

ULTIMATE FRISBEE THROWING GOLF

Quick introduction

A course of starting markers and targets is set out (similar to golf). Players throw discs to hit the targets.

Getting started

- A number of targets (these can take the form of buckets/baskets/goals to be thrown into or trees/posts to be hit), distributed across an area.
- Markers for the start of each 'hole'.
- A 'Frisbee'-style disc per player. Ideally, use existing obstacles (such as buildings, trees and posts) to add challenge.

Quick rules

- Mark out a course with a series of starting points and targets to be reached.
- Each player will take it in turns to throw from the starting point towards the target.
- After all throws have been made, players move to the end point of their disc and throw to the target again from there.
- Players record the number of throws taken to get to the target, before moving on to the next 'hole'.
- The player who manages to complete the course in the fewest throws is the winner.
- For younger players, play multiple rounds with players trying to beat their previous best score.
- **Spirit Circle.** Children join with a partner and discuss three things they have done well and one thing they could improve on. Use primary spirit circle sheet for ideas. www.ukultimate.com

Health and safety

- Soft, flexible 'Frisbee'-style discs should be used to reduce risk of a child being injured by a thrown object.
- Non-throwers should not stand between the thrower and the target to reduce the risk of being hit by a disc.
- Non-throwers should stand away from the thrower to avoid being contacted by any follow-through arm/body movement.
- All players should wait until throws have been made before retrieving discs and should walk to pick them up to avoid any collisions with other players.

Think tactics

- Is it better to throw as hard as possible or to throw accurately?
- What will happen if you don't throw the disc hard enough? What if you throw it too hard?
- How do you get around obstacles?
- Can you make the disc curve in the air? How do you do it?
- How will wind affect the flight of the discs? Can this sometimes be helpful?



Equipment

- Markers for the start of each 'hole'. A 'Frisbee'-style disc per player.
- Series of targets (e.g. buckets, baskets, goals, trees, posts).

Hints and tips

- For younger or less skillful players, reduce the distance between the start points and targets, and increase the size of the targets.
- Use existing obstacles to increase challenge (e.g. set the target around the corner of a building from the starting point).
- Giving each team a different colour of disc allows them to track their throws more easily.

Leadership and volunteering

Primary age children could act as:

- Score keepers
- Set-up assistants (helping to lay out the course)

Officiating

Help players to identify where the target is. Count the throws players take to get to the target. Keep track of thrown discs and help players to find them.

Think inclusively STEP

Space: Distance between start points and targets can be increased/decreased. Number of 'holes' can be varied. Can be played inside or outside.

Task: Existing structures can be used to increase challenge (e.g. having to throw around the corner of a building, between other trees, over a crossbar). The maximum number of throws on a single 'hole' can be capped to prevent any child falling too far behind others, or, after a certain number of throws, they could be moved closer to the target to allow them to finish the hole.

Equipment: Different discs can be purchased, some of which will be less affected by wind, etc. Different sized targets can be used (e.g. it is often easier to throw into a goal than a bucket).

People: Any number of players can play. If the number is large, the game will progress more quickly if they are split into small groups and each starts on a different 'hole'. Players can play in pairs, with each player throwing and the pair deciding which throw will be the starting point for their next throw (i.e. they both use the 'better' throw each time). Can be played from a seated position.



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Self-belief: Even if the hole is a long way away or looks hard, every time I throw I get closer and it gets easier to hit the target. With practice, I can hit the target with fewer throws.

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