



LESSON 2 – The Disc

Today's Objectives:

- Ultimate warmups (gain familiarity with the disc and warmups)
- Learn to catch
- Explain “Don't run with the disc”
- Learn to throw

Getting to know the Disc: Gripping, spinning and self-toss games.

- For most players, playing with a flying disc may be an original experience. If the instructor is familiar with how to use a disc, s/he may show the various grips and self-toss to demonstrate the possible flight paths of the disc. If not, encourage players to demonstrate.
- Distribute a disc to each player and permit them to mimic the instructor's actions: changing hands with a short toss, switching grips, etc.

Warmups: A handful of exercises to get the body ready to play.

The proper warm ups are vital to any athletic activity, and Ultimate is no exception. Ultimate requires sprinting, change of direction, twisting, jumping, lateral movement and more. The seven basic movements are a minimum set of exercises to complete before every Ultimate activity. They simulate some of the essential body mechanics used during play. These seven warm ups are designed to be suitable for Ultimate players of all ages: Torso Rotations, Squats, Jumping Jacks, Skater Leans, Leg Swings, Arm Circles, Accelerating Runs.

Catching Games: To catch a flying disc is to stop it from spinning.

- Form small lines of 4-6 players where they wait for the instructor or a designated thrower to throw a pass to each of them one at a time.
- First, try catching a pass thrown directly at a stationary player, and then have the player run it back to the instructor.
- After that, try having the players cut away from their peers at different angles, such as perpendicular to the line, and catch a pass on the run

Don't run with the disc (Traveling): Introduce Pivoting. Explain the rule: if the player who possesses the disc lifts or drags their pivot foot from its point of contact before they release the disc, it is a Travel. If there was no turn over,



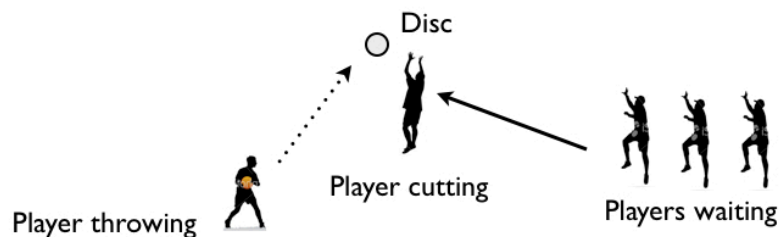
return the disc to the player who traveled and allow the defense to get ready before play resumes.

Pairs Throwing: Review technique and throw back and forth with a partner.

- Show proper grip, emphasize flat release and spin, stay balanced and step into your throws with the same foot as your throwing hand.
- Most players may be initially attracted to Ultimate because they like throwing the disc. But many may also find frustration in developing consistent throws.
- Instructors must repeatedly encourage their players to exercise patience, to endure mistakes and learn from them. Trial and error is useful.

Catching Games

Frisbee is thrown ahead to the space where the cutting player is moving (a 'leading' pass)



Skills: Catching, throwing, lead passes, running