

# Zone and Player-to-Player Defenses

## 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

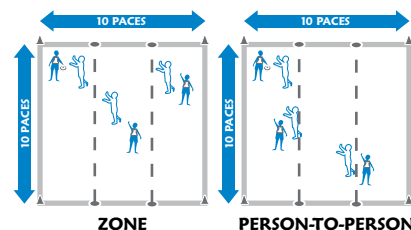
- I can show how to perform zone and player-to-player defenses.
- I can explain the benefits of zone and player-to-player defenses.
- I can name elements of fitness used in flying disc activities.

## 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. (*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. (*See Teaching Tips.*)
- Defense, stay in your zone between the disc and the player you are guarding.
- Switch roles on signal. (*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. (*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?



# Zone and Player-to-Player Defenses

## Standards Alignment

### Standard 1: Outcome 2

Throws for distance or power.

### Standard 1: Outcome 3

Catches from a variety of trajectories.

### Standard 1: Outcome 5

Throws a leading pass to a moving receiver.

### Standard 1: Outcome 7

Performs offensive skills with defensive pressure.

### Standard 3: Outcome 1

Describes how being physically active leads to a healthy body.

### Standard 4: Outcome 1

Exhibits responsible social and inclusive behaviors.

### Standard 4: Outcome 6

Demonstrates knowledge of rules and etiquette.

### Standard 5: Outcome 1

Describes how activities exert a positive effect on health.

### Standard 5: Outcome 6

Demonstrates respect for self and others during activities.

## SEL Competencies

### Self-Awareness

Peer interaction

### Self-Management

Self-discipline

### Social Awareness

Respect for others

### Relationship Skills

Cooperation

## 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!

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## Teacher Reflection

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