ELEMENTARY SCHOOL TEAMS

INTRODUCING ULTIMATE

Start with the #1 rule of the game:

I like to start with sportsmanship. It sets a good precedent for the back bone of ultimate - which is Spirit of the Game.
Ask the kids - what is sportsmanship?
Remember their answers as you'll get to remind them later on of what they came up with.

What's the Number 1 Rule in Ultimate? Spirit of the Game

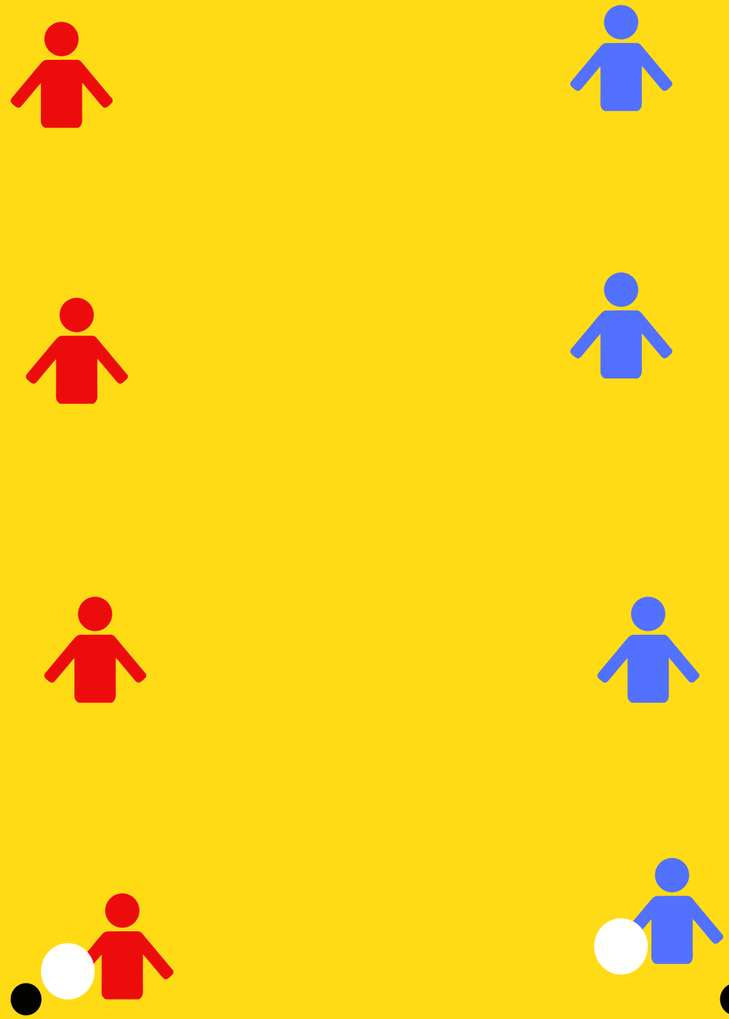
Now you have a question to start ever lesson and every scrimmage with and you should get a resounding answer from the who group.

LESSON 1:

BACKHAND THROW

Learning Component:
- basic throwing mechanics
- pivoting
- "no travelling" rule

Games Component:
- practice throwing with a partner
- how many throws in a row without dropping?
- relay race from one end of the field to the other with backhand throws only (remember not to travel!)



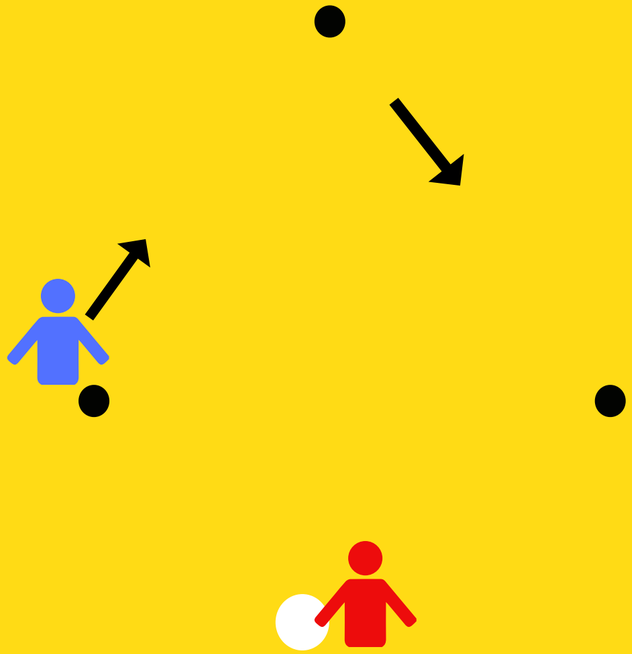
LESSON 2:

FOREHAND THROW

Review:
- what's the number 1 rule of ultimate?
- what's another rule we learned last time (no travelling)

Learning Component:
- basic throwing mechanics
- remind of pivoting
- pancake catching

Games Component:
- practice throwing with a partner
- how many throws in a row without dropping?
- relay race from one end of the field to the other with forehand throws only (remember not to travel!)
- "baseball" with a disc



LESSON 3:

"UNDER" CUTS

Review:
- what is the number 1 rule of ultimate?

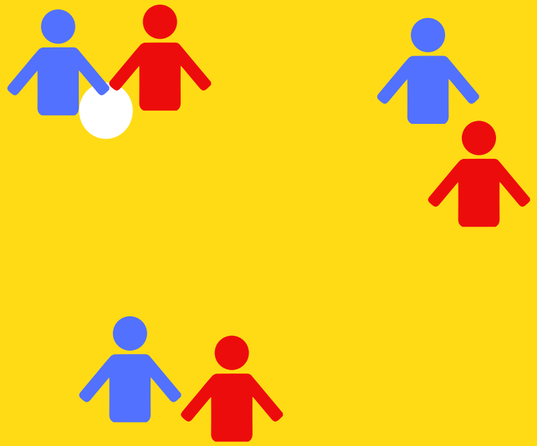
Learning Component:
- footwork
- angles (triangle)
- throwing to a moving target
- "no fouls" rule (for box game)
- "turnovers" (for box game)
- in/out of bounds (for box game)

Games Component:
- pendulum drill

- box game: 3v3, 5 passes in a row = 1 point
(don't forget to review the rules we've learned so far! travel, fouls, turnovers, and the #1 rule - no cheating!)

LESSON 4:

BASIC MARKING AND DEFENSE



Review:
- what is the number 1 rule of ultimate?
- pivoting
- no fouling

Games Component:
- one v one tag (good warm up)

- box game: 3v3, 5 passes in a row = 1 point
(don't forget to review the rules we've learned so far! travel, fouls, turnovers, and the #1 rule - no cheating!)

Learning Component:
- footwork/stance (straight up mark)
- marking violations (disc space, vision blocking)
- stall count
- staying with your check

LESSON 5:

"OUT" CUTTING

Games Component:
- huck drill - teacher should yell go and do the hucking, kids run down the disc

- 4v4 or 5v5 ultimate game
(don't forget to review the rules we've learned so far!)

Review:
- what is the number 1 rule of ultimate?
- catching
- throwing to someone running onto disc

Learning Component:
- spacing away from the thrower, both laterally and upfield
- running onto the disc
- reading the disc in the air
- "the pull", how to start a game, and scoring (for game)

LESSON 6:

DEFENDING "OUT" CUTS

Review:
- what is the number 1 rule of ultimate?
- no contact rule
- reading the disc in the air

Learning Component:
- timing on the out cuts (after a dish to a thrower)
- timing your jump
- boxing out (minor)

Games Component:
- huck drill - teacher should do the hucking after a dish, kids run down the disc

- 4v4 or 5v5 ultimate game
(don't forget to review the rules we've learned so far!)