

P.E. SPORTS AND ACTIVITIES

FRISBEE



“...you have to figure out how to look your rival in the face and no matter how much better they are than you, you beat them.”

Beau Kittredge, American professional Ultimate player, American Ultimate Disc League

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 Francioni 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

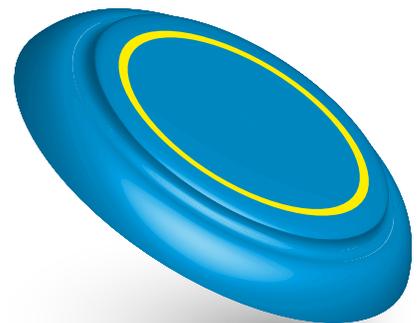
Ultimate Frisbee is played between two teams of seven players on a large rectangular field. A line drawn across the field at either end creates two “endzones” (like in American Football). These are the goal-scoring areas. A goal is scored when a team completes a pass to a player standing (or more likely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

In the past decade, Ultimate Frisbee has become a very popular sport. It is played in more than 42 countries. It is this sports success at the college level that has attracted traditional athletes from other sports like soccer and football to compete on its teams that has elevated the game. And the increase of female participation is another reason for the sport's growth.

Most players pick up the sport in college. Generally, it's star high school athletes in track, cross country, football and soccer who, are unable to meet the all-consuming demands of playing a varsity sport full-time in college that switch to intramural or intercollegiate ultimate Frisbee as a substitute.

The Ultimate Players Association is the governing body for the sport in the United States, has nearly 30,000 members. Total membership has risen 168 percent since 2003. And from 2003 to 2008, the membership of women alone nearly doubled, composing about a third of the total membership. Men and women divisions are showcased equally in all UPA championship events.

Ultimate Frisbee is according to the rules a non-contact sport but Ultimate is hardly free of injuries. The quick cutting and sprinting have made injuries all too common.

The American Ultimate Disc League is a professional league boasts eight teams scattered across the northeast, with plan to expand its reach to the south and west shortly. In case you didn't know, this is a real pro league, with sponsors, uniforms, web-cast games and paying fans to watch ultimate. At this level the game demands maximum effort, including what is known in the game as the "layout"—the full-horizontal extension of the body in an attempt to catch or deflect the disc, with no regard for the ground impact to come.

Check with your local YMCA and park district to see if they offer Ultimate Frisbee leagues. These programs are popular in many cities and towns.

You can stay current with information about Frisbee by visiting these websites:

www.whatisultimate.com

www.freestyledisc.org/index.jsp