



MULTI-SPORT CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



Ultimate Frisbee

Purpose: Passing, Catching, Teamwork, Strategy

Equipment: Frisbee's

Set Up: Football Field Set-up



Blue = South Endzone
Red = North Endzone



Execution:

- For younger kids use a foam frisbee. For older kids use a plastic frisbee.
- Split players into two teams. Assign each team a direction for their endzone (North or South)
- One team starts with the Frisbee
- When a player has the Frisbee, they only get 3 STEPS
- They must pass the Frisbee down the field and into their endzone for a touchdown
- Players must be at least 5-yards away for a pass
- Defense can deflect the Frisbee in the air, but cannot touch the defender when they have the Frisbee, or knock the Frisbee out of the offensive players hand. The defender must be at least 3-feet away from the offensive player with the frisbee.
- Frisbee must be thrown over the endzone – cannot cross the endzone using your 3-steps
- It is a turn-over if:
 - a. The Frisbee hits the ground at anytime – including if the defense knocks-it to the ground when in the air
 - b. They pass the frisbee to a teammate closer than 5-yards away
 - c. A player holds the frisbee for over 10-seconds
 - d. A player takes more than 3-steps with the frisbee
 - e. The frisbee goes out of bounds
- There are no first downs. Players get as many passes as they need to score.
- Team with the most points at the end of the game is the winner
- Have players give the other team a high-five and tell them good game

Variation:

- Dodgeball Variation – Same rules but you use a Dodgeball instead of a Frisbee. Good way to start and teach the players the game since the Dodgeball is easier to throw/catch.