



LESSON 4 – Defending

Today's Objectives:

- Explain “No contact”
- Learn marking
- Learn defense
- Practice possession

Ultimate Warmups and Pairs Throwing: Have the class do the warm-ups and spend time throwing in pairs found in Lesson 2.

No Contact (Fouling): Non-incident contact between opposing players that impedes the ability to catch, throw or run freely is a Foul. If a player was fouled while they were throwing, the disc is returned to them unless the pass was complete anyway; in that case the team may play on ‘through the foul.’ If a player was fouled when receiving the disc, give that player the disc where the foul occurred.

Marking: Technique and demonstration.

- Ask a student or pair of students to demonstrate how one player marks another who has the disc.
- Bend the knees of the body low, feet about shoulder width apart, arms out, stay on the balls of the feet and balanced.
- Shuffle or slide, in anticipation of the thrower, in a way that makes his or her passing difficult.

Catching/Throwing with Marker Game (4 Students): Practice throwing while guarded and guarding a thrower.

- Two groups of two students about 15 yards apart.
- Take turns and switch being the thrower and the marker.
- Thrower tries to fake, pivot, step out and throw around marker.
- If marker fouls the thrower, they get the disc back to try again.

Show Defense: A few examples of one player cutting for a disc with a defender covering.

- Have two players stand in an open space while students stand aside.
- The player on offense has 3 seconds to run wherever they want, including changing direction (cutting).



- The player on defense tries to block or intercept the pass thrown after 3 seconds.

Possession and Defense: One team possesses the disc while the other tries to interfere.

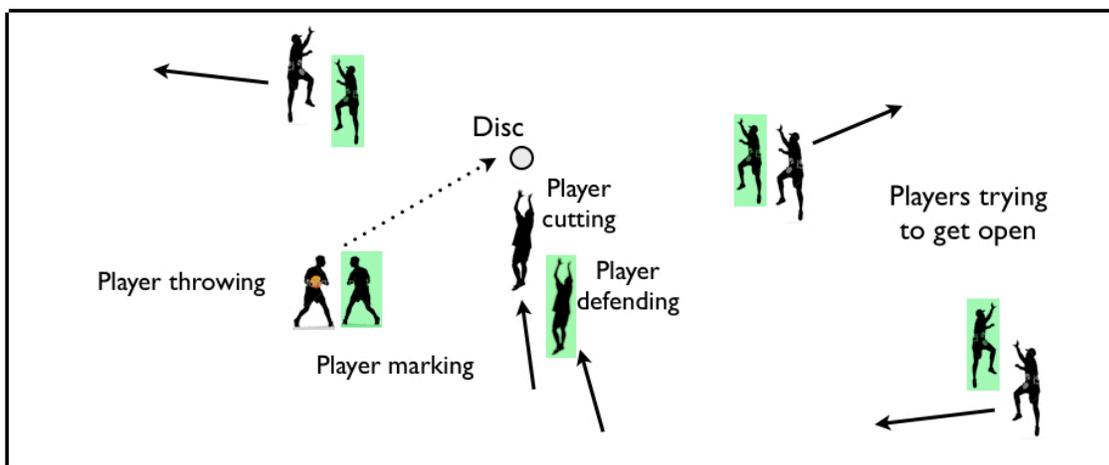
- The task of the defense is to force a bad pass that goes out of bounds or is thrown to the turf; to get a block so the disc is not caught; or to get an interception outright.
- As soon as the team with the disc fails to complete a pass, the defense becomes the offense and play immediately resumes.

Keep Away Game: Establishing and keeping possession over multiple passes within a limited field boundary.

- One group gets to possess the disc within the limits of the field.
- Pass among their teammates while the other group defends them person-to-person. If there is a turn over, the other team may pick it up and begins their own possession.
- Each group counts its highest number of consecutive passes that it can manage before being blocked, intercepted, forced out of bounds, etc.
- The group with the highest consecutive pass count, given equal chances, wins.
- the instructor should seek to have the students themselves officiating the game by the end of this lesson.

Keep Away

A game of possession. Team A must pass it among its players while Team B tries to block, intercept or force an incomplete or out-of-bounds pass. When Team A loses possession, Team B gets a try.



Skills: Catching, throwing, lead passes, running, creating space, timing, stopping and pivoting, defense, marking, changing direction, field awareness, vision and throwing choices