

ULTIMATE FRISBEE

EDUCACIÓ FÍSICA

- Remember THE TYPES OF GRIPS and put the catching techniques in place.

FRISBEE CUES

THUMB ON TOP FINGERS ON THE BOTTOM

GRIP →

↓ THROWS

POINT CROSS STEP FLICK

REMEMBER TO KEEP IT FLAT!

↓ CATCHING

CRAB CLAWS

ALLIGATOR SNAP

- Passing techniques. Match the names with the images.



HAMMER
BACKHAND

FOREHAND

Frisbee dodgeball

➤ Watch the video and answer the questions.



1. What shape is the pitch?

- A. Square.
- B. Rectangle.
- C. Triangle.

2. How many teams play?

- A. 1.
- B. 3.
- C. 2.

3.What is the number of players per team?

- A. 6.
- B. 8.
- C.4.

4.How many balls or frisbees are used?

- A. 1.
- B. 10.
- C.6.

5.How do you kill an opponent?

- A. By touching it with a frisbee.
- B. Catching a shot.
- C. When it leaves your field.
- D. All are correct.

6.How do you save a teammate?

- A. By killing an opponent.
- B. You can not.
- C. By grabbing a shot.

7. Who wins?

- A. The team that eliminates all the rivals.
- B. The team that scores the most points.
- C. The team with the most players in the end.

➤ Enjoy the video.

