

Ultimate Deck Tennis

Summary

The students will use throwing and catching skills to advance a deck ring to a teammate who is in the goal area.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Life Skills

Communication

Materials

One deck ring, basketball court or outdoor playing field, pinnies, cones to mark playing boundaries.

Intended Learning Outcomes

The students will demonstrate competency in using combinations of throwing, catching and running skills in a team activity.

Instructional Procedures

Organization:

Divide the students into two teams and give one team a set of pinnies. Mark the boundary lines including the center line with the cones. Decide which team will start the throw-off. The team that is throwing-off stands mid-way between the end line and the center line. The receiving team is scattered on the back half of their field.

Activity: Play is started with a throw-off to the receiving team. To qualify for a scoring throw attempt, a team must first complete five consecutive catches without a miss. A miss is when the ring is dropped to the ground. If the ring is dropped during this 1-5 sequence, it immediately goes over to the other team.

To score a point, a team must throw the ring over the end line into the goal area and have it "speared" by a teammate. Spearing means the player extends his/her arm and lets the ring slip over the hand and onto the arm. During this throwing/catching sequence, the ring must be thrown; no hand-offs are allowed. Players are not allowed to throw the ring back and forth between just two players. If the ring is thrown back and forth between the same two people, the ring immediately changes team possession.

During the five catch sequence, the ring may be caught in any way, e.g., grabbing or spearing. After catching the ring, a player may hold the ring for no longer than five seconds before throwing it to a teammate.

No one may guard the player with the ring. A player cannot run with the ring but he/she may pivot.

Bibliography

Adapted from Allor, P. and Eichelberger, C., No One is Left Out, Non-Traditional Games and Activities for Everyone! (1999)

Authors

