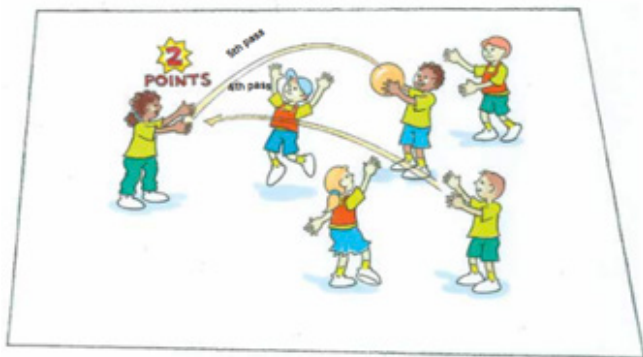


## LESSON D: KEEP THE DISC - 15 MINS

2 teams of 3 are distributed over the court. The team with the disc aims to make 5 passes between team-mates without the disc being intercepted.



### What you need

- Indoor or outdoor playing area
- One disc for each 6 players
- 3 sashes/sashes or alternative to distinguish players

### What to do

- 2 teams of 3

The team with the disc:

- Try to make 4 passes between team-mates – then change possession.

- Travelling with the disc is limited to 2 steps.

The team without the disc

- If the defenders prevent 4 passes being made, they score one point and become the attacking team.
- Defenders can not be closer than 1m to the player with the disc.
- Note – No contact between players. Disc cannot be taken out of the hands of a player.

### Scoring

- 4 passes = 1 point
- Vary the number of passes

### Learning Intention

Keep the disc emphasises hand eye coordination and is a good introduction to Ultimate skills.

### Change it Coaching

- Ask the players how they can ensure all players are included.
- After letting play run, spot any children who may need assistance on the side with throwing and catching skills.

### Game rules

- Time in possession – vary the time each player has in possession before passing it on (eg only allow up to 5 seconds).
- How many passes in a set time? – possession stays with the same team for the set time limit (e.g. 45 seconds). The team without the disc counts how many times they can intercept the disc.
- Change the team size – try different combinations [e.g. 3 v 4 or 2 v 3]. This is a good way to promote inclusion.

### Playing area

- Promote inclusion by designating 'safe zones' if required. (needs diagram)
- Experiment with different sized playing areas.

### Safety

- Ensure adequate space for the number of players.
- No physical contact allowed.
- Players should have done space/player awareness activities before playing (see All in tag and Look out for others!).

### Ask the players

- Attackers (team with disc): Where will you pass the disc? How can you get away from your defender?
- Defenders (team without the disc): How can you make it hard for your opponent to make a pass? How can you make it hard for your opponent to receive a pass? How can you work together to stop a pass from getting through? Is it better to pressure the thrower or the receiver? Why? Is it better to play one-on-one or to have two defenders guarding one player with the disc?