

LESSON 4: DISC GOLF

Grade-Level Outcomes

Primary Outcomes

Throwing: Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base). (S1.M2.6)

Creating space using width & length: Creates open space by using the width and length of the field/court on offense. (S2.M3.6)

Creating space with offensive tactics: Executes at least one of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give & go. (S2.M2.6)

Embedded Outcomes

Accepting feedback: Provides encouragement and feedback to peers without prompting from the teacher. (S4.M3.8)

Social Interaction: Demonstrates respect for self by asking for help and helping others in various physical activities. (S5.M6.8)

Lesson Objectives

The learner will:

- demonstrate throwing with correct form for distance, power, and accuracy.
- create open space by using an offensive tactic as well as length and width of the field.

Equipment and Materials

- Discs
- Cones
- Long ropes or end line markers

Introduction

Last class, the homework was to read over the rules of ultimate. Ask students to explain what the rules are and discuss or clarify as a class.

Today, we will apply the different types of throws that we have learned in a modified game of ultimate, as well as with a defender guarding the pass. It is very important to continue to develop appropriate technique and accuracy to be successful in ultimate disc. We also will learn how to score in ultimate.

Have students demonstrate the different types of throws, and discuss the critical elements of each throw.

Instructional Task: Passing and Catching in Grids

■ PRACTICE TASK

In grids of 15 × 15 yards or meters, four passers are stationary while passing to their peers, who are on the move.

While throwing, the passers should use the three different types of throws, while receivers work to get open. Do this for a set time.

Refinements

- Make sure that students are practicing creating space (getting open) and receiving on the run.
- If students have difficulty getting open, review pivoting, faking, and change of speed and direction.

Extensions

- The activity can be extended to 2 v 2 in grids.
- Add a defender to the task.

EMBEDDED OUTCOME: S4.M3.8. Instruct both students to provide feedback to each other on throwing. The feedback should relate directly to the critical elements and should be encouraging in nature.

Student Choices/Differentiation

- Students may adjust the size of the grid to ensure accuracy.
- Higher-skilled students may make the grid larger to accommodate more difficult throws.

What to Look For

Students are using the critical elements of passing and catching.

Instructional Task: Defender on Passer

■ PRACTICE TASK

In grids of 15 × 15 yards or meters and groups of three, students focus on passing with a defender guarding the passer.

Begin with a passive defender standing in the way of the pass. Passer must bend, lean, or reach to pass the disc to a partner across from her.

Extensions

- Defender plays at 50 percent to 75 percent effort.
- Defender plays at 100 percent effort.
- Partner moves back and forth in the grid.
- Add a second defender to the guard passer.
- Apply pressure after offensive player catches the disc.

Refinements

- Students should snap their throws.
- Make sure that students are using jab steps and fakes, and changing their levels of the throw.

EMBEDDED OUTCOME: S5.M6.8. Discuss with students how playing defense at 50 percent or 75 percent effort can help the offense (especially with a defender playing close to the passer). Discuss how helping others or asking for help in physical activities is important for learning and living a healthy lifestyle.

Student Choices/Differentiation

- Students may choose how much effort defender uses to guard.
- Students can watch videos of throw techniques to help learn how to throw and to pass with a defender.

What to Look For

- Are students using different skills to get the pass off?
- Are students using correct form and making accurate passes?
- Are defenders being respectful?
- Are students encouraging one another or offering praise as they play?
- Are students asking for help as they play or encounter difficult situations?

Instructional Task: Scoring Over an End Line

■ PRACTICE TASK

Discuss with students the differences in scoring in invasion games.

Guiding questions for students:

- How do we score in basketball? Soccer? Team handball? Ice hockey?
- How do we score in ultimate disc?

As you can see, not all invasion games are alike. In large grids, we are going to play 3 v 3 ultimate. The goal is to score over an end line.

Extensions

- Play 3 v 4.
- Play 4 v 3.

Refinements

- Make sure students are trying to get open across the end line.
- Students are moving within the grid (not going out of bounds).

Student Choices/Differentiation

- Make grids larger or smaller.
- Add more students or play with fewer.
- For less-skilled students, they can start with a ball and then progress to a disc.

What to Look For

- Students are getting open on opponents' side of the end line.
- Students are using quick cuts and verbal communication.
- Students are using the entire grid.

Formal and Informal Assessments

Assess students' throwing, catching, and tactic skills informally.

Closure

- Review the critical elements of throwing with students. Share with them what you observed while monitoring the class.
- Ask students what they learned with regard to throwing with an active defender guarding.
- What are some important things to consider when trying to score over an end line?

Reflection

- Did students have success with throwing with a defender guarding?
- What skills did students use to throw with a defender or to score over an end line? What skills do I need to review in the next lesson?
- How did students work together on giving one another feedback?

Homework

Does anyone know of a sport that uses discs similar to ultimate disc? (Answer: disc golf) Many athletes who play ultimate practice their throwing skills by playing disc golf. If you have a disc at home or during recess, play a game of disc golf to practice and improve throwing skills. You can assign different objects (tree, monkey bars, etc.) as targets (do not use younger siblings as targets). Practice throwing the disc to prepare for the throwing assessment next class. Use the critical elements and any video clips to learn and review from.

Resources

- Baccarini, M., & Booth, T. (2008). *Essential ultimate: Teaching, coaching, and playing*. Champaign, IL: Human Kinetics.
- Dougherty, N.J. (Ed.) (2010). *Physical activity & sport for the secondary school student*. 6th ed. Reston, VA: National Association for Sport and Physical Education.
- Parinella, J., & Zaslow, E. (2004). *Ultimate: Techniques & tactics*. Champaign, IL: Human Kinetics.
- Internet keyword search: "scoring in ultimate disc," "throwing with a defender guarding close"