

Lead Up Skills for Ultimate Deck Tennis

Summary

These lead-up skills and drills will provide the opportunity for the students to learn and practice the skills involved in Ultimate Deck Tennis.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Materials

One deck ring for every two students, gym or outdoor playing field.

Intended Learning Outcomes

The students will learn the various techniques of throwing and catching the deck ring. They will practice with a partner and with small groups to enable a successful experience in participating in Ultimate Deck Tennis.

Instructional Procedures

Organization:

Have the students pair up and give each pair one deck ring.

Drills:

One partner stands on the sideline of the gym and the other one stands about 10 feet across from him/her facing each other. Practice tossing the ring to each other with an underhand toss. Stress making eye contact with each other before tossing the ring. Now toss with a Frisbee style backhand toss. When they complete 10 successful tosses and catches (five underhand and five backhand), they may back up two giant steps. Continue until they are each standing on opposite sidelines.

Partners line up on a sideline, one partner standing behind the other. The person behind has the deck ring. On the "go" signal, the front partner runs ahead about 10 feet, stops and pivots to face his/her partner who throws the ring to him/her. The thrower then runs 10 feet past his/her partner, stops and pivots to receive the next throw. Continue this to the opposite sideline and back.

"Pass and Chase": This activity involves lively music. On the "go" signal, the pair tosses the deck ring back and forth. When they hear the music start, the player without the ring runs from the other player who tries to tag him/her gently on the shoulder with the ring. When the music stops, the two players begin tossing the ring back and forth again. If the player is tagged during the chase, the ring is handed to the other player and the players switch roles until the music stops.

Split the class into two groups, one group on each half of the playing area. Give each group of students one deck ring and ask them to jog in general space on their half of the gym while tossing the ring to each other. Remind them to use all of the space, they can move wherever they want to and in any direction on their half of the floor. Make sure they are making eye contact before tossing the ring to another person and remind them to toss to different people. After they have experienced success with one ring, introduce another. Add more deck rings as their skills improve.

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