

# SPORTS DRILLS KIT - FRISBEE



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This drill kit is produced to give Mentors and Mentees an opportunity to practice skills related to Frisbee.

The idea behind this booklet is to offer some tips, tricks, and tools to both learn and sharpen your skills while having fun!

You do not need to perform the tasks in this package in order. Pick and choose from the drills as you see fit. After the drills, you will find a couple mini-games and resources for 1-on-1 games.

Lastly, the most important rule is to always have fun!

Join the YAY Discord Server to find other Mentor/Mentees to play with. Scan the QR Code or go to the link here: [discord.gg/dfdNefPZQe](https://discord.gg/dfdNefPZQe)



# FRISBEE



## OVERVIEW

Frisbee is actually a brand of flying disc, a toy that is widely known in North America. It's use is popular at all ages and can be a casual activity with many or few participants.

## *FUN FACTS:*

- The first flying disc was a popcorn can lid and a cake pan.
- The flying disc was commercially invented in 1937, in Los Angeles.
- There is a 'World Flying Disc Federation' that organizes global events for a number of sports that use a frisbee.

There are a number of different games that use a frisbee, with the most popular being the team game Ultimate Frisbee, a classic in Canadian gym class, and Disc Golf, with most major cities having disc golf courses in parks.

The fundamentals of using a frisbee are throwing and catching.

Throwing involves a flick of the wrist while the arm is in motion. Assuring an accurate pass can be done by keeping your eye on the target and practice. Mastering the throw of a frisbee can take years of practice.

Catching is all about coordination. The easiest method of catching it to pancake the frisbee between both hands while in the air.

Lastly, remember to always have fun!

# FRISBEE

## WARM-UP ACTIVITIES: STRETCHING

Before you begin playing any sports remember to stretch.

Playing frisbee is a game that activates a number of muscles in your body while playing, and stretching is important in making sure your muscles can handle the strain of the game.

Forgetting to stretch can lead you to become sore during or afterwards, can stop you from being able to perform at your best, or can lead to muscle injuries.



Standing Calf Stretch



Lower Back Stretch



Two Leg Hamstring Stretch



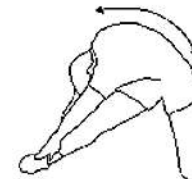
Sitting Groin Stretch



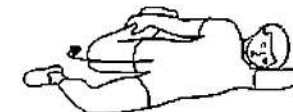
Chest & Back Stretch



Classic Quadriceps Stretch



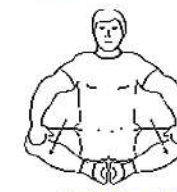
Hamstring Split Stretch



Lying Quadriceps Stretch



Shoulder Stretch



Standing Groin Stretch

# FRISBEE

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## TRAINING DRILLS



These training exercises are to help build core fundamentals of the game. Pick and choose which ever drills you want, and only perform as much as you are capable of doing. These lists are simply guides of what a workout could look like.

### Workout

Start 3 metres apart from your partner:

Pass the frisbee until each person has made 15 catches.

15 passes while running parallel to each other, staying 3 metres apart.

15 passes while your partner is in motion and you are stationary.

15 passes while your partner is stationary and you are in motion.

Next: Start 5 metres apart, repeat drills.

Next: Start 10 metres apart, repeat drills.

*\*increase distance to match ability*

# FRISBEE

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## WARM-UP ACTIVITIES



### Distance Throw

This drill will allow players to work on distance throwing and accuracy.

#### **To Begin:**

- You and your partner will begin beside each other at one end of a large field.
- Both players should agree on a target on the other end of the field.
- At the same time both partners will throw the frisbee towards the target.
- Players will then run to their frisbee, pick it up and continue throwing it towards the target.
- First player to reach the target wins.

#### **TIPS:**

- Pick a new target and play as many times as you want. This activity is great for long throws, endurance, and accuracy.

# F R I S B E E

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## MINI GAMES



### 1. TIC-TAC-TOE

This mini games are designed to play 1-on-1. All this games requires is a flying disc, a school tarmac, and chalk.

#### Set-Up:

- With chalk, draw a large tic-tac-toe board on the tarmac.

#### Objective:

- The game is simple, like tic-tac-toe, you are trying to get the in a row.

#### How to Play:

- Decide who goes first with a frisbee flip.
- Player A will throw the frisbee and try and land it in one of the squares of the tic-tac-toe board.
- The Player B will throw the frisbee.
- When a player lands the frisbee on a square mark that square with the chalk to denote player A or B.
- First to get three in a row wins. Play best of 3, 5, 7, or 9.

# FRISBEE

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## MINI GAMES

### 2. TARGET PRACTICE

This mini games are designed to play 1-on-1 or with 3 or more. All this games requires is a flying disc and a large field.

Objective:

- The objective of the game is to reach the target in the least amount of throws.
- Score up to 3.

How to Play:

- Decide who goes first by a frisbee toss, like a coin toss.
- Player A will choose a target in the field.
- Player A will then throw the frisbee until they reach the target.
- Keep track of how many throws it takes to reach the target.
- Player B will then throw the frisbee until they reach the target.
- Whichever player reaches the target in the least amount of throws gets a point.
- The player tha scores will then start the next round.

Change it Up:

- 4 or more players? Play in teams.
- Where players on a team will alternate throws on the way to the target.

### 3. GUTS

This mini game is designed to play 4+. All this game requires is a flying disc and a tennis court. *(there are tennis courts located across the Toronto region)*

Objective:

- The objective of the game is similar to tennis, to score the most points.
- You score when the opposing team drops or fails to catch our frisbee

How to Play:

- Divide the players into two teams, each team taking one side of the court.
- Decide the starting team by a frisbee flip (like a coin flip).
- Team A will then throw the frisbee to the other team.
- Team B will try to catch the frisbee and then throw it back.
- A team scores a point when the other team fails to catch the frisbee or drops it within the court lines.
- First team to reach 21 win.

DISCORD:

- Join the YAY Discord server to find other Mentor/Mentee pairs in your area to join you!

# F R I S B E E

## SPORTS: DISC GOLF



Disc Golf is a 2, 3, or 4 player game that can be played at any disc golf course in your area. The game is similar to golf, except played with a frisbee. Check the Toronto Parks map here for locations: <https://www.toronto.ca/data/parks/maps/index.html>

### Objective:

- A disc golf course is set up with 9-baskets, each having a tee off pad where you begin, and a basket that are you are trying to reach in the least number of throws.
- Each hole has a 'par' which is the number of throws it should take to reach the basket.

### How to Play:

- Player A will throw their frisbee towards the basket.
- Then, the next player will throw theirs, until everyone has thrown once.
- The next player to throw will be the player who is farthest from the basket. Continue this for the next player after, and so on.

### Keeping Score:

- Scoring is simple. If the hole is a par 3 and it takes you 5 throws, you score +2. If it took you 2 throws, you score -1. Keep track at each basket. The player at the end with the lowest score wins.

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## SPORTS: ULTIMATE FRISBEE



Ultimate frisbee is one of the most popular frisbee sports. It consists of 2 teams that are trying to get the frisbee into the opposing teams end zone. The game requires a field that has two end zones marked, similar to football. This can be marked by any object that the teams agree on.

### Objective:

- The objective of the game is to score the most points before the times up.

### How to Play:

- A frisbee toss will decide which team goes first.
- The team with possession will begin passing the frisbee towards the opposing teams end-zone.
- The defending team is attempting to block or intercept passes.
- If the team in possession drops the frisbee or fails to make a successful pass, possession changes.
- The player who is passing the frisbee cannot move until after they have made their pass.
- if in motion while receiving a pass, players must stop within two steps of receiving or possession changes.
- When a team scores, the opposing team will gain possession starting from their end.

### DISCORD:

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