Game Skills and Strategies

Select a team game

(hopefully one that you will play during the course of completing this course, but it could also be one you’ve played in the past, or one that you understand.)

Complete the template based on the game you selected. An example has been completed for you.

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| **Sport Name** | **Ultimate Frisbee** |
| **Movement Skills** | *Provide one example of each movement skill for the game you selected, and a brief explanation/example of how it is used in the game.* |
| Stability | When you jump to catch a moving frisbee, you need to maintain stability in the air so you can land on your feet. |
| Locomotion | Running. You need to run quickly to try to intercept an opponent thrown disk. |
| Manipulation | Throwing: You need to be able to throw the disk to be able to pass it to your teammates. |
| **Movement Concepts** | *Provide one example of each movement concept for the game you selected, and a brief explanation/example of how it is used in the game.* |
| Body Awareness | The forehand throw: You need to learn to snap your wrist and throw the disk in a sidearm manner |
| Spatial Awareness | A field. You need to keep yourself in the defined outlines of the field of play. |
| Effort Awareness | Freeing yourself from an opponent. You need to change from a jog to a quick sprint to be able to provide some distance from your opponent to allow you to catch the disk. |
| Relationships | You need to have an understanding of where your teammates are in relation to the defense so that you can move to an open and accessible part of the field. |
| **Movement Strategies** | Name two strategies you could use in the selected game and a brief description of the strategy. |
| **#1 Vert Stack** | You align your players vertically so that you can then have them move into the open lanes in a relatively controlled manner to avoid collisions and create potentially linking throws. |
| **#2 1,2 Kaboom** | This is a quick strategy to try to get a quick score. You pass 1-3 times amongst close teammates, while one teammate sprints to the end zone. The idea is to catch the opponents watch the quick passes, and not the long run. |