Learning Objectives
• Students will demonstrate 2 types of defenses.
• Students can explain the advantages to zone and player-to-player defenses.
• Students will identify fitness components used in disc activities.

Learning Targets
• I can show how to perform zone and player-to-player defenses.
• I can explain the benefits of zone and player-to-player defenses.
• I can name elements of fitness used in flying disc activities.

Teaching Cues
• Zone: stay in your zone between the ball and the player or goal you are guarding.
• Player-to-Player: shadow and defend your person no matter where they go.
• Use good footwork, stay low in stance, keep head and palms up.

PREP
• 4 cones per 6 students
• 4 spot markers or cones per 6 students (to divide grids into zones)
• 1 pinnie per 2 students
• 1 disc per 6 students

SET
• Create a medium grid (10 x 10 paces) per group of 6.
• Use spot markers to divide grids into 3 equal zones (3 x 10 paces).
• Form groups of 3; 2 groups per grid, 1 group wears pinnies and begins on offense.

TEACH
1. Lesson Objective
   • The object of Zone and Player-to-Player Defenses is to learn how to play 2 different types of defenses used in flying disc activities.

2. Instructions
   • Zone Defense
     ○ In zone defense, the defenders stay in designated areas and defend anyone who enters their zone.
     ○ Defenders, each defend one third of this grid. \(\text{Show divisions of the grid.}\)
     ○ Offense, your job is to complete as many passes as you can.
     ○ You may move from zone to zone at any time. Principle of 3s is in effect. \(\text{See Teaching Tips.}\)
     ○ Defense, stay in your zone between the disc and the player you are guarding.
     ○ Switch roles on signal. \(\text{Allow 2-3 minutes of practice before switching roles. Repeat if needed.}\)
   • Player-to-Player Defense
     ○ In this defense, defenders shadow and defend their person no matter where they go in the grid.
     ○ You may go anywhere on the field to defend your player.
     ○ Begin by lining up across from the other group. Choose which player you will defend.
     ○ It often helps to guard someone who is similar in size and/or speed.
     ○ Offense, again, your job is complete as many passes as you can. Principle of 3s is in effect.
     ○ You may move from zone to zone at any time.
     ○ Switch roles on signal. \(\text{Allow 2-3 minutes of practice before switching roles. Repeat if needed.}\)

3. Challenges
   • In Zone Defense, can you cover your entire zone?
   • In Player-to-Player Defense, can you keep within 3’ from your player while covering them at all times?
Reflection Questions

- Which defensive strategy did you like better? Why?
- What are the advantages of player-to-player defense?
  Zone defense?
- What elements of fitness are used in this activity? What positive effects does fitness have on your health?

SPARK It Up!

1. Pedometer Play
   - (Need 1 pedometer per 3 students.)
   - One group member wears a pedometer while participating in Zone and Player-to-Player Defenses.
   - Reset the pedometer at the start of each activity.
   - Which type of defense used more steps?

2. Heart Rate Check
   - (Need 1 heart rate monitor per 3 students.)
   - One group member wears a heart rate monitor while participating in Zone and Player-to-Player Defenses.
   - Check your heart rate during each activity.
   - In which type of defense was your heart rate higher?

Teaching Suggestions

- Small cones can be used in place of spot markers for grids.
- Pinnies Rule: group wearing pinnies gets the disc first and always faces the same direction.
- Principle of 3s is in effect.
  - Defender must stay 3' away the player with the disc.
  - Offensive player must pass the disc within 3 seconds.
  - Passes must travel a minimum of 3'.

Integration

Start your day in the Zone. Research shows that eating a healthy breakfast improves concentration, positively impacts academic performance, and boosts the immune system. The power of pancakes!