



Ultimate Frisbee - 8 week Lesson Plan

This 8-week lesson plan takes a class of complete beginners and teaches them the fundamental skills and rules of the sport of Ultimate.

These lessons should be used in combination with the following resources:

- Disc Skills, Games and Activities
- Simple Rules of Junior Ultimate
- WFDF Rules of Ultimate (complete rules)

Each lesson is 40 minutes long, but can be adapted for longer classes.

Learning Outcomes

- Build teamwork skills of students
- Learn to play a sport that develops self-refereeing and dispute resolution skills, and which has these concepts built into the sport's rules and culture
- Learn to play a sport that is played mixed (boys and girls) both by the general public and in schools
- Develop skills in a non-ball sport

Equipment

For a class of 30 students:

- 15 flying discs suitable for ultimate (frisbees)
- 24 marker cones
- 30 coloured playing bibs (around 8 of each colour)

Lessons

1. Throwing and the Rules of Ultimate
2. Forehands
3. Teamwork and Spirit
4. Marking and Pivoting
5. Cutting and Space
6. Schtick
7. The Force
8. Mini-tournament

Ultimate Frisbee – Teacher Resources

Lesson 1 - Throwing and the Rules of Ultimate

Explain the sport of ultimate (5 mins)

Skill demonstration - *Catching, Throwing a Backhand* (5 mins)

Activity - *Throwing in Pairs* (10 mins)

Explain the rules of ultimate - *Simple Rules of Junior Ultimate* (5 mins)

Activity - *Ultimate* (15 mins)

Skill focus: completing passes - patient throws to open teammates

Rule focus: 1 metre from the thrower - see Simple Rule #7

Lesson 2 - Forehands

Skill demonstration - *Throwing a Forehand* (5 mins)

Demonstrate forehand throw to class

Activity - *Throwing in Pairs* (10 mins)

Revise the rules - *Simple Rules of Junior Ultimate* (5 mins)

Activity - *Ultimate* (20 mins)

Skill focus: forehands - using forehands in the game

Rule focus: fouls and contact - see Simple Rule #7 and #8, WFDF Rules #15 and #17

Lesson 3 - Teamwork and Spirit

Skill demonstration - *Catching, Throwing a Backhand, Throwing a Forehand* (5 mins)

Revise catching and throwing

Activity - *Throwing in Pairs* (10 mins)

Activity - *Captain Disc* (10 mins)

Revise the rules - *Simple Rules of Junior Ultimate* (5 mins)

Activity - *Ultimate* (10 mins)

Focus: teamwork - call the name of the thrower, patient throws

Rules focus: self-refereeing and spirit - see Simple Rule #9 and #10, WFDF Rule #1

Lesson 4 - Marking and Pivoting

Skill demonstration - *Pivoting* (5 mins)

Activity - *Throwing in Pairs* (5 mins)
Backhands and forehands

Activity - *Frisbee Defender* (10 mins)

Activity - *Thrower Marker* (5 mins)

Activity - *Double Box* (15 mins)

Focus: pivoting - see *Key Skill: Pivoting*

Rule focus: travel - see Simple Rule #4, WFDF Rule #18.2

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Lesson 5 - Cutting and Space

Skill demonstration - *Throwing a Backhand* (5 mins)

Demonstrate throwing with your non-dominant hand

Activity - *Throwing in Pairs* (5 mins)

Throwing with non-dominant hand

Activity - *Two on Two* (10 mins)

Activity - *Thrower Marker* (5 mins)

Activity - *Ultimate* (15 mins)

Focus: making space for cutting

Rule focus: picks - see Simple Rule #7, WFDF Rule #18.3

Lesson 6 - Schtick

Skill demonstration - *Throwing a Hammer* (5 mins)

Activity - *Throwing in Pairs* (5 mins)

Activity - *Distance Competition* (10 mins)

Activity - *Thrower Marker* (5 mins)

Activity - *Schtick* (15 mins)

Lesson 7 - The Force

Activity - *Disc Golf* (10 mins)

Activity - *Cone Guts* (10 mins)

Activity - *Ultimate* (20 mins)

Skill focus: forcing - see *Key Skill: Forcing*

Rule focus: double team - see WFDF Rule #18.1

Lesson 8 - Mini-tournament

Play a mini-tournament of Ultimate with 4 teams (40 mins).

A prize for the winning team can be a great motivator.