

SportForum MALS 2022
LESSON 4
Tuesday 23rd July 2022 9.45
HOT BOX & ROCKING ROSSWELL

MATERIAL NEEDED:

- 16 FRISBEES, 16 OR 32 CONES, ENOUGH BIBS
-

LESSON GOAL:

1. Inform participant about the way teachers at Academie Tien teach students Frisbee games. From games to school sports.
2. All workshops are to be fun and open for every skill level.

ACTIVITIES FOR INJURED PARTICIPANTS

- Assisting peers / me
- Referee
- Observing and taking notes

TIME SCHEDULE

-10 - 0	WELCOM PARTICIPANTS, SET UP PLAYING FIELDS
0 - 10	Passing techniques (forhand en back hand), dynamic if possible
10-15	BRIEFING
15 -25	Basics / Rules of Ultimate Frisbee
25 - 50	Play Ultimate (on 2 fields)
50 - 60	CHECK OUT <ul style="list-style-type: none">- KEY TAKE AWAY- ANNOUNCEMENT OF OTHER CLASSES- COMPLIMENT AND THANK PARTICIPANTS

WARMING UP:

GAME 1: TROWING TECHNIQUES

KEYPOINTS BACKHAND: 1 = FLICK FRISBEE TO BELLEYBUTTON 2 = STEP TO TARGET 3 = AFTER RELEASE, POINT TO TARGET

KEYPOINTS FORHAND: 1 = FLICK FRISBEE TO SHOULDER 2 = STEP TO SIDE 3 = FLICK WRIST AND MAKE A PISTOL / AFTER RELEASE, POINT TO TARGET

OPTIONAL WARMING UP GAME FOR EXPERIENCED PLAYERS

HOTBOX:

- Make square of 5 by 5
- play with 2 teams of 5 and play around the square
- Play the frisbee around 5 times to **get the right to score**
- **To score you have to play the frisbee to a team player who is in the square.**
 - **No lingering in the square, only in and out.**
 - **Only attacking team can enter the square**

Ball turnover- if the frisbee gets:

- **Caught by opponent = Frisbee (FB) for opponent, immediately continue play**
- **Passed out of bounds = FB for opponent, restart at sideline where FB went OoB**
- **Frisbee is hit from above to the ground = FB for opponent at drop.**

Ultimate in 10 Simple Rules

1 The Field

A rectangular shape with end zones at each end. A regulation field is 63 meters long by 36 meters wide, with end zones 18 meters deep.

2 Starting Play

Each point begins with both teams lining up on the front of opposite end zone lines. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

3 Scoring

Each time the offense catches a pass in the defense's end zone, the offense scores a point. The teams switch direction after every goal, and the next point begins with a new pull by the team that just scored.

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

Players must attempt to avoid physical contact during play. Picks and screens are also prohibited.

8 Fouls

When a player initiates contact that affects the play, a foul occurs. When a foul causes a player to lose possession, the play resumes as if the possession was retained. If the player that the foul was called against 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

The foundation of the rules in ultimate is Spirit of the Game, which places the responsibility for fair play on the player. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Resources:

Basic Rules of ultimate frisbee: <https://usultimate.org/rules/10-simple-rules/>