

## **AFDA Coach Program**



### **Introduction**

Welcome to the world of Ultimate (also known as 'Ultimate Frisbee'). The Australian Flying Disc Association (AFDA) Coach Program aims to prepare Coaches to prepare beginner players, who may not have even seen the game, to play Ultimate and a few other disc games. This entry level course focuses on a small set of fundamental individual and team skills needed to get beginners playing Ultimate.

### **Useful links to internet resources**

Australian Flying Disc Association (AFDA)	The AFDA is the National Sporting Organisation for Ultimate and other Flying Disc sports in Australia. There are lesson plans and links to other resources. There are also links to competitions, leagues and state organisations.	<a href="http://www.afda.com">www.afda.com</a>
World Flying Disc Federation (WFDF)	WFDF is the peak body for Ultimate and other Flying Disc sports world- wide. There are links to the latest rules and information about world and regional championships.	<a href="http://www.wfdf.org">www.wfdf.org</a> <a href="http://www.rules.wfdf.org">www.rules.wfdf.org</a>
State Flying Disc Associations	State Flying Disc Association websites have information regarding lesson plans and opportunities for coaches.	ACT: <a href="http://canberraultimate.com">canberraultimate.com</a> NSW: <a href="http://nswultimate.com.au">nswultimate.com.au</a> NT: <a href="http://nt.ultimatefrisbee.org.au">nt.ultimatefrisbee.org.au</a> QLD: <a href="http://quda.org">quda.org</a> SA: <a href="http://saultimate.net">saultimate.net</a> TAS: <a href="http://www.tasultimate.com">www.tasultimate.com</a> VIC: <a href="http://ultimatevictoria.com.au">ultimatevictoria.com.au</a> WA: <a href="http://waultimate.com">waultimate.com</a>
Spirit of the Game resources	World Flying Disc Federation have created resources to assist your understanding and implementation of Spirit of the Game.	<a href="http://www.wfdf.org/sotg/about-sotg">www.wfdf.org/sotg/about-sotg</a> <a href="http://www.wfdf.org/sotg/spirit-rules-a-scoring">www.wfdf.org/sotg/spirit-rules-a-scoring</a> <a href="http://www.wfdf.org/sotg/sotg-downloads">www.wfdf.org/sotg/sotg-downloads</a>
Australian Sports Commission (ASC)	The Australian Sports Commission are the government organisation responsible for overseeing sport in Australia. The AFDA is a recognised sport of the ASC. The ASC provide online learning for coaches and officials.	<a href="http://www.ausport.gov.au">www.ausport.gov.au</a> <a href="https://learning.ausport.gov.au/auth/login">https://learning.ausport.gov.au/auth/login</a>
Play By The Rules (PBTR)	Play by the Rules is a collaboration of organisations including the Australian Sports Commission, Australian Human Rights Commission and all state and territory departments of sport and recreation. PBTR provide online education on a range of topics.	<a href="http://www.playbytherules.net.au/">www.playbytherules.net.au/</a>
Internet video resources	How to Play Ultimate Frisbee for Beginners: <a href="http://www.youtube.com/watch?v=YkMMqOUNyKk">www.youtube.com/watch?v=YkMMqOUNyKk</a> How to Play Ultimate "Frisbee" (animation): <a href="http://youtube.com/watch?v=zEKnqFBajil&amp;list=RDzEKnqFBajil&amp;index=1">youtube.com/watch?v=zEKnqFBajil&amp;list=RDzEKnqFBajil&amp;index=1</a> Flying Disc Summary Video for 2015 IOC Congress: <a href="http://www.youtube.com/watch?v=KPMaTbWrqPQ">www.youtube.com/watch?v=KPMaTbWrqPQ</a>	