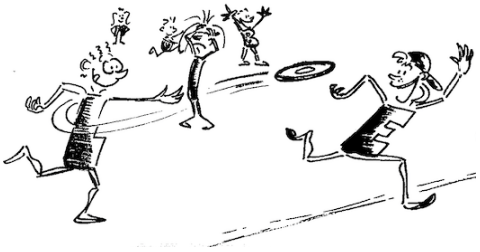
SUBMITTED BY
Irmgard

ON
2016.04.06

Keine Stimmen

Frisbee - adaptable everywhere



Frisbee games can be played anytime and almost anywhere.

Diverse Frisbee games

Multiple Frisbees can also be easily transported in a backpack. This allows, for example, that these games can also be played as part of a hike.

Stafette

How? Four to six participants form a team, with half facing each other. The person throwing runs after their throw and connects on the opposite side. Which group has 50 caught throws first?

What for?Practice throwing accurately and catching well under competitive conditions.

Snap Frisbee

How? Two teams, each with a maximum of five participants, play a form similar to snap ball against each other with a Frisbee, with the following rules: No physical contact with the opponent. The defending player must be at least one arm's length away from the person throwing the Frisbee. No running is allowed with the Frisbee in hand. Only steps on the spot are allowed (star step like in basketball). If the Frisbee falls to the ground, flies out of bounds, or can be hit to the ground by the opponent while in flight, this is considered a missed pass. After that, the opponent gains possession of the disc.

What for? Free running and accurate passing in competitive situations.

Frisbee volley

How? A team should consist of at least two players. Each team stands in a field and between them is a neutral zone (possibly with a stretched net). The goal is to throw the Frisbee into the opposite field so that it falls to the ground there. The opposing players try to catch the Frisbee. A point is scored if the Frisbee lands in the other field or if the opposing player throws it out of bounds.

What for? Accurate aiming and safe catching are required.

Cross country/discathlon

How? A course in the field is marked (marked trees, bench, buckets, etc. make a kind of giant slalom). This course must be played around correctly and as quickly as possible with the Frisbee. The player at

the end of the game throws the Frisbee, runs after the throw and continues playing where the Frisbee was left. It is not allowed to run with the Frisbee in the hand. Who is the first to finish the course? Who throws more accurately, must run less!

What for? To perform target throwing under time pressure and cover shorter distances as quickly as possible.

Ultimate

How?Two teams of five players each play against each other on a reduced football pitch. The player throwing the Frisbee should pass it to the other players in such a way that it can always be caught and does not fall to the ground, otherwise the opposing team receives the Frisbee. The goal is to pass the Frisbee to a teammate in the opposing team's end zone at the end of the passing sequence. This results in a point. The same rules apply as in snap Frisbee.

What for?Playful endurance training using the Frisbee technique.

Frisbee

Source reference:

Content: Patrik Lehner, sports teacher, J+S subject teacher "camp sports/trekking" and lecturer at the Inst. for Sport of the University of Basel "mobile" BASPO, Magglingen

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Drawings: Leo Kühne

Weitere Informationen

Categories
Games and activities

Tags
Frisbee
Game
Outside
All age groups
Sport

Age
No data available.

Number of participants
1–20
20–30
30 – 100

Bible
This information is missing.

Duration
No data available.

Material
Almost effortless

File download
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