

Games with a Disc

Ultimate Australia Community Coach Course
Dan Rule

Overview

By the end of this module, you will:

- Understand the game sense approach
- Understand the CHANGE IT model
- Be able to start and adapt 'Pairs Passing' activities to be engaging for beginner players
- Be able to start and adapt games of 'Interceptor', 'Keep away', and 'Disc Golf' for beginner players
- Understand where to find activity resources

Game sense approach

- Traditional approach vs Game sense approach
- Technical skills vs Tactical skills

Check out Sport Australia's *Playing for Life* activity cards
Set up a free account at www.clearinghouseforsport.gov.au/

CHANGE IT

- Use the CHANGE IT model to modify activities for inclusion, challenge and skill development.
- Use questioning to focus learning

C Coaching style (e.g. demonstrations, or use of questions, role models and verbal instructions)

H How to score or win

A Area (e.g. size, shape or surface of the playing environment)

N Number of participants involved in the activity

G Game rules (e.g. number of bounces or passes)

E Equipment (e.g. softer or larger balls, or lighter, smaller bats/racquets)

I Inclusion (e.g. everyone has to touch the ball before the team can score)

T Time (e.g. 'How many ... in 30 seconds?')

*Most important to remember the concept,
rather than what each letter stands for.*

Pairs Passing Activities

Pairs Passing

- Minute to win it
- Step Back Challenge

Step back challenge



Sample Lesson Plan

1. Introduction
2. Pairs Passing - inc. Minute to win it and Step back challenge
3. Interceptor
4. Keep Away
5. Modified Ultimate

Interceptor



Keep Away



Disc Golf

LESSON 1: THROLF

As in golf, a course with 'holes' is established. Players move around the course attempting to reach the target in the least number of throws.



What you need

- A range of 5–6 targets, set up at different heights over a course (indoor or outdoor)
- 1 disc per player
- Objects to create obstacles and barriers, such as towels, gym mats or benches
- A numbered flag or card for each 'hole'

What to do Setting up

Establish the course and spread the players out on it.

Playing

- Players throw from a start line ('tee') next to each target.
- The next shot is taken from where their disc comes to rest.

Variation

- Play in 2s or 3s and count the lowest score for each target.
- Allocate different scores to the targets.

Scoring

- Score = total number of throws to reach all targets
- The lower the score the better

Learning Intention

Throlf puts measured throwing skills into a fun context.

Change it Coaching

- Ask the players how they can ensure everyone is included.
- Highlight to the whole group good examples of throwing.

Game rules

- The player furthest from the target after the opening throw plays first.
- Set a maximum number of throws per target and/or the whole course (like 'par' in golf). Involve the players in this decision after the first round.

Easier

- If discs are rolling far from the course, players can take their next throw from where the disc landed, rather than where the disc came to rest.
- Shorter distances
- Bigger targets
- No obstacles or barriers

Harder

- Longer distances
- Smaller targets
- More obstacles or barriers

Equipment

- Use skittles or empty plastic milk bottles instead of targets.
- Vary the targets.

Playing area

- Create the equivalent of water hazards and bunkers (e.g. a blue blanket for a water hazard or an old gym mat for a sand bunker).
- Vary the distance from the throwing line ('tee') to the target.

Safety

Don't start play if players are still around the target. Tell players to call 'HEADS!' as a warning if a player is likely to be hit.

Ask the players

- What different throwing techniques have you used?
- How can you assess your performance in the game or at one hole?
- What could you change to be more accurate?
- How can you throw further without throwing harder?

Summary

- Game sense
- CHANGE IT
- 'Playing for Life' activity cards