



Frisbee Tennis

Tactical Problems

Communication

Attacking A Space

Defending A Space

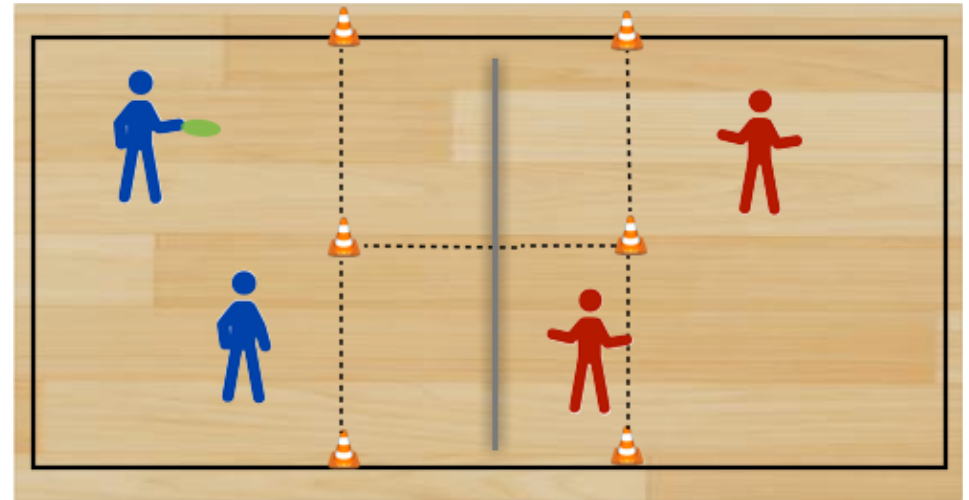
GRADES
5-6

Rules of Play

- Using a volleyball court as boundaries, set up volleyball net so that it is touching the ground and position 2 or 3 players on each side of the volleyball court. Place cones on both sides of the net to form two side by side squares which resemble the service boxes seen on a tennis court.
- This game is played much like a regular game of tennis, except a Frisbee replaces the racquets and tennis ball. The game begins with the server throwing the Frisbee over the net to the proper service box, the receiving players must catch the Frisbee and at the spot that they caught it, must return the Frisbee back over the net.
- No walking with the Frisbee is allowed. The Frisbee is thrown back and forth until one player drops it, the Frisbee fails to go over the net, or the Frisbee lands out of bounds (including service box). A point is awarded to the opposing team whenever one of these fouls is committed.

Variations and Progressions

- To make the game more difficult, increase the height of the net. To make the game easier for the students shorten the playing space of the court by reducing its length, but keep the width the same.



Game Info

Equipment

1 Frisbee and 1 Volleyball net

Safety

Advise students to be aware of other players in the game when catching and throwing the frisbee

Tactical Talk

How do you and your partner know where to be on the court?

Where should you place the frisbee on the opposing court?

How do you prevent the other team from scoring a point?