

# The ultimate frisbee challenge



[www.a-starsports.co.uk](http://www.a-starsports.co.uk)

In A-Star Sports classes, holiday clubs and parties we use lots of frisbee games and activities to develop skills at the fundamental stage right through to supporting practical and strategic development in adapted team sports at our more advanced levels. More importantly, we use frisbees because they're just terrific fun to play with and offer such a wide variety of ways to engage children in physical activity.

To show you just how much fun they can be, here are ten frisbee games and activities that can be played at home with family and friends...

## 10 frisbee games & activities



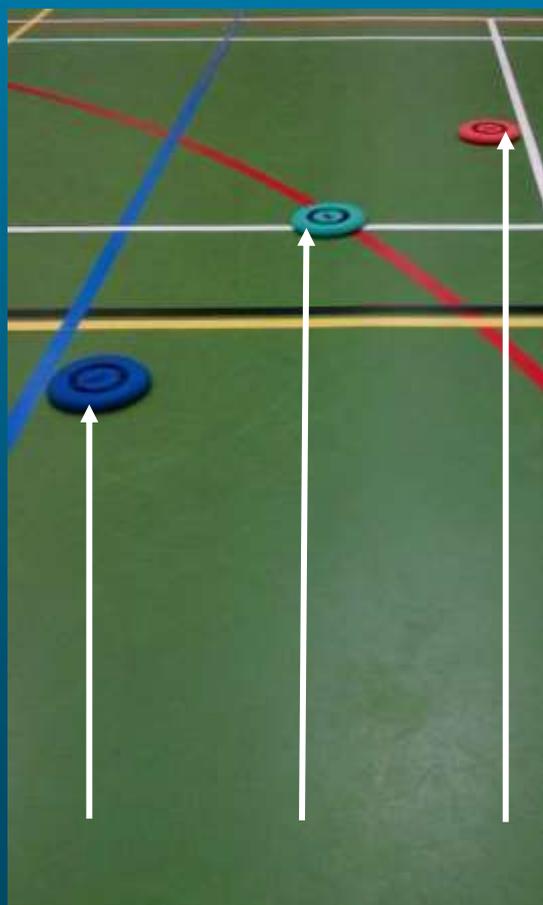
# Throwing a frisbee

Throwing a frisbee can be fun for children of all ages. Here are the key things to remember:

- stand sideways on
- hold the frisbee with your thumb on top, fingers underneath
- bring your arm across your tummy still holding the frisbee
- send your arm out again and release the frisbee



## 1. Frisbee 'Olympic' throws



Just like the throwing events in the Olympics, in this game the players try to throw the frisbee as far as they can. Here are two variations of the game:

- the furthest throw wins (or beat your last throw for single players)
- the furthest distance thrown over three goes wins (i.e. adding together the distance thrown each time = turn 1 + turn 2 + turn 3, counted in strides)

**Equipment:** frisbee(s), markers and lots of safe throwing space!

## 2. Frisbee darts

Make a simple darts board by outlining a 'bullseye' on the ground and two areas (or more) around it. In the garden at home, for example, this can be done with an old tea towel for the 'bullseye' and washing line, skipping ropes or even rolled up socks to mark the point scoring areas around the 'bullseye'. Each player takes it in turn to throw the frisbee onto the darts board for points i.e. outer circle = 10pts / inner circle = 20pts / bullseye = 50pts. The highest score after three rounds wins the game.

Equipment: frisbee(s), items to make a darts board (e.g. tea towel, and washing line, skipping ropes or rolled up socks), enough safe throwing space to be able to stand at a distance from the board.



### 3. Skittles or ten pin frisbee bowling

For the skittles or 'pins' it's easy to use empty plastic drinks bottles. If they're particularly light and need sturdying then a little water in the bottom should do the trick!



Lay the skittles/'pins' out in a triangle and stand at a distance from them. Each player takes it

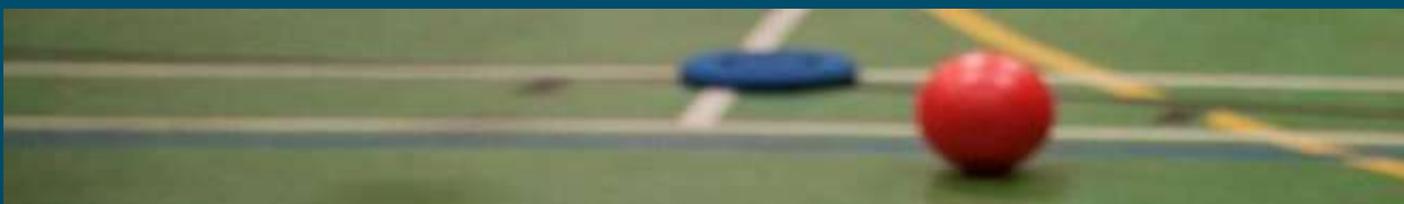
in turn to throw the frisbee at the skittles/'pins' three times - 1pt per knocked-down skittle/'pin' or 10pts for the whole lot. The highest score after two rounds wins the game.

Equipment: frisbee(s), items to make skittles/'pins' (e.g. plastic bottles and water), enough safe throwing space to be able to stand at a distance from the target.

### 4. Frisbee crown green bowling

One player places the jack (ball or soft toy) a distance away. Players take it in turns to throw the frisbee so that it lands the closest to the jack. If players are sharing a frisbee then rolled up socks (or similar) can be used to mark where each throw has landed. The closest throw after three turns each wins.

Equipment: frisbee(s), ball/soft toy (jack), markers (rolled up socks or similar) and enough safe throwing space (as above for game 3).



## 5. Catch and move

Played in pairs with one frisbee between two. Starting a short distance apart, players pass the frisbee to each other. With each successful throw/catch, players move one step further apart. If the frisbee is dropped, they move one step closer together. The aim is to throw and catch the frisbee successfully at as great a distance as possible.

**Equipment:** one frisbee and enough safe space to throw at a distance.

## 6. Frisbee golf

Create a 'course' with golf-like obstacles out of household items and/or garden features:

bunker | water hazard | trees  
out of bounds | rough | green & hole

Just like a round of golf, players must throw the frisbee (from a starting point) around the 'course' to 'putt' the frisbee in the 'hole' in as few throws as possible:

par = expected number of throws to 'putt'  
birdie = one under par | eagle = two under par  
albatross = three under par | hole in one

The winner is the player who 'putts' the frisbee in the fewest number of throws.

**Equipment:** frisbee, 'obstacles' (as described above) and safe playing space.



## 7. Frisbee relay

One frisbee is thrown from one player to the next (the same distance apart) against the clock. Times can be compared between teams and the fastest time wins.

With two or more frisbees, two or more teams each throw their frisbee from one player to the next (the same distance apart) in a race against each other. The fastest team wins.

Equipment: frisbee(s) and enough space for relay team members to be a safe distance apart.



## 8. Frisbee cricket

Create a 'cricket pitch' with two wickets at a reasonable distance from each other and a 'crease' at each end in front of each wicket. From in front of one of the wickets, the 'batter' throws the frisbee as far as possible and attempts to score as many runs as they can before the fielders get a chance to hit the wickets with the frisbee. Each run counts for 1pt and an 'out' is minus 5pts (i.e. if the wicket the 'batter' is trying to run to is hit by the frisbee before they cross the 'crease').

Equipment: frisbee, items to make 'wickets' (e.g. plastic bottles and water as for the skittles in game 3) and a 'crease' at each end (e.g. skipping ropes or similar markers), enough safe throwing space.

# 9. Ultimate frisbee

Ultimate frisbee is played between two teams (usually seven players) on a rectangular pitch. A line is drawn across the pitch at both ends to create two 'end zones'. These are the goal-scoring areas. A goal is scored when a team completes a pass to a player in the end zone they are attacking.

Players cannot run with the frisbee. When they receive it, players must come to a stop and try to throw it to a team mate. Players pass the frisbee up the pitch towards the end zone they are attacking. If the frisbee hits the ground, is intercepted or knocked down by a member of the other team, then they take possession.

The defending team tries to stop the team with the frisbee from scoring by intercepting the frisbee and marking players.

## 'Spirit of the Game'

Ultimate frisbee is a non-contact game and any contact between players can be called a foul and lead to possession being given to the other team. At competition level, Ultimate frisbee is refereed by the players themselves, which places the responsibility for fair play and good sportsmanship on those playing the game.

Equipment: frisbee and pitch/end zone markers



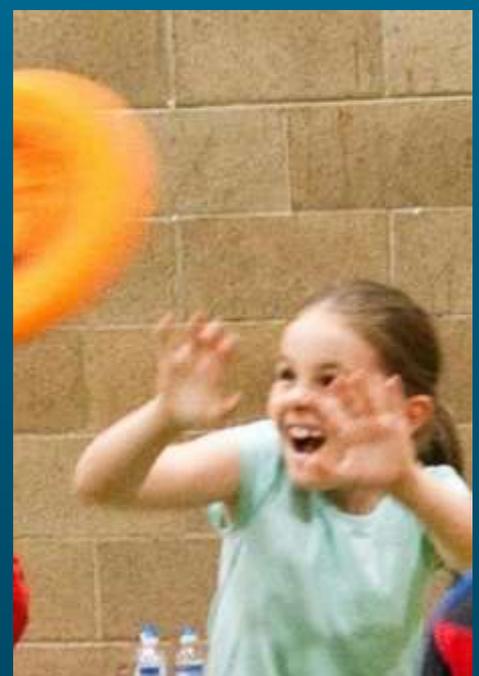
# 10. The three peaks challenge

Whether you work on your own or in a team to 'climb' one peak or all three, the challenge is yours. This three peaks challenge is about completing the heights of Ben Nevis (1,344m), Scafell Pike (978m) and Snowdon (1,085m) in frisbee throws using games 1-9 to help you have some fun along the way.

The simplest way to do this is to work out your average throw length in the activities\* and times this by the number of throws you do. For example, if your team's average throw in the relay (game 7.) is 3m then you'll need 448 throws to climb Ben Nevis. Or if your average throw in frisbee 'Olympic' throws (game 1.) is 8m then you'll only need 168 throws to climb Ben Nevis or 426 throws to conquer all three peaks.

You can keep track of your progress on the record sheet (p. 10) and celebrate your success with a certificate of achievement (p. 12).

\*Measure the approximate distance of your throw three times (we like to use 1m strides!), add these distances together and divide by three to find the average.





# Games & activities summary

for easy printing

<b>1</b>	<b>Frisbee 'Olympic' throws</b>	<ul style="list-style-type: none"> <li>• one or more players; one frisbee</li> <li>• furthest throw wins</li> </ul>
<b>2</b>	<b>Frisbee darts</b>	<ul style="list-style-type: none"> <li>• one or more players; one frisbee &amp; floor targets laid out like a darts board</li> <li>• points for landing on the darts board, the highest score is the bullseye</li> </ul>
<b>3</b>	<b>Skittles or ten pin frisbee bowling</b>	<ul style="list-style-type: none"> <li>• one or more players; one frisbee and cones (or plastic bottles) as skittles or 'pins'</li> <li>• knock down skittles / 'pins' for points</li> </ul>
<b>4</b>	<b>Frisbee crown green bowling</b>	<ul style="list-style-type: none"> <li>• one or more players; one frisbee, one 'jack' (a small ball or soft toy), markers to keep track of each throw</li> <li>• closest throw to the jack wins</li> </ul>
<b>5</b>	<b>Catch &amp; move</b>	<ul style="list-style-type: none"> <li>• two or more players; one frisbee</li> <li>• with each successful throw / catch, players move one step further apart; if dropped, move one step closer together</li> </ul>
<b>6</b>	<b>Frisbee golf</b>	<ul style="list-style-type: none"> <li>• two or more players; one frisbee plus one marker per player; markers for water, trees, bunkers, greens etc.</li> <li>• players work their way around the course</li> </ul>
<b>7</b>	<b>Frisbee relay</b>	<ul style="list-style-type: none"> <li>• four or more players; one frisbee</li> <li>• pass the frisbee from one player to the next in relay style in the fastest time possible</li> </ul>
<b>8</b>	<b>Frisbee cricket</b>	<ul style="list-style-type: none"> <li>• four or more players; one frisbee and cones (or plastic bottles) for wickets, plus skipping ropes or other markers for the creases</li> <li>• the 'batter' throws the frisbee and tries to</li> </ul>
<b>9</b>	<b>Ultimate frisbee</b>	<ul style="list-style-type: none"> <li>• two teams of two or more players</li> <li>• pass the frisbee within teams to score goals</li> </ul>
<b>10</b>	<b>The three peaks challenge</b>	<ul style="list-style-type: none"> <li>• can be done individually or in teams</li> <li>• use games 1-9 to 'climb' the three peaks</li> </ul>



# Certificate of achievement

awarded to



For taking part in  
**The Ultimate Frisbee Challenge**

The three peaks:

Ben Nevis - 1,344m | Scafell Pike - 978m | Snowdon - 1,085m

In partnership with:



Enjoy sport for life



Produced in partnership with



UK Ultimate (UKU) is the National Governing Body for the sport of Ultimate in Great Britain and Northern Ireland. Ultimate has been growing steadily in the UK for many years and players can be found across the whole country.

UKU works towards the goal that everyone should have an excellent experience of Ultimate and intends to lead and support the UK's development into the world's leading Ultimate community. UKU maintains and protects the Spirit of the Game as the underlying principle in everything they do.

To find out more visit:

**<http://www.ukultimate.com>**

**E: [admin@ukultimate.com](mailto:admin@ukultimate.com)**

**T: 0844 8045949**



Founded by Nicholas Kyriacou and launched in 2013, mi fitness directory is a vibrant online fitness community solely created for health and fitness professionals, business owners and enthusiasts. It is a place to share, network and promote everything health and fitness!

To join the community or list yourself on 'Google's favourite fitness directory' for FREE, go to:

**<http://www.mi-fitness directory.co.uk>**

**<http://www.a-starsports.co.uk/about-us/partners/>**



**With special thanks to**

**Jodi Duffield**

A-Star Sports customer and Ultimate coach

**Liam Kelly**

UK Ultimate – Coaching & Development Manager

**Nicholas Kyriacou**

Founder of mi fitness directory



[www.a-starsports.co.uk](http://www.a-starsports.co.uk)