

## **Ultimate Frisbee Handout**

### **History:**

The flying disc traces its origins back to the Frisbie Pie Company and its predecessor, the Olds Baking Company in New Haven, Connecticut. The actual disc was either a pie or cookie tin, which was turned upside down and tossed. Students at Yale University played an early version of a flying disc game, in which the thrower would signal the receiver by calling "Frisbie."

Walter Fredrick Morrison, the son of an inventor, is credited as the first to develop metal pie tins for commercial purposes following World War II. He eventually turned to plastic to manufacture a disc that would be used as a toy. The original was a flop, but in 1951 he developed an improved model, which eventually was purchased by a toy company and was called "Wham-O's Pluto Platter." Because the activity was slow to catch on, the Wham-O company decided to distribute the disc to all parts of the United States. While visiting Harvard's campus, distributors first heard the term "Frisbie." The students said they had been tossing pie tins for years and called it "Frisbieing." The company borrowed the term and spelled it "Frisbee." Ed Headrick is credited with the development and patent of the modern Frisbee and with marketing the disc, and since millions have been sold.

Today there are many varieties of activities that incorporate a flying disc. Ultimate Frisbee, disc golf, freestyle, double disc court, guts, field events and decathlon are a few of the games that have official rules for participation and/or national organizations. Many new flying disc activities are created regularly by individuals who enjoy throwing the flying disc.

The game of Ultimate Frisbee was developed in 1968 by a group of students at Columbia High School in Maplewood, New Jersey. The first official rules of the game were recorded in 1970. Ultimate is one of the fastest growing sports in the world, and is played in more than 42 countries by hundreds of thousands of men, women, boys and girls. It is played around the country at both high school and college levels, and national championships are held annually at various universities.

### **Nature and Purpose:**

Ultimate Frisbee is a non-contact team game consisting of throwing and catching the disc continually without holding on to it too long, and without running with it. The objective is to score a goal by catching a thrown disc in the opponent's end zone of the field. The opponents gain possession of the disc on a turn-over which occurs when a pass is knocked down, incomplete, intercepted, held for too long, or thrown out of bounds. The disc is immediately put back in play with a throw from the spot where the infraction occurred. The strategies of the game are similar to those of football (throwing, catching and intercepting), soccer (defense/offensive play) and basketball (guarding and pivoting). Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, the game

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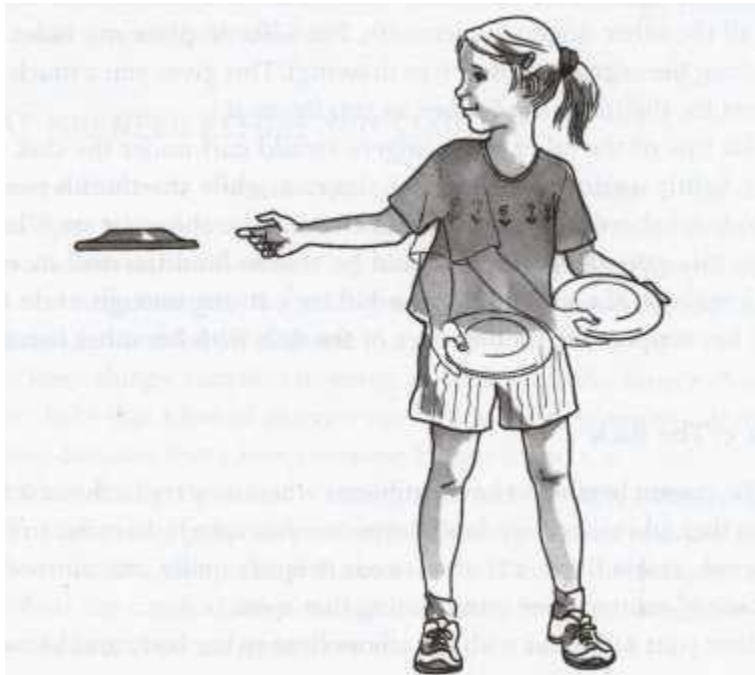
of Ultimate is played by two seven-player squads with high –tech plastic discs on a field similar to football. A player must stop running when in possession of the disc, but can pivot and pass to any of the other receivers on the field. Just like basketball, Ultimate is a transition game in which players move quickly from offense to defense on turnovers that occur with a dropped pass, an interception, a pass out of bounds, or when a player is caught holding the disc for more than 10 seconds. The participant needs good hand-eye coordination, speed, quickness, and agility. The spirit of the game embraces sportsmanship, fair play, player respect, self-officiating, and the joy of playing. Ultimate is unique because it relies greatly on high competition with the “spirit of the game” which focuses on self-officiating even at the highest levels of competition. The fundamental concept of the sport, known as “Spirit of the Game”, is written into the rules and is practiced at all levels of the game from local leagues to the World Games.

### **Throws and Catches:**

- Throws may be made using a variety of grips. The main basic throwing strategies are to step forward with the foot opposite the throwing hand or arm, or to step forward with the same throwing hand/arm. The difference between the backhand and sidearm (or forehand) throws is the point where the hand/arm start the throwing action. The backhand throws are across the body with the disc starting on the opposite side of the hand/arm while, which is coiled across the chest.

### Skill Cues for Throwing:

1. Grip the Frisbee with the thumb on top and the fingers below the rim (you may place the index finger on the side of the Frisbee to help keep it flat.)
2. Stand with the throwing-side shoulder in the direction of intended flight.
3. For backhand throw, bring the Frisbee across to the other side of the body and then propel it forward.
4. For a sidearm (or forehand) throw, swing the arm backward and then rotate it forward along the same side of the body. The Frisbee should roll off the middle finger.
5. For an underhand throw, bring the Frisbee backward in an underhand motion and then release it at waist height on the upward swing.
6. Cock or snap the wrist on release, and follow through with the body and back leg.
7. Point the fingers toward the target and follow through.



backhand throw



Sidearm (forehand) throw

- Catches may be made either one handed or two handed.

Skill Cues for Catching:

1. For a one handed catch; or a "C-catch" form a C with the thumb and fingers, and close them to grasp the disc. ~ Position the hand with the thumb up if the Frisbee falls below the chest. ~Position the hand with the thumb down if the Frisbee approaches above the chest.

2. For a two handed (sandwich or pancake) catch, use two hands to catch the disc ~one hand up and the other one on the bottom. ~Alternatively, bring both hands together to grasp or clap the outside rim of the Frisbee.



Two handed catch

### **Ultimate in 10 Simple Rules:**

1. **The Field**- A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 20 yards deep.
2. **Initiate Play**- Each point begins with both teams lining up on the front of their respective end zone. The defense throws ("Pulls") the disc to the offense. A regulation game has 7 players per team.
3. **Scoring**- Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc**- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw it. The defender guarding the thrower ("marker") initiates a stall count.
5. **Change of Possession**- When a pass is not completed (i.e., out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes offense.
6. **Substitution**- Players not in the game may replace players in the game after a score or during a timeout.
7. **Non-Contact**- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

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8. **Fouls**- When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing**- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game**- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules and basic joy of play.

### **Offensive Formation and Strategy:**

As mentioned, there are usually seven players on a team. There should be at least 3 handlers (or quarterbacks) who start the Frisbee off, and these players should be the most accurate throwers on a team. There should be two middle receivers (also called mids) who advance the Frisbee down field. These players should have solid maneuvering skills. And there should be two long receivers (also called longs) who head into the end zone to receive. These players should be fast runners. Offensive players want to gain the most yardage possible with each throw, and want to move the disc to better positions on the field; while maintaining possession. Strategies to improve scoring opportunities include having good handlers, utilizing the short pass give-and-go, designating one person as the scorer near the end zone, and assigning the fastest players to long cuts. The basic individual strategies for Ultimate Frisbee are very similar to many field games. The strategies include quick passes, becoming a receiver after passing, fast cutting, avoiding "bunching", maintaining balance among teammates, maintaining control of the disc and moving the disc up-field toward the goal. End zone scoring failures usually result from too many cuts or players standing and not cutting, not because of great defensive efforts.

### **Defensive Strategy:**

A person to person defense is most often used at the beginning levels of play. There are three positional tactics for the defender. First, face the receiver attempting to stay at least 3 yards away and focus only on your player. Second, position to the open field side and receiver and attempt to see the disc and receiver at all times. Third, face the thrower while glancing over the shoulder at the receiver. Another possible alternative for a defender covering a deep receiver is to play behind that player in an attempt to assist a teammate who has lost his or her player. If you go to block the Frisbee and leave the person you are guarding, one of your teammates might have to communicate a switch with you so that they can cover the open receiver.

### **Safety:**

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The following safety precautions should be applied to all lessons in this unit

- Keep your eyes on the Frisbee at all times while playing.
- Pushing, shoving or other intentional body contact needs to be avoided.
- Be aware of your surroundings and other players around you.
- Make sure that your receiver has their hands up and is ready to catch the Frisbee.
- Person to person defense, and only one person will be allowed to guard the thrower (offensive person with Frisbee).

These notes were drawn from:

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Sidearm throwing picture was found on [www. shpspe.blogspot.com](http://www.shpspe.blogspot.com)

The two handed catch is from [www.topsk8.org](http://www.topsk8.org)