

Spring Sports Program

Grades 7/8 Ultimate Frisbee Manual

Message from the Bridlewood Community Association (BCA):

Thank you for taking part in the Spring Sports Program and making it a success year after year. The Spring Sports league is one of the programs of the Bridlewood Community Association (BCA), a not-for-profit community organization whose mandate is to work together with our community to make Bridlewood a great place to live, work and play. The BCA is committed to making sport in our community a positive and rewarding experience for everyone and has designed the Spring Sport Program to give children aged 5 – 14 an opportunity to have fun, learn new skills, get exercise and enjoy the beautiful parks of Bridlewood. It is a non-competitive league where the values of excellence, fun, inclusion and fairness dominate the game. On our fields, everyone is a winner.

Overall Objectives of the Spring Sports Program:

- Emphasize safety and, above all, have fun!
- Help young athletes develop coordination, a sense of teamwork and teach the fundamentals of the sport.
- Recognize the important contribution that sports can make to our children and our community.
- Afford families a chance to get to know other Bridlewood families in a relaxed, fun, outdoor setting. Make new friends!
- Reinforce the True Sports Principles.

Coaching Philosophy:

As a volunteer coach, your most important job is to ensure that your athletes have fun, learn new skills and make new friends. As this is an entirely volunteer-run program, all parents are expected to participate in some way, including helping out both on and off the field! Remember that the entire Spring Sports team is there to help you as well.

Requirements to be a coach:

- You enjoy working with children.
- You encourage and are able to organize children.
- You are available for weekly practices and games.
- You may have some experience with the sport. This coaching manual will provide rules, suggestions for warm up and drills and tips to help you teach the sport.

Expectations of Coaches:

- Arrange for equipment pick up as organized by the convenor. If you are not available, delegate it to another parent on your team.
- Communicate information to team regarding schedules, location, expectations for both players and parents, etc. or arrange for team manager to do so.

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Expectations of Coaches:

- Arrange for equipment pick up as organized by the convenor. If you are not available, delegate it to another parent on your team.
- Communicate information to team regarding schedules, location, expectations for both players and parents, etc. or arrange for team manager to do so.
- Arrive on time for weekly practice with the equipment or designate someone to take your place for the warm up if you will be delayed.
- Be prepared – plan the warm up, drills and game plan or delegate to your assistant coach or manager.
- Explain and/or demonstrate skills, rules and positions to the team.
- Ensure all children have an equal opportunity to play and try out different positions.
- Respect all participants including players and coaches.

Expectations of Players:

- Arrive on time for practice with all necessary equipment, proper footwear and water. No sandals or jewellery.
- Respect all participants including players and coaches from both teams.
- Pay attention to coaches or managers.
- Always be aware of what is happening on the field.
- When not actively on the field focus on the game, encourage your teammates and use only positive comments.
- Work with everyone on your team, not just your friends.
- Shake hands with opposing team after the game.
- Help the coach assemble all equipment after the game and clean up after yourself.

Expectations of Parents:

- Have child at the field on time and ready to play every week.
- Assist coach in whatever capacity they need – snacks, supervising children not on the field, with game, etc.
- Communicate any absences to coach in advance whenever possible.
- Respect all participants including players and coaches from both teams.
- **IMPORTANT NOTICE:** for this particular age group, the presence of a parent for each child may not be necessary. However, the safety of the child is the BCA's main priority. Allowing the youth to participate without parental supervision is the BCA's way of accommodating parent schedules and the youth's growing need for independence. Parents will be required to provide a written notice to the coach IN PERSON prior to the first game allowing their child to attend the program without adult supervision including getting to and from the field unaccompanied. Failure to do so will unfortunately result in the child not being allowed to attend ANY of the games.

Getting ready to Coach:

- Review this manual in its entirety – contact springsports@bridlewood.ca if you have any questions, concerns or are missing any equipment
- Contact your team with information about dates, times and location of your sessions. Recruit parents to act as team manager or any other function you may require.
- Pick up your t-shirts, coaching manuals, equipment, etc. as directed by the Spring Sports Coordinator. If you are not available, please arrange for someone else from your team to attend in your place.

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- To help you learn the children's names, and make t-shirt distribution easier, write their name on masking tape and attached to the front of each shirt before you hand them out.
- Select a team manager to prepare snack schedules, manage the children on the bench when you are on the field and contact parents with any schedule changes or other information.
- Don't be afraid to add a bit of silliness to the drills or practices – keep it fun!

Sample note to parents (prior to the first game)

Hello Ultimate Frisbee parents,

I hope your children are excited about playing Ultimate Frisbee this year. We will be playing on Tuesdays starting on May __DATE_ from 6 pm to 8 pm, weather permitting.

Ultimate teaches hand-eye coordination, teamwork and Spirit of the Game - skills that are valuable to all levels of development.

I wanted to share a few things with you so that we start the season off with a common vision of what we're hoping our children will get out of their time on the field.

Once again, the Bridlewood Community Association (BCA) is committed to the True Sport principles (www.truesportpur.ca), helping to ensure that we provide a quality sport experience for everyone.

- **Everyone gets to play:** frequent rotations on and off the field, try out different positions.
- **Keeping it fun:** the main objective is for the kids to have a great time out on the field.
- **Stay healthy:** my goal is for the kids to enjoy moving, running, and playing so much that they'll want this to become a lifelong habit.
- **Respecting others:** using this short time together to instill a respect for the game, their teammates and competitors.

Here's what you can expect for our team during our 8 weeks together.

Schedule: 6 - 6:45 pm

Warm-up and drills: please show up as close to 6:00 as possible so that the kids can get properly warmed up. Remember to **bring an extra frisbee** if you have one (with your name on it) so that every child has a frisbee to practice with during the warm up.

Game: 6:45 to 7:45 pm or so followed by SNACKS.

NEW THIS YEAR:

Given the ages of the youth at this level of the program, the presence of a parent for each child may not always be necessary. However, the safety of your child is the BCA's main priority. Allowing the youth to participate without parental supervision is our effort to accommodate both your busy schedule and your child's growing need for independence. To this end, parents who wish for their child to attend Ultimate Frisbee without them will be **required to provide a written notice to the coach IN PERSON prior to the first game allowing their child to attend the program without adult supervision** (including getting to and from the field unaccompanied). Failure to do so will unfortunately result in the child not being allowed to attend ANY of the games.

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If you have any questions or concerns, do not hesitate to contact me or the Spring Sports Coordinator at springsports@bridlewood.ca.

COACH NAME, COORDINATES (phone or email – whatever you are comfortable with)

The written notice should contain the following information:

- Child's name
- Parent's consent to attend Ultimate Frisbee unaccompanied by a supervising adult and absolving the BCA and coach of any claims in the event of an accident.
- Emergency contact name and phone # (in case of a medical emergency)
- Signature of parent

Hand delivered to the coach prior to the first game.

Tips for running a fun practice and game for senior athletes:

- Practice begins at 6:00 pm and we encourage all children to arrive at that time. Coaches should organize drills with the help of some assistants. Suggestions for warm ups and drills are in the following pages.
- Games are to start at about 6:45 pm and will consist of 4 - 10 minute "mini games" with a few minutes break in between. The second break is considered half time and will be for 10 minutes. This should be timed by a volunteer on the sidelines. Before each game meet with the other coach to discuss how you would like the game to be played.
- Place pylons as corner markers and goal markers. Ideally, the field should be 40 m long and 30 m wide. At either end there is a 10 m end zone (total field length 60 m). End zones and field dimensions should be marked by collapsible pylons. Adjust field size to age and number of players.
- Ensure that both teams have an equal number of players on the field. If using a full field up to 7 players can be used. Remember that winning is secondary to having fun and learning about Ultimate Frisbee.
- The game should be played safely. To that end, use the whistles provided if required.

How to Play Ultimate Frisbee:

1. **The Field:** Set up the field in a rectangular shape with end zones at each end. To determine who will start the game, use a Coin Toss/Disc Flip or spin.
2. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. The receiving team can either catch the Frisbee or let it hit the ground. Then play begins. A

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- regulation game has seven players per team. A different player must do the “pull” or throw on every kick-off.
3. **Scoring:** To score a goal a player must catch the disc inside the opposition's end zone. Play is initiated after each score. The direction reverses after each goal.
 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. Players with the Frisbee can pivot on one foot. One foot must be in the playing field to complete a throw. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count (stall 1, stall 2, stall 3, etc). The receiver must have both feet touch the ground in bounds when they catch the Frisbee.
 5. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. If two people catch the Frisbee, the offensive team retains the disc.
 6. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
 7. **Non-contact:** No physical contact is allowed between players. Picks (offensive players obstructing a defensive player who is covering a receiver) and screens are also prohibited. A foul occurs when contact is made. **One-on-one coverage ONLY.** The defensive team must give one arm length, including disc, when defending.
 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-Officiating:** 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 the basic joy of play.

Basic Skills and Terminology for Ultimate Frisbee

•Basic throwing skills

BACKHAND

To throw the disc from the left side of the body for right handed players (or from the right for left handed players). The motion is similar in some respects to the backhand in tennis. (Like the 'standard' throw that non-Ultimate players may be used to).



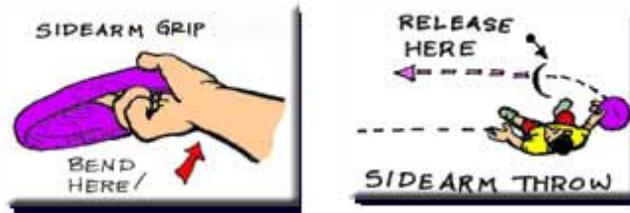
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FOREHAND (or FLICK or SIDEARM)

To throw the disc from the right side of the body for right handed players (or from the left for left handed players). The motion is similar in some respects to the forehand in tennis.



HAMMER

High overhead throw; the disc flies upside down in a parabolic type path. The grip, release etc is similar to the forehand.

HUCK

A long pass; often nearly the full length of the pitch and high to a tall player in the endzone.

•Basic conditioning and athletic skills such as running, cutting and jumping

BREAK (side, pass or cut)

The side to which the marker is trying to prevent the throw (or a pass/cut to this side).

CUT

An attempt to get free to receive the pass. Usually starting with a body fake and/or a sudden change in direction or speed.

•Basic offensive strategies including the vertical and horizontal stacked offense

CLEARING

To get out of the area where the thrower wants to pass the disc. Absolutely necessary after making an unsuccessful cut or after throwing the pass. The importance of this is often underplayed to beginners.

DUMP

Player who stands behind the thrower in order to help out (must get free for an easy pass) when the offence gets in trouble.

FLOW

A series of quick passes to well timed cuts - should result in an easy score.

FREE (or OPEN)

To be available to receive the pass. The "free player" may be unmarked or have managed to get away from his/her defender.

OPEN (side, pass or cut)

(i) The side to which the thrower is being forced (or a pass/cut to this side).

(ii) Sometimes used to describe being free to receive a pass.

PIVOT

When you plant your foot (left for right-handers and right for left-handers) and step to the side (allowing you the throw around the marker).

SWING

A lateral pass across the pitch - usually does not result in any up field movement. This is useful to gain a better position or to reset the stall count.

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•Basic defensive strategies

FORCE (or mark)

To make it as difficult as possible for the thrower to throw the disc in one direction (usually one side of the field) in an attempt to make (force) him/her to make a pass to the other side. See the relevant section for how and why this is done.

HAND BLOCK

This is when the defender stops the disc directly after it is released by the thrower.

LAYOUT

When the player dives the catch or intercept the disc. Also referred to as "going ho" (from going horizontal).

MAN-ON-MAN

The most common type of defence. Each person on defense marks an offence player and attempts to stay as close as possible with the intention of getting an interception or forcing a mistake.

MARKER

The defensive player covering an offensive player

STALLING (or Stall Count)

The player holding the disc has just ten seconds to pass it to a team-mate - the defender marking the player with the disc counts to ten out loud, and if the disc has not been released on "ten" the defender takes possession. Forcing the thrower to make a less-than-ideal pass as the "stall count" nears ten is the idea behind most defensive strategies.

SWITCH

This is when two defenders exchange the offensive players that they are marking.

Other Ultimate Frisbee Terminology

AFTER A POINT

After a team has scored a point, they keep hold of the disc and wait while the opposition walks back to the other end of the pitch. The team that scored then throws off to start the next point.

This way, the teams change ends after every point.

DEFENCE

The team attempting to prevent a score

ENDZONE

Area at the either end of the pitch within which a point is scored.

FLYING DISC

Many people call it a "Frisbee." Ultimate players call it a disc. ("Frisbee" is the trademarked name for one particular brand of flying disc.) The disc is part of what makes Ultimate so unique - depending on the skill of the thrower, it can be made to fly straight or in a curve, hover in mid-air or drop like a stone.

OFFENCE

The team with possession of the disc.

POINT (or score)

When the disc is caught in the end zone by a player on the offence.

PULL

The throw at the start of each point that initiates play.

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START OF A POINT

Each point begins with the two teams standing on opposite end zone lines. The team with the disc throws it as far down the pitch as they can, and the other team then takes possession where it lands.

TURNOVER or change of possession

When the disc has been dropped or intercepted and the offense becomes the defense.

Drills

Throwing in Pairs

Each pair stands a comfortable distance apart and completes passes between each other to practice the basic techniques of throwing a forehand and backhand. This is used as a basic warm-up and practice at all levels of play.

Variations:

Get the throwers to throw high, floating passes to practice high catches.

Increase the distance between the throwers to practice longer passes. Have each player take 1 step back after every completed pass.

Wheel Relay

Form a well-spaced circle facing inwards and with one person holding a disc. The first person passes the disc to their right and then runs around the outside of the circle in the opposite direction (clockwise). The disc is passed around the circle and meets the thrower as they arrive back in place. They pass it on to the next player (on the right) who then does the same thing. The relay continues until it is the original thrower's turn.

Try to get players to throw backhands if right-handed and forehands if left-handed.

Variations: Change the directions of passing and running so that both forehands and backhands are practiced.

Diamond Drill

Form two stacks of at least three players each, facing each other behind cones about 15m apart. The first player from one line cuts to their right and is thrown the disc by the first player in the other stack. The thrower then makes the next cut to the other line, while the receiver continues through to join the end of the opposite line from which they came. Two extra cones may be used to provide a cutting and throwing target. After a while change the direction of cuts so that both backhands and forehands are practiced.

Variations:

- Challenge the players to get 10 connections in a row.
- Have the receivers stop and return the disc to the line before joining the end of the line.
- Put a check on the thrower.

Kill Drill

One person stands stationary for the entire drill. Second person starts out only about 4 to 5 meters away. Cuts from throwers left to right. Stationary person throws forehand (or inside out backhand) to cutting person quickly. Cutter sets, plants, and returns throw with a backhand and immediately cuts in the opposite direction. Thrower rewards cutter with a backhand this time. Cutter returns a forehand. Continue this drill for a timed period, then cutter becomes stationary thrower, and thrower becomes cutter.

Circle Drill

To run this drill properly, you need about 14 players. 11 of the players are on offense and stand in a circle. The remaining 3 players are on defense and are in the center of the circle. The circle should be at least 30

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feet across. These numbers are all adjustable depending on the number of participants you have.

The goal of the drill is for the offense to keep completing passes between each other while the defense tries to force turnovers. Each player on the offense can throw to any other player on offense except for the two players closest to them on both sides. The defense is arranged with one player marking the disc and the other two playing a loose cup to try to poach passes across the circle.

Hammers and bloopers over the heads of the defenders are not allowed. Players on the offense cannot run into the circle to catch a short throw, but they can run out of the circle to catch a long throw. Each set of defenders stays in for five minutes. If an incompletion occurs, the guilty party must do a lap around the circle.

The strategy for the offense is to keep moving the disc as fast as possible to tire out the defenders. The defense must work hard to force incompletions.

Three Player

This is a great warm-up drill before practice. It does not involve a great deal of running, but it is non-stop action. At any given point during the drill there is a thrower, receiver and a marker. After releasing the disc, the roles change: the receiver has the disc and becomes the thrower, the old thrower becomes the marker and must run down and mark the disc. The receiver must be stationary. The thrower and the receiver should be about 20 feet apart. The stall count is 5 seconds and the marker should start stalling at 6 (i.e., "Stall 6, 7 8, 9, 10 STALL!"). If the throw is incomplete, players do not switch roles. Keep trying until you make a completion.

The more pressure the marker puts on the thrower the better the drill is. This is an excellent way to teach new players how to make a good throw when there is a defender. The thrower should try to break the mark and then, barring that, take what she or he can get. Hammers are not allowed, but anything else is good.

Dodge Frisbee

Dodge Frisbee is also called dodge disc and it is one of the many Frisbee games. As its name suggests, the game is based on dodgeball and instead of using balls, a disc is used.

When a player in the field is hit by the flying disc and he or she wasn't able to catch it, that player is eliminated from the game. However, if that same player was able to catch the disc before it touched the ground, the thrower is automatically eliminated from the game. This game can have many players and the ultimate match will take place when there are only two players remaining.

The two players will stand in both ends of the playing field and they will be given several flying discs. The players can execute simultaneous attacks in order to eliminate the opponent. When the other player is hit and the flying disc touches the ground, the player who threw the disc wins.