

Flying Discs/Frisbees Unit

Day 1 – Frisbees, Frisbie's Pie Plate, Frisbee Collection

1. History/Development of the Frisbee- Origins from Frisbie's Pie Bakery in Connecticut (Yale University) or, two inventors from California, most popular/sold toy in the world, Game of Ultimate from New Jersey, first Collegiate Champion was Rutgers, first club champ was Glassboro State College, disc golf, disc contests, disc culture, buying a disc, etc.
2. It's all about the spin- 2 handed spins, one hand spin with grip, catches (claw and clap), spin taps, floor spins, etc.
3. Self toss and catch, field run self toss and catch
4. Basic or Backhand throw (handout)
5. Discus throw (handout)
6. Thumber throw (handout)
7. Forehand throw (handout)
8. Contests- distance, time aloft, accuracy, etc. (handout)

Day 2 – Frisbees, Inflate a cones, Baskets, Cones, Target Frisbees

All of the activities below are on the handouts.

1. Warm-up- Throws/catches review and practice
2. Speed flow, double speed flow
3. Egg drop
4. Throw and Go (lead-up to Ultimate)
5. Frisbee Bocce
6. Frisbee (Disc) Golf
7. 2 v 1 Keep Away

Day 3 – Frisbees, Pinnies, Poly Spots, Cones, Gator Skin Balls

All of the activities below are on the handouts.

1. Warm-up- Throws/catches
2. Throw and Go
3. Ultimate/Multi Ultimate

Flying Discs/Frisbees 101

The Discs- Discs come in many shapes and sizes, each with different uses. Discs are rated by weight (grams) and in general the heavier the better. Lower elementary grades do well with lighter/smaller Frisbees (120 grams and below), however they will be affected by the wind in a big way! Frisbees from 120 – 165 g are good for upper elementary grades and the 175g and above are best for middle school ages and older. The 175g Frisbee is used for Ultimate, and is the best overall “flyer” for golf and tricks in the school setting. Nerf Frisbees/Flippy Flyers are recommended for indoor use and the game of Guts.

The Throws- In general, the following tips are important with all throws:

1. The smoother the motion = the better the throw
2. The arm gives distance, the wrist gives spin (which will give the float)
3. If the Frisbee wobbles, the problem is not enough spin (wrist snap)
4. The Frisbee must be released flat, any tilt or turn = curved throw
5. Do not over throw...smooth, relaxed, and easy!

The Basic (Backhand) Throw-

Grip- The hand should be in the shape of a gun, with the thumb on top of the disc, the index finger along the edge, and the remaining fingers spread out underneath (this is called the control grip = most recommended). The power grip is simply thumb on top, fingers underneath (less control).

The Throw- Facing sideways to the target with the throwing side towards the receiver, the step and throw are with the same body side (right handed throw...step with the right foot). Frisbee in to the wrist (cock the wrist), and reach the Frisbee across the body to the opposite elbow. The throw should be a long, flat smooth motion, ending with the index finger pointing towards the target.

The Forehand and Thumber Throws- (Sidearm)

Grip 1 (Thumber)- Put the Frisbee in the non-throwing hand with the bottom facing up. Place the thumb of the throwing (with palm down) inside the disc along the edge. Flip the Frisbee over with the thumb now underneath, and the fingers on top (holding the edge).

Grip 2 (Forehand)- Put the Frisbee in the non-throwing hand with the bottom facing up (as above). Take the throwing hand and point the thumb

down (the back of the hand will be facing the Frisbee). Place 2 fingers along the inside edge of the disc with the thumb underneath gripping. Flip the disc over so that the thumb is on the top and the fingers are underneath.

The Throw- This is a sidearm throw, with the opposite side shoulder (non-throwing hand side) facing the target. Limit the arm motion, and stress the wrist action (the wrist must start in a cocked back set-up). The importance of keeping the Frisbee flat is imperative, with the release beginning at waist level or below, and the outside edge of the Frisbee DOWN! The tendency is to pick the Frisbee up and throw it like a ball...it's more like skimming a stone on the lake.

The Discus Throw-

Grip- The grip is the same as the thumb, except that instead of flipping the Frisbee over the top, you turn it under and back behind, so that it rests on the forearm (arm straight).

The Throw- With the arm back, and the opposite shoulder facing the target, the release is with a straight arm around at shoulder height. The disc must stay flat, and the throw should be relaxed and smooth. The back of the forearm/wrist will be facing the target during the set-up (discus motion).

The Spin- Teaching the spin...have students work on spinning the Frisbee. Spin it on one finger, spin it with two hands and catch it on one finger, spin it and tap it with one (or 2) fingers, spin it on the floor, one hand spin/catch. The idea is to get students to use the wrist to create the snap/spin.

The Catch- There are 2 basic types, the claw catch (one or two hands catching the edge of the disc), or the clap (2 hands clap top and bottom). Teach students to use the clap method for Ultimate...more success!

Frisbee Games/Contests-

- 1. Contests-** a. distance throws, b. time aloft (how high), c. accuracy (hoops, targets, goals), d. rolling for distance, e. # of successful throws/catches in a row with a partner, f. egg drop- throw catch with a partner, each taking a step back after a catch, or a step towards partner if dropped, etc.
- 2. Speed Flow-** Partners throw back and forth to see how many **throws** they can make in 1 minute (set the distance apart to match the skill level of the group). Variation- Double Speed Flow...2 Frisbees at the same time.

3. **Throw and Go (Ultimate lead-up)**- Partners throw and catch down the field while “leapfrogging” past one another with each successful catch. If dropped the disc must return to the thrower.
4. **Frisbee Bowling**- Use 10 pins, buckets, light cones, cups, etc., and bowl away (2 shots per frame...teach the bowling scoring)
5. **Frisbee Bocce**- Groups of 4 or less, each with a Frisbee, plus one target Frisbee (or ball, hula hoop, etc.). The target is thrown out in any direction, and each person tries to land their Frisbee closest to the target. 1 point for the closest, or 2 points if the target is hit, or 3 points for landing the disc on the target.
6. **Disc Golf**- Groups of 2 to 4, pick a “hole” (tree, trash can, soccer goal, light pole, etc.) and count up the number of throws it takes to hit the target. The loser picks the next hole. Or, set up golf holes using milk crates, hula hoops, boxes, laundry baskets, or numbered Inflate a Cones (from Flaghouse...these things are tremendous).
7. **Nerf Frisbee Guts**- Two teams in lines 10 yards or more apart, facing each other. A point is awarded by throwing the nerf disc through the other team (not over or around). It may be blocked in any way to prevent the score, or caught to give your team the point.
8. **Disc Horseshoes**- Use crates, boxes, baskets, hoops, etc., and set them apart as skill level dictates (let the players set their official distance). Play exactly like regular Horseshoes, 1 point closest to the pin, 3 points for a landing in the target (ringer)...two shoes per person.
9. **Bullseye**- Two teams facing each other with hula hoops set up in hoop holders between the teams. Points are awarded for throwing the disc, from behind your line, through the hoop, and then registering your score by running up and slapping the teachers hand.
10. **1 v 3, or 3 v 3 Disc Baseball**- The batter throws the disc out into the field and runs around the bases, scoring a run for each base touched. The fielders must throw and catch the Frisbee back into home plate without running with the disc. The runner is stopped when one of the fielders catches the disc on home plate (hoop, rope circle, etc.). The runner may score more than 4 runs, and does not stay on a base. A great twist is to allow a defender on the batting team to try and stop the Frisbee from reaching home.
11. **Frisbee Volleyball**- Set up a field as your area permits, but ideally about the size of a tennis court. Create a 10 yard wide “dead” zone in the middle. Points are awarded for throwing the disc over the middle area and hitting the ground on the opponents side. The opponents are preventing points by catching the disc and returning it over the net.

- 12. Serve It Up “Frisbee Style”-** All of the Frisbees start with the thrower, and the rest of the team spreads out in the field behind a line 10 yards or more away. The thrower sends Frisbees out rapid fire to their teammates. 2 points are awarded for a catch, 1 point for a pick-up, and the discs are run back to the thrower and deposited in the crate/basket to register the score.
- 13. Frisbee Taps-** Two teams face off about 20 yards apart with one disc per game. One team throws a floater to the other, and the receiving team scores 3 points for a catch...however, before the catch they may tip the Frisbee as many times as possible, each worth a point. A player may not tip 2 times in a row. A tip is executed by hitting the underside of the Frisbee with 1 finger, thus preserving the spin. No catch = no points.
- 14.2 v 1 Ultimate Keepaway-** In a small area, 2 players simply try to keep the Frisbee away from a defender. As in Ultimate, the thrower has 10 seconds to get rid of the disc, and may not move while in possession of the Frisbee. The defender may not foul. Play continues while complete passes are executed. Any drop, miss, or interception, and the defender is out of the “middle”. This game then turns into...
- 15. Hot Box-** This is a 3 v 3 game played on a circular field with a smaller scoring circle in the middle. The object of the game is to keep possession of the disc and have a teammate catch one in the middle circle. Players may not move while in possession of the disc, and have 10 seconds to throw it. After every change of possession (interception, dropped disc, foul, etc.) the Frisbee must be cleared (thrown to a teammate outside the large circle) before attempting to score (similar to backcourt in 3 v 3 basketball). No picks, blocking, fouls. A score does not change possession, but the Frisbee must be cleared before attacking the goal again.
- 16. Ultimate Frisbee-** Lastly, the awesome game of Ultimate. To learn how to play, and get the history, rules, organization, explanation of tournaments/championships, etc., go to the Ultimate website:
www.upa.org/ultimate

GO OUT AND PLAY!! Chip Candy chcpe@juno.com

