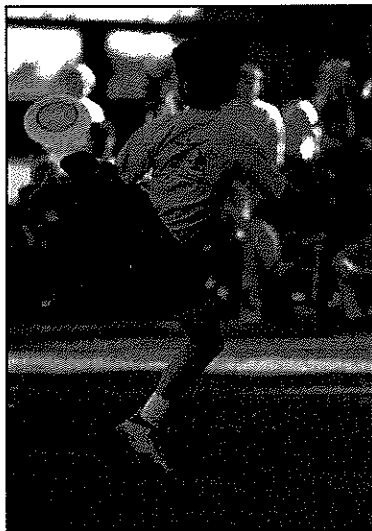


INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity and relates to its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.



INTRODUCTION

There are two basic types of competitive Frisbee.

Freestyle Frisbee is a game where a player or a team of two or three players perform a routine, which consists of a series of throws, catches and moves, done to music using one or more discs. The routine is compared to the routines of the other competitors through scoring done by judges, who evaluate the routine on the basis of difficulty, execution and presentation. The player or team with the best score is declared the winner.

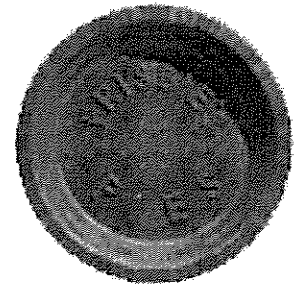
Ultimate Frisbee is an exciting, non-contact team sport, played by thousands the world over. It mixes the best features of sports such as Soccer, Basketball, American Football and Netball into an elegantly simple yet fascinating and demanding game. To compete at the top level, Ultimate players require speed, stamina and agility.

HISTORY OF THE GAME

Many people have claimed to have invented the Frisbee.

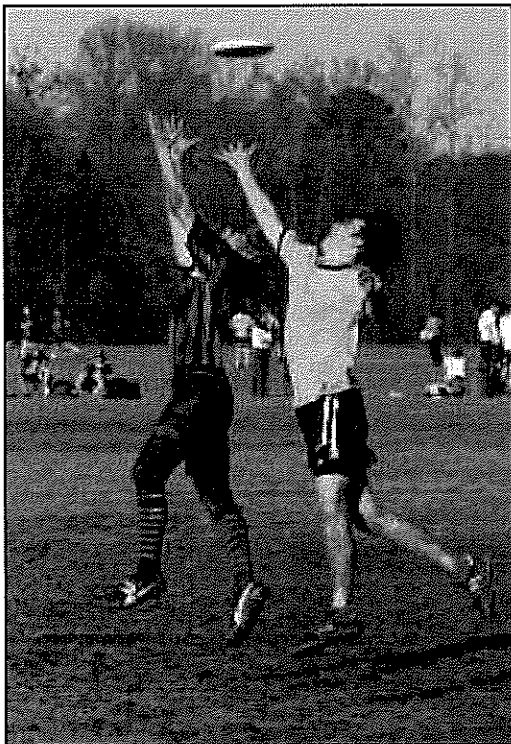
The Frisbie Baking Company of Bridgeport, Connecticut, made pies that were sold to many New England colleges. Hungry college students soon discovered that the empty pie tins could be tossed and caught, providing endless hours of game and sport. Many colleges have claimed to be the home of 'he who was first to fling.' Yale College has

even argued that in 1820, a Yale undergraduate named Elihu Frisbie grabbed a passing collection tray from the chapel and flung it out into the campus, thereby becoming the true inventor of the Frisbie and winning glory for Yale. That tale is unlikely to be true since the words 'Frisbie's Pies' was embossed in all the original pie tins and the word 'Frisbie' was coined the common name for the toy.



In 1948, a Los Angeles building inspector named Walter Frederick Morrison and his partner Warren Franscioni invented a plastic version of the Frisbie that could fly further and with better accuracy than a tin pie plate.

Morrison produced a plastic Frisbie called the Pluto Platter, to cash in on the growing popularity of UFOs with the American public. The Pluto Platter has become the basic design for all Frisbies. The outer third of the Frisbie disc is called the 'Morrison Slope,' listed in the patent. Rich Knerr and A.K. 'Spud' Melin were the owners of a new toy company called 'Wham-O.' Knerr and Melin also marketed the Hula-Hoop, the Super Ball and the Water Wiggle. The pair first saw Morrison's Pluto Platter in late 1955. They liked what they saw and convinced Morrison to sell them the rights to his design. With a deal signed, Wham-O began production in 1957 of more Pluto Platters.



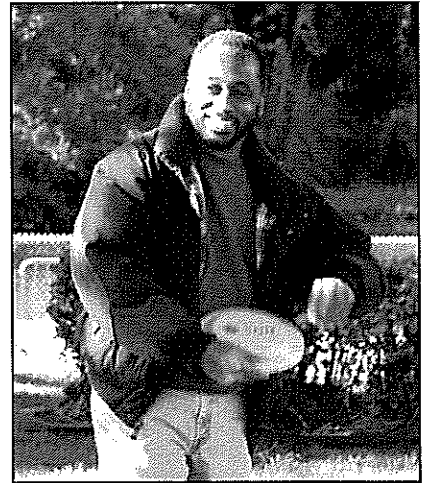
The word 'Frisbee' is pronounced the same as the word 'Frisbie.' Rich Knerr (Wham-O) was in search of a catchy new name to help increase sales, after hearing about the original use of the terms 'Frisbie' and 'Frisbie-ing.' He borrowed from the two words to create the registered trademark Frisbee. Sales soared for the toy, due to Wham-O's clever marketing of Frisbee playing as a new sport. In 1964, the first professional model went on sale.

In 1967, high school students in Maplewood, New Jersey, invented Ultimate Frisbee, a recognized sport that is a cross between football, soccer and basketball. Ten years later, a form of Frisbee golf was introduced, complete with professional playing courses and associations.

HOW FRISBEE IS PLAYED

Throwing the Frisbee

The most important aspect of any game of Frisbee is in the throwing. When throwing, you should step towards your target or at very least shift your weight from back foot to front foot. Concentrate on rotating shoulders, hips and legs through to the point of release and then a natural follow through. Keep a straighter arm for distance or curl the elbow and exaggerate the snap at the end of the throw for greater spin on the disc.



Backhand

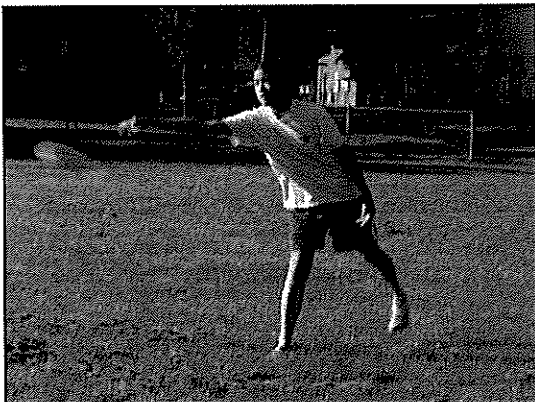
Simply place four fingers under the rim of the disc and your thumb on top, reach back and swing your arm along side your body releasing the disc towards the target. Tilt the outside edge of the disc down slightly upon release. Follow Through!

Finger-Flip

Place the thumb on top of the disc and first two fingers in the rim. Much like snapping a towel, swing your arm along side your body snapping the disc towards the target. More snap equals more spin. Tilt the outside rim down slightly upon release.

Thumber

Much like the Finger Flip except for the grip. Place the thumb in the rim with four fingers on top of the disc. Swing your arm along side the body snapping the disc toward the target. Slightly tilt the outside rim down upon release.



Overhand Wrist Flip

With the wrist cocked backward, swing the arm above the shoulder and snap the wrist forward towards the target. Keep the outside edge of the disc tilted slightly downward at the point of release.

Hook Thumber

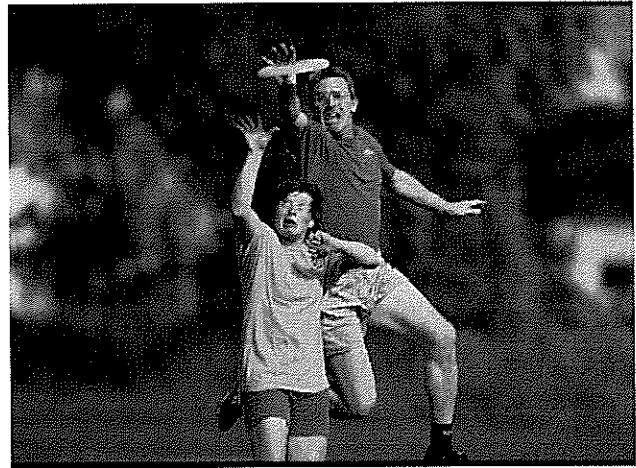
Place your thumb in the front inside rim of the disc (facing opposite of the thumber grip). Your first two fingers will rest on the rim. Tuck the disc under your chin and extend your arm towards the target. Use the thumb to provide extra snap at the point of release.

The Helicopter

Curl the disc in your hand so that it rests on the elbow side of the forearm. You are now in the cocked position and ready to throw. Extend the arm and snap the wrist around to create the spin.

Catching the Frisbee

Of course, no game of Frisbee can be complete without the catch. Catches can be made with either hand. The disc is always spinning so be sure to make a strong squeeze when catching. Standard catches are made with the thumb up on low catches and the thumb down on high catches. Catches can be made more difficult by spinning before the catch is made. These are some examples of beginning and advanced catches, but make up some of your own, that's half the fun. Catches can be made while standing, sitting or jumping in the air.



Nail Delay

The act of spinning the disc on the finger nail allows you to do many things. By balancing the spinning disc in the center you can maneuver it under the legs, around the body and set-up for catches. Move your finger-nail in a small circle underneath the spinning disc. The circle should be in the same direction of the spin.

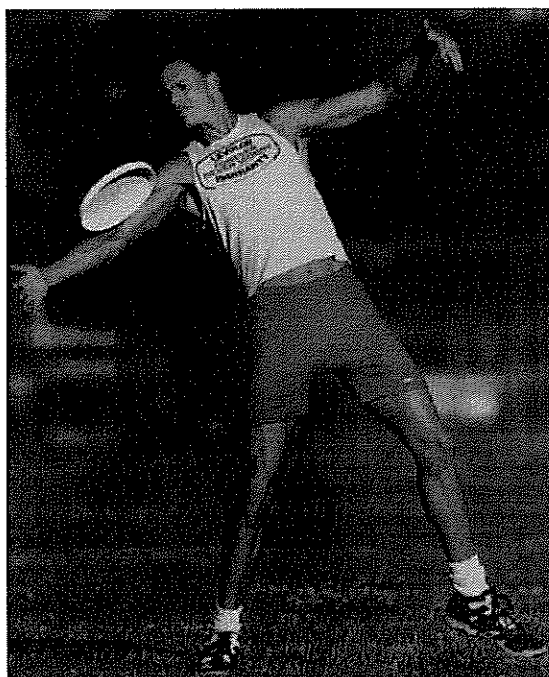
Rim Delay

Similar to the nail delay, this technique involves letting the disc slide on your finger-nail on the inside of the rim. Simply hook your finger so that your nail is the only thing making contact with the disc. This allows you to swoop the disc and create a flowing motion.

Flight Adjustments

A common way to experience changes in flight is to have three players, one in the middle. The middle-person touches (“macs”) the disc on its deflection side or on top to create a new disc direction. Flight adjustments can also be made while air brushing (“cuffs”) Experiment with touches underneath and on top of the disc.

Body Rolls



The act of rolling the disc across your body can be amazing and very satisfying. Most common is the chest roll. Start the disc at your finger tip, the disc should be tilted towards you and your body leaning back. Step into the disc so that you maintain contact throughout the roll. Watch the disc. Face the wind. The back roll is similar in technique.

Air Brushing

By hitting the disc on the outside rim with either the foot or hand you can maintain spin and keep the disc in play. It is easiest when there is a slight breeze. Angle the disc upward into the wind and brush across the outside rim. The disc will rebound. Repeat the action or make a catch.

TYPES OF FRISBEE

Freestyle

Freestyle Frisbee as a competitive sport has been around since the early 1970's. The sport went through a major transformation in 1974 when the nail delay was invented. Within a year over one million people world wide had learned to nail delay. By 1977 freestyle, along with disc golf and ultimate frisbee, had become one of the fastest growing sports in the world.

Today freestyle is mostly a grass roots sport with events being run and organized by

players who graciously volunteer their time and effort. You may be able to find freestyle tournament schedules for an event near you.

Ultimate Frisbee

Ultimate Frisbee is played between two teams of seven players on a large rectangular field. A line drawn across the field at either end creates two “endzones” (like in American Football). These are the goal-scoring areas. A goal is scored when a team completes a pass to a player standing (or more likely running) in the endzone they are attacking.



Players cannot run with the disc. When you get the disc you must come to a stop and try to throw it to another player. By passing from player to player, the offense attempts to work the disc up the pitch towards the endzone they are attacking. If the disc hits the ground or is intercepted or knocked down by the other team, then the opposition takes possession (a change of possession is called a “turnover,” like American Football). Possession also changes if a receiver is outside the playing area when he or she catches it.



The defending team attempts to stop the team with the disc from making progress upfield by covering them (as in soccer or basketball). The theory is that the offense won’t want to pass to a player who is being covered closely, as it’s likely to result in an interception. So it boils down to the offense players trying to get free of their markers to receive a pass, while the defense makes every effort to stay with them in the hope of forcing a turnover.

EQUIPMENT

The “Wham-O” web page lists many different types of frisbees! In essence, each is a plastic disc weighing between 90 and 175 grams. They can be any color of the rainbow. Some frisbees even glow in the dark.

FRISBEE NEWS & NOTES (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

The USA Ultimate College Division began in 1984 and has grown to include 12,000

student-athletes across over 700 college teams. In 2010, the division implemented a formalized regular season. After the first regular season, the USA Ultimate College Series took place, culminating in the Division I College Championships, held in Madison, Wisconsin. In 2011 Carleton College won the Men's Open Championship in a 11-5 victory over Wisconsin and UC's Santa Barbara won the Women's Open Championship by defeating Michigan 13-9.

Freestyle meccas in the US are:

1. Green Lake, Seattle, WA
2. La Jolla Cove, San Diego, CA
3. Ocean Beach, San Francisco, CA
4. Sheeps Meadow, Central Park, New York, NY
5. Fraser Park, Santa Monica, CA
6. Boston - near the public gardens, Boston, MA
7. Scott Carpenter Park, Boulder, CO
8. Palm Park, Santa Barbara, CA



Freestyle meccas internationally are:

1. Kalmar, Sweden
2. Paris, France
3. Dabush Beach, Israel
4. Amsterdam, Holland
5. Agmon, Israel
6. Ulrich, Germany

What may have started in a college cafeteria has exploded into an international sport. You can stay current with information about frisbee by visiting these websites:

<http://www.whatisultimate.com/>

<http://freestyledisc.org/index.jsp>



STUDENT RESPONSE PACKET #28

FRISBEE

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of frisbee. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these pages. Be neat, spell correctly, and write in complete sentences.

1. Describe the sport of Freestyle Frisbee.

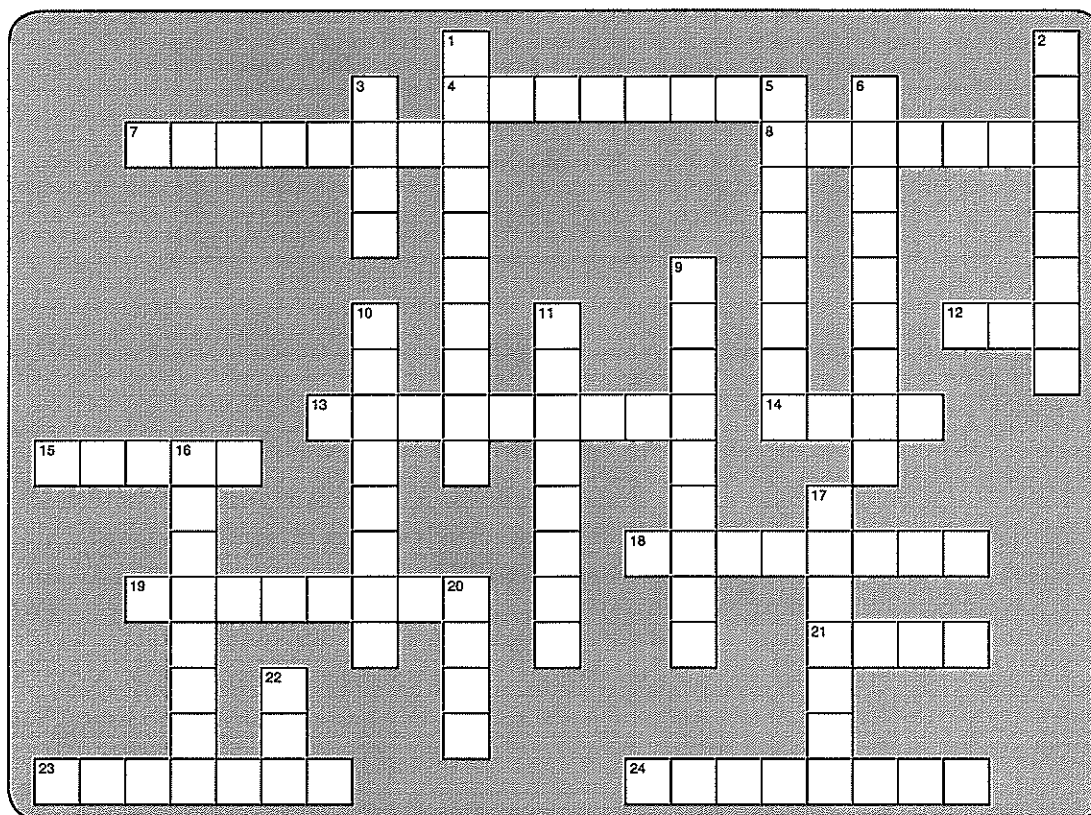
2. Describe the sport of Ultimate Frisbee.

3. Why does Yale College claim to have invented the sport?

4. Describe the origins of the sport called "Ultimate Frisbee."

5. What is a "nail delay?"

Name: _____ Date: _____



Across

4. Ultimate has two of them for scoring goals
7. Ultimate is a cross between three sports. This is one
8. Pluto _____
12. Players cannot do this with the frisbee
13. In this type of frisbee competition players perform a routine
14. Some frisbees _____ in the dark
15. Knerr's company
18. Air _____ involves hitting the frisbee on the rim to keep it in play
19. The Wham-O web page has many different types of these
21. Frisbee slang for touching the frisbee on its side or top to create a new direction
23. This happens to possession if a receiver is outside the playing area
24. The plastic frisbee could fly farther and had more _____ than the tin plate

Down

1. This frisbee technique has a name like a flying machine
2. The most important aspect of the sport
3. This college first claimed to be the home of the frisbee
5. The frisbee is always doing this
6. High school students from this city invented Ultimate
9. Frisbee competition may have started in one
10. A change of possession
11. This is a non-contact team sport using a frisbee
16. He invented a plastic frisbee
17. Like the finger flip except for the grip
20. This happens at the end of a throw for greater disc spin
22. The first frisbee was a plate used for this

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

- | | | |
|-----------|------------|------------|
| Frisbee | Franscioni | Catching |
| Freestyle | Golf | Nail |
| Ultimate | Backhand | Rim |
| Yale | Thumber | Helicopter |
| Inventor | Overhand | Sport |
| Pie | Flip | Endzones |
| Morrison | | Plastic |