

## LESSON D: INTERCEPTOR - 10 MINS

2 players pass a disc to one another. An opponent between the 2 players attempts to intercept the disc. Players change roles frequently.



### What you need

- 1 disc
- 8 markers

### What to do

- Divide the players into groups of 3.
- Each group chooses an interceptor – the other 2 are passers. The interceptor must stay on the line.
- The 2 passers try to keep possession of the disc. The interceptor tries to touch or catch the disc.
- Rotate roles – after an agreed number of games, one of the passers becomes the interceptor. Alternatively, every time the interceptor touches or catches the disc, a point is scored.

### Scoring

- Winning team is the first team to have all team members complete a lap of the course, passing through each gate.

### Learning Intention

Interceptor links to activities requiring defending and marking, and can lead on to ultimate frisbee.

### Change it Coaching

- Ask each group to come up with its own system of communicating.
- Include everyone – the principle to guide modifications is: how can the game be modified so everyone can be included?

### Game rules

- Harder for the interceptor – must catch the disc.
- Easier for the passer – use zones for each passer. This enables them to pass without being challenged too closely by the interceptor.
- Harder for the passer – restrict movement (eg. can pivot only, but can not move while in possession of the disc), restrict the kind of pass (e.g. forehand throw only).
- Try different combinations of passers and interceptors (e.g. 2 interceptors and one passer at each end).

### Playing area

- Allow a bigger space for each group – bigger may help the passers, smaller gives the interceptor more chance of success.
- Restrict the space for each group to play in.

### Safety

- Ensure there is sufficient distance between groups.
- Ensure that players are aware of other groups.
- Players should signal to others if they are retrieving 'lost' discs.
- Ensure players are aware of the movement capabilities of everyone in the group.

### Ask the players

- Passers: What can you do to keep possession if space is restricted?
- When a passer has the disc: Where will you aim to pass the disc? How close will you get to the interceptor before passing the disc?
- When your team-mate (passer) has the disc: Where will you move to receive the disc?