

The logo for 'Disc It' features the word 'Disc' in white and 'It' in yellow. A stylized white disc is positioned to the left of the word 'Disc', appearing to be in motion.

**Disc It**

A Better Way to Teach Disc Sports

**Physical Education Unit**



# Overview

**Disc It is a new & exciting way to teach disc sports to students in grades 6-12**

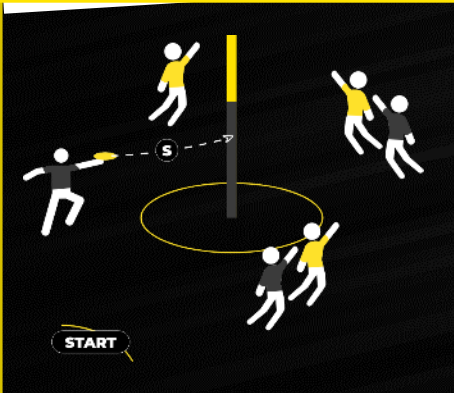
- How to Play
- Disc It Setup
- Unit Overview
- 6-Day Agenda
  - Day 1: Throwing & Catching a disc
  - Day 2: How to Play Disc It
  - Day 3: Offense
  - Day 4: Defense
  - Day 5: Disc It Day
  - Day 6: Disc It Day





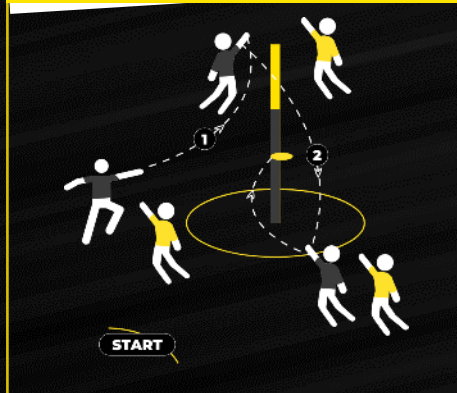
# How to Play

## OBJECTIVE



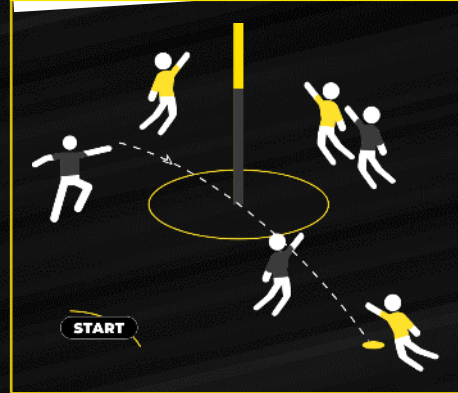
Score points by passing with your team and hitting the pole to reach 11 points. Black is 1 point and yellow is 2.

## PASSING



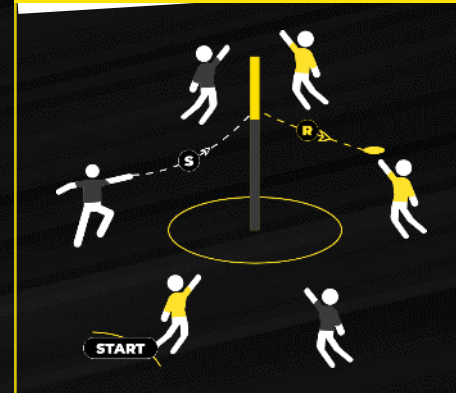
Pass the disc twice before shooting. You may only take 1 step while holding the disc.

## TURNOVER



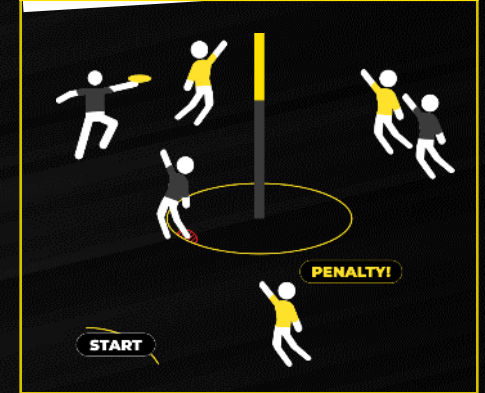
If your team drops the disc, then it is a turnover where it landed and the team now in possession needs two passes before shooting.

## REBOUND



Catch the other teams rebound before it hits the ground to cancel out their point.

## PENALTY ZONE

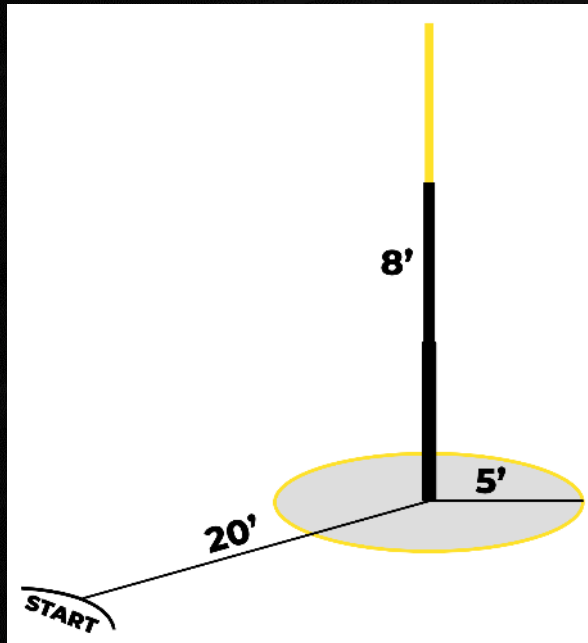


Stay out of the Penalty Zone or the other team can call a penalty earning them an unguarded penalty shot.



# Disc It Setup

Disc It takes 2-3 minutes to setup and tear down on any flat surface. Grass or turf is recommended for optimal gameplay.





# Unit Overview

**Outcome** – Students will participate in a disc sport unit where they will learn proper throwing and catching techniques, along with offense and defense strategies in a dynamic disc sport, which requires teamwork and strategy to win.

**Structure** – The Disc It unit is organized into a 6-day unit that focuses on teaching new skills while also allowing students to play Disc It before, and after receiving lessons on how to properly set up plays.





# Day 1: Throwing & Catching

**Outcome** - Students will successfully apply the mechanics of different disc throws and catches which will improve their offensive and defensive skills during full-speed gameplay

## Skills

- Disc Throwing Techniques
- Disc Catching Techniques

**Lesson / Learning Activities** – Break the class into groups of 2-3 and allow each group to practice each type of throw, one at a time with demonstrations of the next throw in between. Students should also practice using all three catching methods.



Learn to Throw & Catch with Pro Disc Golfer  
Rebecca Minnick  
PDGA #170182

- |                           |                           |
|---------------------------|---------------------------|
| ➤ Throw 1: Backhand Throw | ➤ Catch 1: Two-Hand Catch |
| ➤ Throw 2: Forehand Throw | ➤ Catch 2: One-Hand Catch |
| ➤ Throw 3: Overhand Throw | ➤ Catch 3: Pancake Catch  |



# Day 2: How to Play Disc It



**Outcome** - Students will learn the basics of Disc It and will have the opportunity to play their first Disc It game after reviewing all game rules

## **Skills**

- Disc It Rules & Objective
- Scoring & Defending Mechanics

## **Lesson / Learning Activities**

- If possible, students should watch the How To Play Disc It video tutorial.
- Review the game objective and demonstrate all game rules with the help of student volunteers.
- Break the class into teams of 3-4 and allow students to play Disc It for the remainder of the class.



# Day 3: Offense



**Outcome** - Students will learn offensive strategies to improve team cohesion and create scoring opportunities

## **Skills**

➤ Passing & Field Maneuvers

## **Lesson / Learning Activities**

➤ **Short, Short, Long** – Two short passes followed by a long pass to the third teammate who is making a run.

➤ **Post** – One player waits near the penalty zone for a high or low pass followed by a simple toss to score.

➤ **Circle Run** – One player runs circles around the penalty zone to create space for a 2<sup>nd</sup> pass and quick score.

➤ **In & Out** – Teammates pass towards the pole and away from the pole until a shooting opportunity arises.

➤ **Drive** – Long passes to space followed by a quick pivot and shot at the unguarded pole.



# Day 4: Defense



**Outcome** - Students will learn defensive strategies enabling them to actively defend the opposing team causing turnovers, interceptions, and rebound opportunities

## **Skills**

➤ Defensive Positioning

## **Lesson / Learning Activities**

➤ **Zone Defense** – All defending players remain close to the penalty circle and shift to block the line of sight to the pole focusing on whoever has the disc.

➤ **Player on Player** – Each player follows one player from the other team while remaining in between the player they are guarding and the pole.

➤ **Pressure then Cover** – The defender pressuring the player with the disc will block off passing to one side. This forces the other two teammates on offense to run to and remain on the unguarded side which is now more heavily covered.



# Day 5 & 6: Disc It Day



**Outcome** - Students will put all Disc It learning activities to practice for the final two days of the unit by competing against other students in the class

## **Skills**

- Throwing & Catching a Disc
- Offense & Defense Strategies

## **Lesson / Learning Activities**

- Break the class into teams of 3-4 and allow students to play Disc It for the remainder of the class. Rotate teams after each game.



# FAQs

## **How many students should be on each team?**

We recommend having 3-4 students per team.

## **How many Disc It kits are recommended per class?**

1 Disc It kit for every 8 students will ensure all students can actively participate.

## **How many sport discs are recommended per class?**

Having at least 1 disc for every 3 students will improve class engagement. Each Disc It kit includes 1 disc. Extra discs can be purchased on our website.

## **Can I set up Disc It inside the gymnasium?**

Yes! Disc It works on any flat surface. However, grass or turf are the recommended playing areas.

## **What are the dimensions of Disc It when it is stored in its carry case?**

All components fit in the storage bag included with every Disc It kit which is 41" x 11" x 7" and weighs 16 lbs.

## **Is it a penalty to step in the penalty zone if you are on defense?**

Yes, it is always a violation to step into the penalty zone.

## **Are students required to call penalty zone violations on themselves whether they are on offense or defense?**

No! As a matter of fact, players are not allowed to call a penalty on themselves. Only a player on the opposing team can call the penalty, and they must call it right away to receive the penalty shot.

## **Does a handoff count as a pass?**

No, handoffs are not permitted.

## **How much room do you need to play Disc It?**

20' x 20' is the playing area required to play Disc It. The starting marker is placed 20' from the pole. However, you can modify this to fit smaller playing areas if desired!

## **Does hitting the pole leg earn a point?**

No, it must hit anywhere on the vertical pole.