Backhand Throw

- Grip - Place your thumb on top of the disc with your index finger along the rim, curl your other fingers under the rim, and grip firmly.
- Hold the disc with the side and back of your hand facing the target.
- Reach back, bringing the disc accross your body. Step toward the target with the same foot as your throwing hand, and snap your wrist as you extend your arm.
- Keep disc low and parallel to ground, like it has a glass of water on top.
- Finish the throw pointing your finger at your target.

Challenges

- How many times can you throw directly to your partner before the signal?
- Can you throw the disc without any wobble?

STANDARDS ADDRESSED:

_____

_____

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Lanzamiento de Revés

- Posición de la Mano – Pon el dedo pulgar encima del disco con el dedo índice por el borde, enrolla los otros dedos alrededor del borde, y agarra firmemente.
- Agarra el disco con el lado y dorso de la mano apuntando hacia el blanco.
- Lleva el disco hacia atrás, pasándolo a través de tu cuerpo. Da un paso hacia el blanco con el mismo pie del lado de la mano lanzadora, y mueve la muñeca rápidamente mientras extiendes el brazo.
- Mantén el disco bajo y paralelo al suelo, como si tuviera un vaso de agua encima.
- Termina el lanzamiento apuntando con el dedo al blanco.

Retos

- ¿Cuántas veces puedes lanzarlo a tu compañero antes de la señal?
- ¿Puedes lanzar el disco sin que se bambolee en el aire?

STANDARDS ADDRESSED:

_____

_____

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FLYING DISC ADVENTURE RACE

SPARK™
Adventure Race

Rules

- Keep your group together for the entire race.
- On the 1st loop do only the Think About It Station to help spread out groups.
- After the 1st loop, continue for 3 more loops, completing all Task Stations. Use proper technique for each task.
- All boxes on the back of this card must be marked.
- When your group has finished 4 loops, do the Closing Challenge.

➤ ✸ Tasks ✸ ◄

Think About It

Read the question. When your group thinks they know the answer, run to the Answer Judge(s) and answer it. If correct, your group will receive a mark and move on. If not, jog around the *Think About It Loop* before returning to the answer station with another answer. Groups must answer the question correctly before moving on with the next loop.

Questions

- Loop 1: Name 2 throws which use a "Peace Sign" grip?
- Loop 2: 2 types of defenses used in Ultimate are _____ and _____?
- Loop 3: What is the name of the offensive strategy where you throw to a receiver and then quickly run out to receive a pass?
- Loop 4: When running to receive a disc you should always move to _____ ?

Triangle Backhand Throw and *C* Catch

Form a triangle with each member at least 10 paces from each other. Using the backhand throw and a 1- or 2-Handed *C* Catch, move the disc around the triangle 3X. Begin again if the disc is dropped.

Triangle Forehand Throw and Clap Catch

Form a triangle with each member at least 10 paces from each other. Using the forehand throw and a Clap Catch, move the disc around the triangle 3X. Begin again if the disc is dropped.

Throw for Distance

One member of your group must throw the disc from the throwing line past the far cones. After throwing the disc, the thrower retrieves it and brings it back to the throw line. If they don't make it past the far cone, another groupmate tries. Once someone makes it past the line, continue to the next task.

Throw for Accuracy

One member of your group must throw the disc from the throwing line into the hoop target. It must land and stop in the target. After throwing the disc, the thrower retrieves it and brings it back to the throw line. If they don't make it in the hoop, another groupmate tries. Once someone makes it into the target, continue to the next task.

Closing Challenge

Cool-down, stretch and/or cheer for other teams until the signal.

FLYING DISC ADVENTURE RACE

Stamp this side.

Loop 1	Loop 1	Loop 1	Loop 1	Loop 1
				Think About It Station Only
Loop 2	**Loop 2**	**Loop 2**	**Loop 2**	**Loop 2**
Triangle Backhand Throw and C Catch	Triangle Forehand Throw and Clap Catch	Distance Throw	Accuracy Throw	Think About It Station
Loop 3	**Loop 3**	**Loop 3**	**Loop 3**	**Loop 3**
Triangle Backhand Throw and C Catch	Triangle Forehand Throw and Clap Catch	Distance Throw	Accuracy Throw	Think About It Station
Loop 4	**Loop 4**	**Loop 4**	**Loop 4**	**Loop 4**
Triangle Backhand Throw and C Catch	Triangle Forehand Throw and Clap Catch	Distance Throw	Accuracy Throw	Think About It Station