**FLYING DISC**

**MIDDLE SCHOOL ACTIVITY**

**DURANGO BOOT**

**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?
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.

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

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