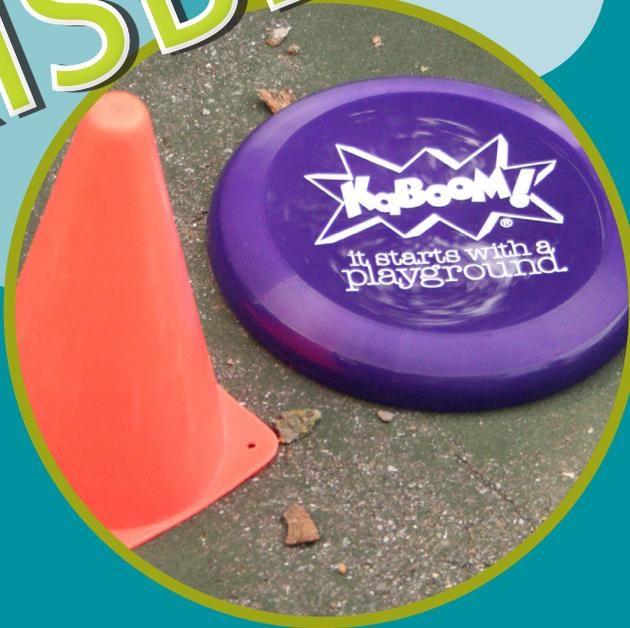


play
day

GAME

ULTIMATE FRISBEE



INSTRUCTIONS:

Number of Participants:

8+ people, age 10+

Materials:

Frisbee, cones or other object to mark end zones, and a large field

Description:

This game is a fun non-contact version of football, combined with Frisbee throwing. It's fun for adults and kids to play together!

Steps:

Mark the end zones with cones on a field that is 40yds wide by 70yds long. Typically the end zones extend an additional 25yds past the 70yd length of the field, on both sides of the field, but adjust them proportionately to the size of your field and to the number of players.

Divide players into two teams. To start the game, line up both teams in front of their end zones. The team that starts with the Frisbee (the defense) throws it to the other team (the offense) and the game begins.

To score points teams must throw the Frisbee into each other's end zones. Players throw the Frisbee back and forth to try to make the point while the opposing team tries to block them or get the Frisbee for their own team.

If, during the play, the offense drops the Frisbee or it lands out of bounds, the teams switch and the offense becomes the defense, and the defense becomes the offense.

Between every point and play, the players line up, just like they did in the beginning and the game resumes when the defense throws the Frisbee to the offense.

The game can go on as long as you want it to and whoever has the most points when you decide to end the game wins!



Play
matters

Structured and unstructured play help kids burn lots of calories!

Take
action

Team sports teach kids cooperation skills that benefit them for a lifetime.