shotgun" start, in which groups start playing simultaneously on each of the holes. If possible, providing players with a map of the course would help this run more smoothly.

If you are interested in finding out more about Disc Golf and what courses and resources exist in your community, you can check out the Professional Disc Golf Association at: [www.pdga.com](http://www.pdga.com).

# APPENDIX A

## FRISBEE FLUENCY (CATCHING EXERCISES)

The following exercises are designed to help kids feel familiar and comfortable with a Frisbee. They are all simple variations of tossing the Frisbee to oneself or to a partner at close range. Repetition of these drills allows the student to feel confident that they can catch a Frisbee in their immediate airspace. While these exercises are appropriate for kids of all ages, teachers with younger students may choose to spend more time on them.

### TYPES OF CATCHES

*Two handed:* While it's possible to catch the disc with both hands on the rim, the surest two-handed catch involves clapping the disc between the palms. This is known as the clap, pancake or alligator catch. Most Ultimate players will use this catch whenever possible in games.

*One-handed:* Snatching the disc with one hand can be very satisfying and gives kids a lot of confidence. When a disc is flat (horizontally oriented) in the air, this catch can be made either palm up or palm down. As with catching a baseball, the general rule is that if the disc is above the waist, snatch it palm down, and below the waist, with the palm up.

All of the following exercises can be done with either two or one handed catches. With one handed catches, students should try to use either hand. Students can also vary between palm up and palm down snatches.

#### **Knee-Toss (3rd-6th grade)**

- Lift one knee and balance the Frisbee upon it.
- Attempt to move or hop around to challenge your balance.
- Slightly flex the leg upon which you're standing and then drive the raised knee even higher to toss the Frisbee up into the air.
- Catch the disc with two hands in a "pancake catch."
- Snatch the disc with one hand (left, right, palm up, palm down).

#### **Flying Saucer**

This move is essentially a horizontal version of the Spin-aroo.

- Hold the Frisbee flat with one hand, as if shaking hands with it. Extend the index finger along the rim.
- Toss the Frisbee up into the air, spinning it off of the index finger on the release. This is a difficult move! If done correctly, the disc will maintain its orientation in the air, while spinning hovering like a flying saucer.
- Catch it with a "pancake catch"
- Snatch it with one hand (left, right, palm up, palm down).
- Try making the Flying Saucer fly higher in the air.
- Try starting with the Frisbee upside down.

#### **Foot-Toss (Challenging)**

- Balance the Frisbee on one foot.
- Attempt to raise the foot and move it around to challenge your balance.

- Lift the foot to toss the Frisbee into the air.
- Catch it with a "pancake catch."
- Snatch it with one hand (left, right, palm up, palm down).

### **The Header (Challenging)**

- Balance the Frisbee atop your head.
- Walk around to challenge your balance.
- Bend the knees and then quickly straighten the legs or even jump, so as to toss the Frisbee in the air. As this is done, the chin should be slightly dropped so that the Frisbee is tossed forward. (Failure to drop the chin could cause the Frisbee to be tossed straight up, which would be followed by it falling straight down...followed by a yelp of pain.)
- Catch the Frisbee in a classic "pancake catch."
- Snatch it with one hand (left, right, palm up, palm down).

### **Hot Potato**

- Hold the Frisbee with one hand.
- Toss it into the air, trying to keep it hovering flat, and catch it with the other hand.
- Toss it again and catch it with the original hand.
- Try this with both palm up and palm down snatches.
- Try it with the Frisbee upside down.

### **Hotter Potato**

- Hold the Frisbee with one hand (either fingers up, or fingers down).
- Toss the Frisbee in the air and catch it with the same hand and the same hand position. Repeat.
- Toss it with palm up and catch it with palm down (or vice versa).
- Try it with the other hand.
- For the hottest potatoes, try varying between the hot and hotter.

### **Flip-aroo**

- Hold the Frisbee upside-down with one hand, with your thumb on the rim and your palm up.
- Push up with your fingers, tossing the Frisbee slightly so that it does a little flip and immediately catch it with the same hand, palm still down. (The Frisbee should now be right-side-up.)
- Repeat. How many flips can you do in a row?
- Try it with the other hand.
- Try changing from palm up to palm down between the toss and the catch.
- Try double or triple flips!

# APPENDIX B

## COOL THROWS (BLADE, HAMMER, SCOOBY, ETC.)

Kids love to learn different ways of throwing a Frisbee. We suggest teaching these throws fairly early in the course. Enthusiasm is boosted when students feel that they have a "bag of tricks" when it comes to throwing the disc.

### THE BLADE AND THE HAMMER

Most Frisbee players love blades and hammers because they are particularly radical throws. **In the blade, the disc spins vertically; in the hammer, it flies upside down.** Both throws look very cool and are relatively simple to learn.

#### The Blade

- Grip the Frisbee with the **forehand "training wheels" grip** (thumb on top, index finger centered underneath, middle finger on inside rim).
- Hold the disc vertically (i.e. index finger pointing up, elbow bent and pointed forward) next to or just in front of the ear.
- Cock and snap the wrist so that the Frisbee spins off the middle finger maintaining its vertical alignment and traveling straight up and forward.
- The blade is a wicked throw that can be difficult to catch. In addition, blades typically hit the ground hard, often resulting in a warping or "taco" effect on the Frisbee. While this throw can be effective in Ultimate, we teach it here only as a step towards learning the hammer throw. Thus, we suggest that you quickly move on to teaching the hammer.

#### The Hammer

- Grip the disc and hold it as if you are about to throw a blade.
- If the top of the disc is at 12 o'clock, tip it to 10 o'clock.
- In other words, bend the wrist in towards the body so that the index finger is at about 45 degrees. The elbow should now be pointed out to the side.
- Holding this alignment, cock and snap the wrist as in the blade.
- The disc should spin off of the middle finger and the disc should turn upside down in flight.
- For lefties, the disc will curve from right to left; for righties, it will curve from left to right.
- Experiment with different angles of release (12 o'clock to 9 o'clock).
- The flatter the disc (closer to 9), the faster it will turn upside down.
- A disc that turns over too much will actually lose its momentum and curve back the other way. This is known as a "**duck.**" (Ultimate players often acknowledge such throws with quacking sounds.)
- Once students get a feel for the angle and release of a hammer, they can begin to throw longer hammers by involving the arm.
- **The arm motion for throwing big hammers resembles a tennis serve.**



### **The Scooby (or Scoober)**

This is a nifty, short range version of the hammer.

- Same grip as a hammer.
- Prepare as if you are about to throw a blade.
- Tilt the disc to about 9 o'clock, bringing it over the head, just above the ear on the other side of the body.
- Flick the wrist to release the disc. The disc should travel a short distance, upside down the whole way.

### **The Push-Pass**

This is another nifty, short-range pass.

- Grip the disc with a backhand grip.
- Cock the wrist to the outside (as with a forehand), then push the hand forward and simultaneously move the index finger to the inside. The disc should spin off of the index finger.
- For righties, the disc should spin clockwise, for lefties counter-clockwise.

### **The Floater**

Another short-range pass, this is the Frisbee equivalent of a knuckle-ball, as it seems to float in the air with very little, if any, spin. This throw is similar to the "Flying Saucer" exercise in the Frisbee Fluency segment.

- Hold the disc with a backhand grip.
- Lift the arm and, at the top of the movement, release the disc while allowing it to roll off the index finger so that it has a tiny bit of spin.
- **For this pass, you only want enough spin for the Frisbee to hold its horizontal shape in the air.**
- The disc should travel up and then float straight down. If thrown correctly, it seems to hover or float through the air.

### **The No-Look**

As the name implies, a no-look is any pass that is thrown without looking at the intended target. When throwing no-looks, it's important that **the intended receiver is looking**, or at least is paying attention. No looks can be fun to incorporate into the **Circle Catch**.

### **The Thumber**

A very advanced throw, the thumber is sort of the opposite of a blade.

- Grip the disc with the thumb on the inside rim.
- Hold the disc straight up, as in the blade. (Cocking the wrist and snapping it forward so that the disc spins off the thumb results in a "thumber-blade".)
- Tilt the top of the disc to the outside (to 2 o'clock). Cock and snap the wrist, allowing the disc to spin off of the thumb.
- In addition to flying upside-down, this throw when mastered will curve twice. Most teachers probably won't ever introduce this throw, but may choose to with particularly advanced, enthusiastic students.

# APPENDIX C

## ULTIMATE GAMES AND DRILLS

### Box or “Hot Box” (3rd-7th grade)

This game can be thought of as a “half court” version of Ultimate. It’s a great game to play if you have fewer players or limited space.

- A box is made with cones in the center of the playing space. The size of the box can vary from about 4 square feet for older, more skilled players to about 10 square feet for younger or less skilled players.
- Make two teams with 3-5 players per side.
- As with Ultimate, players can’t run with the disc. Teammates pass the disc, scoring if one of them catches it in the box.
- **After a score, the scoring team retains possession of the disc.** They must pass the disc behind a “clear” line (which should be a good distance away from the box), before they can again attack the box.
- As with Ultimate, teams switch possession whenever there is a turnover. Since this is a much smaller, quicker moving game the stall count is usually reduced to 5 seconds, which must be counted out loud by the defender in order to be enforced.
- **Players cannot “camp out” in the box.** Some time limit (3 or 5 seconds) should be agreed to as the amount of time a player can stand in the box. Similar to the 3-second rule in basketball, this rule prevents clogging of the box and promotes movement and good spacing of the field.
- All other basic rules of Ultimate apply, such as fouls, travels, picks, Spirit of the Game, etc.

### Box Drill (5th-7th grade)

The Box Drill is a very common warm-up drill for Ultimate teams. It is also a great way for kids to practice simple throws and cutting, while promoting a feeling of team unity. Each box can accommodate approximately 20 students.

- Four students arrange themselves as the corners of a square and the rest of the students distribute themselves evenly behind them.
- The second person in line at one of the corners starts with a disc.
- The person in front of them makes a cut in the shape of an arc towards the next corner. In other words, they would run slightly out away from the box and then curve back towards the next corner of the box. The player with the disc hits them with a pass, trying to lead them so that they catch it while running.
- After the disc is caught, the first person in line at this next corner makes a similar cut, and the disc thus continues to be passed around the outside of the box.

If the cuts are made in a counter-clockwise direction around the box, it will make it easier for most right-handed players to be throwing backhands.

To practice forehands, reverse the direction so that the disc is being passed clockwise around the outside of the box.

It’s fun for teams to try to see how many successful passes they can make in a row around the box. To get psyched, all players can count out loud whenever someone catches a pass. Players can also yell “Up!” when the disc is thrown so that the whole team is calling out “Up! One! Up! Two!” etc.



### **Cut Drill (4th-7th grade)**

This is similar to Dog, except players, rather than the coach or teacher, make the throws. This drill can accommodate up to about 20 players.

- Players form two lines, facing each other and some 10-20 yards apart.
- Discs are distributed so that each of the first several people in both lines have one, with the exception of the first person in one of the lines who will begin the drill by making a cut.
- This first person makes a cut by running straight towards the person facing them on the other line and then cutting at a 45 degree angle. The first person in the other line passes a disc to them, which they catch and then continue to the end of the line where they hand the disc to the next person in line without a disc.
- After throwing the disc, it's the thrower's turn to make a cut. They run straight ahead and then at an angle to receive the pass, then they move to the end of the other line.
- The drill progresses as players constantly throw, cut, then move to the end of the other line.
- Depending on which side the cutter cuts, the thrower will either throw a backhand or forehand.

### **Circle Catch (3rd-7th grade)**

- Students are arranged into a large circle of 8 to 10 people and spaced so that each person has enough room to throw a backhand.
- One student starts with a Frisbee and passes it to someone else in the circle.
- **Passes may not be made to the person right next to you.**
- *Variation:* Introduce another Frisbee to the game.

### **Circle Catch with Defense (5th-7th grade)**

- Students are arranged into large circles of 8 to 10 people, spaced so that each has enough room to throw a backhand.
- Three students form a triangle in the center. These three are the defense. The goal of the defense is to prevent passes from being completed by knocking down or catching the Frisbee.
- The students on the circle try to complete passes to other players on the circle.
- To be effective, the players on the circle are advised to make "fakes." By stepping and making a throwing motion without releasing the disc, they can entice the defenders to move one way and create a gap through which they can complete a pass.
- Passes may not be made to the person standing right next to you.
- Defenders must stand at least five feet from the person with the disc.
- Defenders are most effective if they try to keep their triangle formation as they run around within the circle. This minimizes the passing lanes.
- *Extra Challenging Variation:* The two players on either side of the one holding the Frisbee are part of the defense and can knock down any throw that is within their reach. This is known as the "Betty Rule".

### **Dog with Defense (5th-7th grade)**

Dog is the basic cutting exercise (described on page 4) in which the coach has a cache of discs at their feet and makes passes to players who line up one at a time to make a cut. This is a variation of that drill in which another player tries to defend the pass.

- In this drill, the receivers should vary their cuts so that the defenders won't be able to anticipate the pass routes.
- Other cutting options include: straight out and then diagonally in the other direction; straight out and then back towards the thrower; shorter cuts that immediately go at a diagonal.

## SKY DRILLS

In Frisbee, “**sky**” is a verb, meaning to leap in the air and snatch a disc out of the air with one hand. Often players “**sky over**” another player, which means jumping higher or timing their jump better to catch a high pass (i.e. “Whoa, did you see Kelly sky over Patty?!”).

Sky drills are a great way for students to learn to sky for a disc. These drills help them to learn to “**read**” the disc, which means discerning where a disc is headed by how it flies through the air.

### **Sky Practice (4th-7th grade)**

Students pair up and play catch. The focus is on making high passes (possibly short range floaters) which are caught by jumping and snatching them out of the sky with one hand.

### **Single Person Sky Drill (3rd-7th grade)**

Students line up a good distance from the teacher who has all of the discs. One at a time the students receive a high throw which they attempt to sky.

### **Two or Multi-Person Sky Drill (5th-7th grade)**

Same as above, only here two or more students attempting to sky over each other to catch the pass.

### **500 (4th-7th grade)**

A multi-person sky drill in which the thrower calls out how many points each throw is worth, and receivers attempt to catch as many passes as they can until someone reaches 500.

For more advanced skills and drills, go to: [www.upa.org/juniors/skillsanddrills/skills\\_index.html](http://www.upa.org/juniors/skillsanddrills/skills_index.html)

# APPENDIX D

## ULTIMATE/DISC LINGO

Ultimate players have lots of unique terms that describe aspects of the sport. A sample of terms are provided below. After students have gained some experience playing Ultimate, they will likely enjoy reading this list so they can begin to use the correct terminology.

*Ultimate:* Also known as Ultimate Frisbee. An exciting sport that combines elements of soccer, basketball and football.

*Disc Golf:* Just like regular golf, only using Frisbees.

*Backhand:* The throw that most people are familiar with.

*Forehand or Flick:* Another throw, made with a flick of the wrist.

*Hammer:* An overhand throw in which the disc turns upside-down as it flies.

*A Duck:* A poorly thrown hammer, which turns over too quickly and dies.

*Blade:* A throw that spins vertically, like....a blade.

*Scooby:* Similar to a hammer, only shorter range and more upside down.

*Thumber:* Another inverted throw, made with the thumb on the inside rim.

*Push-Pass:* A short range pass in which the disc is pushed on a flat plane with spin.

*Floater:* Another short range pass which travels up and down with hardly any spin.

*No-Look:* Any pass made without looking at the target.

*Bender or Outside In:* A throw that curves from the outside to the inside.

*Inside-Out:* A throw that curves from the inside to the outside.

*Dump:* A short pass, usually backwards, made to beat a stall count or simply move the disc.

*Air Bounce:* A throw that rises at the end of its flight.

*Up-Winder:* A throw or point that is made while heading into the wind.

*Pancake:* Catching the disc between two clapped hands.

*Sky:* To leap into the air and snatch the disc out of the sky.

*Getting Ho:* (Also "Going Ho") Getting horizontal which means diving for a disc.

*Laying Out:* Another term for getting ho.

*Ho D:* (Also "Ho Block") Diving and knocking down the disc when on defense.

*Huck:* A very long throw.

*Pull:* The Ultimate equivalent of a football kickoff.

*Pick:* Running into another player. Picks are not allowed in Ultimate.

*Travel:* To walk or run with the disc. This is not allowed in Ultimate.

*Stall:* When someone holds a disc for longer than the 10 seconds.

*Foul:* Any illegal contact in Ultimate (i.e. interfering with a player).

*Bid:* An attempt to catch a disc.

*Cutting:* Running to get open for a pass.

*Mark:* To guard the person with the disc or the person guarding the disc holder.

*Point Block:* When the mark knocks down a pass as it leaves the thrower's hand.

*Force:* To prevent someone from throwing to one side of the field.

*Mack:* To hit the side of a spinning disc so that it continues spinning.

*Stack:* The basic formation of Ultimate where players line up in the center of the field to maximize open space for cutting.

*Clear:* To get out of the passing lanes so that someone else can cut and get open.

*Clogging:* Standing around in the passing lanes, clogging up the area around the disc.

*"Up" Calls:* Yelling "Up" so that teammates know the disc has been thrown.

*Spirit of the Game:* The Spirit of sportsmanship that allows Ultimate players to be their own referees.

*Greatest Play:* An excellent play in Ultimate where a receiver jumps out of bounds, catches the disc and throws it back onto the field before landing.

# APPENDIX E

## LESSON PLANS

General Notes: While we encourage you to use your judgment when it comes to designing the progressions and lesson plans that you will implement with your students, here are some basic suggestions:

- **Ease the fear.** Some kids are afraid of the Frisbee or simply believe that they can't catch or throw one. By starting with the simple catching exercises and then short range throws, these students will develop some confidence.
- **Play Ultimate as soon and as often as you can.** Kids love to play and this becomes a great incentive for them to work on their skills.
- **Skills and Drills.** Devote a little time each day before playing Ultimate to teach some new skills and/or practice those recently learned.
- **Spirit Spirit Spirit.** When competition gets too heated, remind students that they're just learning the game. By emphasizing having fun and playing with good spirit, everyone will feel successful.

### DAY 1

- Frisbee Fluency (pancake catches): Basic Catch and Release, Hors devours, Spin-aroo, Spina-roo with a partner
- Introduce Backhand
- Play Dog
- If time, play short game of Ultimate (with a beanbag if warranted)

### DAY 2

- Frisbee Fluency (one handed catches): Catch and Release, Hot Potato, One Handed Potato
- Review Backhand
- Practice Backhand: Playing Catch or Circle Game
- Introduce Curving the Backhand
- Play Ultimate

### DAY 3


- Play Disc Golf
- Play Ultimate

### DAY 4

- Two person Fluency: Catch and Release, Hors devours, Flying Saucer
- Introduce Forehand
- Play Catch, Four Person Catch
- Play Dog
- Play Ultimate

### DAY 5

- Review Forehand
- Teach Curving the Forehand
- Practice Backhand/Forehand Pivot

- 
- Play Dog, Dog with Defense
  - Play Ultimate

#### DAY 6

- Play Disc Golf
- Play Dog, Dog with Defense
- Play Ultimate

#### DAY 7

- Teach new throws: Blade, Hammer, Floater, Push-Pass
- Play Multi-Person Catch
- Circle Catch
- Circle Catch with Defense
- Play Ultimate

#### DAY 8

- Sky Drill
- Play 500
- Play Ultimate

#### DAY 9

- Play Ultimate

#### DAY 10

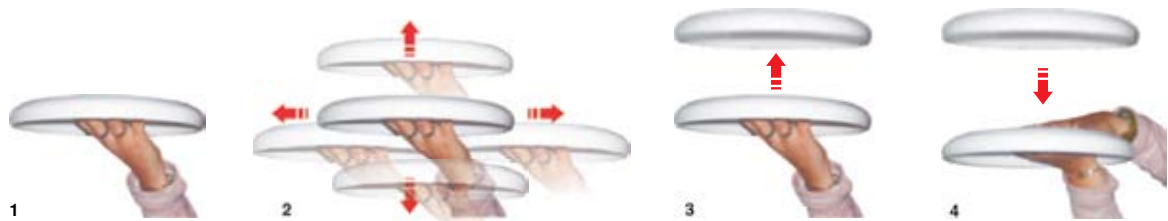
- Play Ultimate

# APPENDIX F

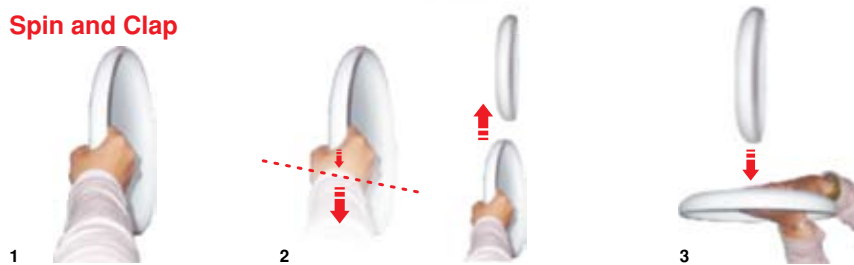
## ILLUSTRATIONS

### TWO HANDED CATCHING EXERCISES

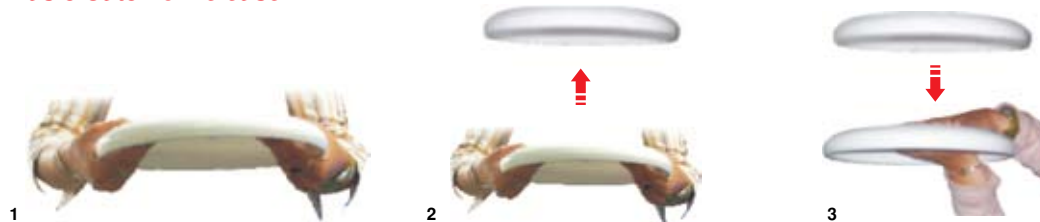
#### Hors Devours



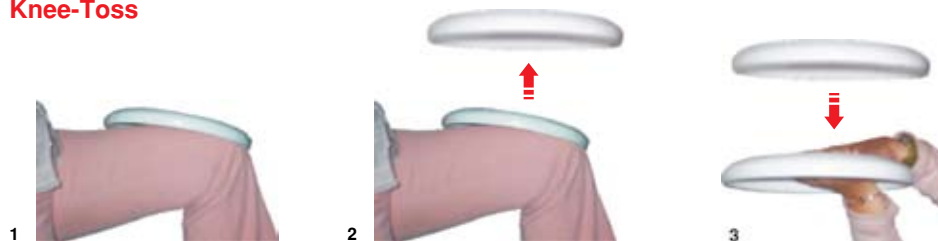
#### Spin and Clap



#### Basic Catch & Release



#### Knee-Toss



#### Flying Saucer (5<sup>o</sup> and 6<sup>o</sup> grade)



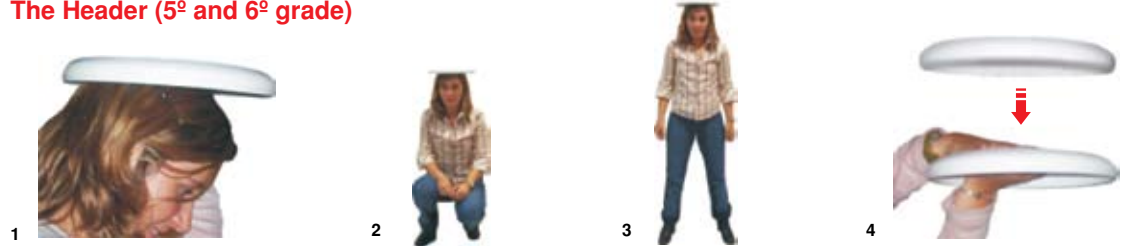
### Variation



### Foot-Toss (challenging)



### The Header (5<sup>o</sup> and 6<sup>o</sup> grade)



### Flip-aroo



### One Handed Catching Exercises



Same as above but catch the disc with one hand



# APPENDIX G

## BRINGING ULTIMATE TO YOUR COMMUNITY/YOUTH DISC ONLINE NETWORK

We invite you to please register with us at [www.rhythmsoflife.org](http://www.rhythmsoflife.org) so that we can connect you with other teachers and coaches who are also developing youth Ultimate. On our site, teachers can post feedback and comments that can evolve this curriculum, and help us all to enrich our students' experience. We are committed to supporting you in our goal to facilitate the growth of youth disc sports.

Some very healthy development of Youth Ultimate has been taking place in central Los Angeles, where there are currently over 40 elementary school Ultimate teams. The popularity and success of Youth Ultimate is starting to spread around the country. As the network grows, we look forward to lots of exciting events and tournaments among Elementary and Middle Schools, as we've seen with High Schools around the country.


There are currently some three hundred High School Ultimate teams registered with the Ultimate Players Association (UPA). Each year, there are regional and state tournaments, as well as a national all star team that competes every two years in an international competition. The UPA also organizes College and Club (adult) Ultimate, which thrives on most campuses and cities across the country.

As the UPA develops more Youth Ultimate resources, you will find them at the Youth Development pages up at [www.upa.org](http://www.upa.org). You can also connect there with Ultimate players in your community, and find those who would like to get involved with supporting youth disc. Some might be open to coaching an Ultimate team as an after school club. Others might simply come and be a guest expert in a PE class.

Having even one experienced player come and spend some time with your students can make a world of difference in terms of motivation, skill development and mentorship. It may even be possible to arrange for a number of players from a local Ultimate team to visit your class and perform a demo or exhibition. Another option is to create a field trip where your kids can go and watch a practice or tournament.

If you are interested in starting an after-school Ultimate Club, here are some steps that you can take:

- Register with us at [www.rhythmsoflife.org](http://www.rhythmsoflife.org)
- Contact local school administrators to find out what after-school providers exist in your community. These might be school department personnel, private local organizations, or local chapters of national groups like the Boys and Girls Club.
- Contact these organizations, and let them know that you would like to get involved and bring a new activity to the local youth.
- If no such programs exist, it is possible for you to secure funding to create your own after-school disc club. In addition to local patrons such as businesses and individuals, there are state and federal grant monies that are available for youth activities. You can contact your city council, state department of education to get information about this process. You can also use



the internet to connect with local grant writers, some of whom are usually open to working on commission.

- Contact your local recreation department. Youth Ultimate leagues are run much like the other leagues that they run (only no expense for referees!).
- Contact local school principals and ask to be a guest teacher during a PE class to introduce and raise interest in Ultimate. Get the names of kids who would like to play, then have them help to organize a pickup game at a local field.
- Using the UPA's network, reach out to the your local Ultimate community to recruit potential coaches and mentors. The UPA's Youth Development page ([www.upa.org/youthdev](http://www.upa.org/youthdev)) can also give information, tips and details on getting insurance coverage for practices or competitions.

If you are interested in finding out more about Disc Golf and what courses and resources exist in your community, you can check out the Professional Disc Golf Association at:

[WWW.PDGA.COM](http://WWW.PDGA.COM)

Thank you so much for your interest in bringing the joy of disc to kids in your community. We look forward to working with you to promote youth disc sports and a new generation of healthy, happy, hucking youth.

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