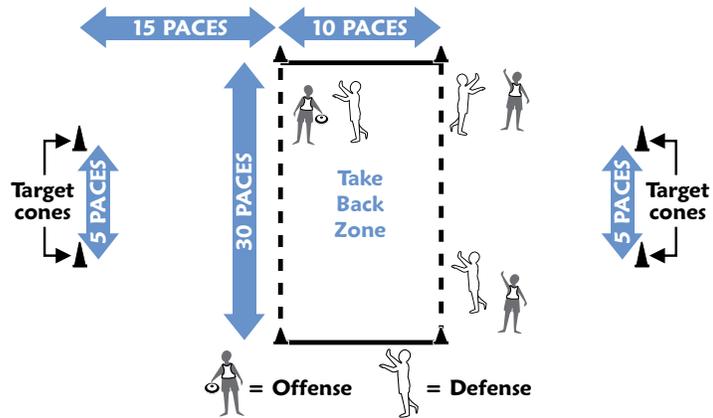




Prep

- 4 small cones per 6 students (to mark the Take-Back Zone)
- 4 large cones per 6 students (for targets)
- 1 pinnie per 2 students
- 1 flying disc per 6 students



Set

- Create long, narrow 30X10 paces area per 6 students using 4 small cones. This narrow area is the Take-Back Zone. Place 2 large cones (5 paces away from each other) centered outside of the Take-Back Zone (15 paces away from the Take-Back Zone boundary).
- Create groups of 3 students: 2 groups per field, the group with pinnies begins on Offense.

Teach

1. *Durango Boot* is a cross between *Ultimate Flying Disc* and *Disc Golf*. It gets its name because it was first played in Durango, Colorado, and boots were used instead of cones.
2. The object is to score points by knocking over a target cone.
3. **The Rules**
 - Teams may knock over any target cones.
 - One group starts with the disc in the middle of the Take-Back Zone (*the rectangular area created by the 4 cones in the middle*).
 - The disc must always be thrown at least 3' (*same as Ultimate*). Pass from player to player until a player is close to a Target Cone and can take a shot at knocking it over.
 - The player with the disc may not run, but may pivot on 1 foot (*same as Ultimate*).
 - Body contact is not allowed and Defenders may not be closer than 3'. If the disc is not thrown by the count of 10 then it is a turnover (*same as Ultimate*).
 - A turnover also occurs when the disc is intercepted, dropped or touches the ground after a missed throw. At this time the defense takes over no matter which team touched it last (*same as Ultimate*). The group must now get the disc back to the Take-Back Zone before taking another shot (*like in half-court basketball*).
 - Score 1 point if the disc knocks over the target cone by either throwing the disc and knocking over the cone or tipping it over with the disc in the player's hand.
 - After a score, re-set target cone, then Defense becomes Offense. Offense must pass disc back to the Take-Back Zone before attempting to knock over any target cone to score.
4. **Challenge**
 - Can everyone on your team touch the disc before throwing for a score?
5. **Think About...**
 - Which did you like better: *Disc Golf*, *Ultimate Flying Disc*, or *Durango Boot*?
 - Why did you prefer that activity?

DURANGO BOOT

EXTENSIONS



3-Rule Change

Meet as a group of 6 (both teams). Work together, decide on, and change 3 rules for *Durango Boot*. Follow all 3 of the new rules during the next game.



Throw from the Take-Back Zone

Follow all of the rules of *Durango Boot*, except that all shots must be taken from inside the Take-Back Zone. You can still move anywhere in the field to gain positioning.



MULTICULTURAL INTEGRATION

Many things make up the cultural fabric of a community. Sport and weather are just 2 factors that can impact culture. *Durango Boot* is a perfect example. On a snowy day in January, a group of friends showed up to play some mid-winter *Ultimate*. Due to the Colorado snow, everyone showed up in boots. There weren't enough people for *Ultimate* so the kids used their boots as a substitute for cones and a new game was invented. Think about your community and talk with your family about how the weather influences your culture and traditions.



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Throwing and catching

Fitness:

Participation in physical activity, aerobic capacity

Personal/Social:

Cooperation, enjoyment, accepting challenges, following rules, social interaction

Your State (Write in here)



TEACHING TIPS

- Use tall, light cones as targets to knock down easily. If this is still too hard, allow players to just hit the cones for points.
- Pinnies Rule: The group wearing pinnies gets the disc first and always goes in the same direction (you designate).

NOTES
