



LESSON 5 – Self-Officiated Ultimate

Today's Objectives:

- Learn responsibility and fair-play
- Learn the Ultimate Frisbee game

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

Officiating: Review travels, fouls and out-of-bounds and how to quickly resolve calls.

Elect Captains: Duty will be to ensure wide participation and fair play.

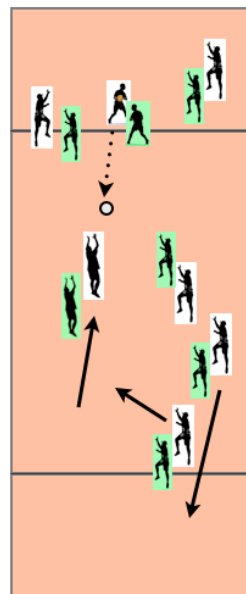
Ultimate

Remember:

Object is to pass to teammates (avoiding defense) until you have completed a pass in opposing endzone.

Begin each point with the team that just scored pulling to the team that did not.

Players make the calls. Play stops when a call happens. Opponent may contest or non-contest. See sidebar for review of the rules.



Skills: Catching, throwing, lead passes, running, creating space, timing, stopping and pivoting, defense, marking, changing direction, field awareness, vision and throwing choices, boundaries, team strategy, full array of throws, etc.