

Ultimate Disc Syllabus

Course Information and Policies

Course Information

➤ Course Title:	PE 1078 Ultimate Disc
➤ Credits:	1 Credit
➤ Term:	Fall Semester 2010
➤ Section:	57025 – 002 PHY
➤ Meeting Days and Time:	Tue, Thurs 8:00 A.M. – 9:40 AM (09/07/2010 - 10/25/2010)
➤ Meeting Places:	Field House TCEASTBANK

Instructor Information

Greg Williams

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School of Kinesiology, Physical Activity Program

612-685-0871

Ultimate Career Overview:

33 Years of playing, organizing, coaching, and teaching Ultimate Disc in which I planned, coordinated and directed multiple Ultimate Disc tournaments from the small annual local events to international, multi-divisional World Championships (1998). I have coached, captained and played on numerous Open, Master's and Mixed division teams. I also coached high school club teams that have competed in the MN State HS League. As a player there has been the opportunity to earn two Gold Medals allowing me to be a World Champion.

Office Hours

4:00 pm – 5:30 pm Tue & Thurs 108 Scott Hall

I will do everything within my power to be available, although sometimes important meetings and work duties are scheduled that I need to attend to. As a management staff member with other university duties, I am juggling many responsibilities. I will be able to talk with you face to face with a scheduled appointment, via email or phone request. I can also be available after class until 10:30 am. Please ask if this is a good time and do not take it personally if I am busy. You will find that even with the above caveats I am extremely approachable and love to discuss aspects of Ultimate Disc.

Reference Websites

- **Ultimate 11th Edition Rules:**
http://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx
- **Ultimate Handbook:** <http://www.ultimatehandbook.com/blog/>

Appropriate Attire

- Gym clothes: t-shirt or sweatshirt, shorts or sweats, and tennis shoes or rubber/plastic cleats. Shirts must have sleeves and have a length that goes well below the waist Soccer cleats are strongly recommended.

Course Description

This course is both an introduction to the fundamental skills and strategies of organized Ultimate Disc and a course designed to further develop individual skills for the beginning to intermediate player. Ultimate Disc requires development of the following individual skills: throwing/passing/catching, running/cutting and marking. In addition, students will gain an understanding of elementary team and personal strategies in offense and defense. Students will also learn to practice effective communication with teammates.

Instructional Method

Students will participate in a wide variety of drills and exercises to learn and improve their Ultimate Disc skills. Demonstrations, practice and feedback from the instructor will help students improve their skills and knowledge of the game. The typical class format consists of the following:

- 8:00–8:15 Warm-up and stretching
- 8:15-8:30 Throwing and catching warm-up
- 8:30-8:45 Introduce & practice new skill/drill
- 8:45-9:20 Application of new skill into game play
- 9:20-9:30 Cool-down, stretching & dress up

Course Policies

Start time:

- Students are expected to be dressed down, at the athletic field, and ready to begin at 8:00 am or earlier and will be dismissed at 9:40 am.

Tardy Policy

- If you arrive at class later than 8:15, you will be marked tardy. **Being tardy two (2) times will add one (1) absence to your total.** This course is graded primarily on participation and we need everyone on time to make the class run the way it is intended.

Attendance Policy

- **A student is allowed to miss a maximum of 4 contact hours (3 classes).** If a student misses five (5) or more contact hours (4 classes), he or she is advised to withdraw from the course or receive an “Unsatisfactory” grade for the course.

Course Evaluation

To receive a “Satisfactory” grade for the course:

- Miss no more than three (3) classes
- Participate actively
- Pass a practical and written exam with at least 60% of total points correct

Student Conduct

Students are responsible for insuring that their personal conduct is in accordance with the following guidelines:

- Treat the instructor, other students, and University employees with respect.
- Refrain from engaging in harassing or demeaning behavior or any other behavior that disrupts the learning environment—this includes turning off electronic devices including beepers and cellular phones prior to class.
- Listen carefully to the views of others, even if they differ from yours; present differing opinions in a constructive manner.
- Comply with policies and regulations established by the University of Minnesota

Class Schedule

<p>Day 1 9/07 Introduction to the course: Class meets in TCEASTBANK Fieldhouse. Receive Syllabus and Ultimate Disc overview. Go over game basics and basic rules. Discuss "Spirit of The Game".</p>	<p>Day 2 9/09 Warm-ups/stretching/throwing (to be done daily). Introduce catching, throwing. Basic game concepts. Review day 1 concepts and SOTG. Play game</p>	<p>Day 3 9/14 Review: Throwing, catching, basic game concepts. Introduce defense, marking, force, covering. Drill: 3 person marking drill. Play game.</p>
<p>Day 4 9/16 Review: Defensive concepts. Introduce offense, stacking; hor./vert., cutting, field Positions. Play game</p>	<p>Day 5 9/21 Review: Offenses. Introduce break mark cutting/throwing drill. Handler cuts and up field cutter movement Play game</p>	<p>Day 6 9/23 Practice concepts of offense and defense. Work on flow. Review basic rules and strategies Play game</p>
<p>Day 7 9/28 Practice concepts of offense and defense, work on flow. Review basic rules and strategies. Play game</p>	<p>Day 8 9/30 Introduce concepts of zone defense and zone offense. Play game utilizing those concepts.</p>	<p>Day 9 10/05 Review zone O and D concepts. Play game utilizing those concepts.</p>
<p>Day 10 10/07 Play game utilizing zone O and D concepts.</p>	<p>Day 11 10/12 Review zone O and D positioning. Play game</p>	<p>Day 12 10/14 Review person to person defense and offensive cutting. Play game</p>
<p>Day 13 10/19 Focus on handler cuts with timing from up field cutters. Play Game</p>	<p>Day 14 10/21 Review SOTG and concepts of the game. Play game with teams calling their own O and D strategies.</p>	<p>Day 15 10/25 Final Day – Pass a practical skills exam and a written exam with at least 60% of total points correct.</p>