

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4	
SKILL (12/24):		APPLICATION 2 (4):				
APPLICATION 1 (4):		APPLICATION 3 (4):				
KNOWLEDGE (6)						
<b>TOTAL (50):</b>						

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

### **SKILL 1: Passing/Kicking**

- Plant foot slightly behind and beside the ball.
- Kicking foot has toe down.
- Ball is contacted on inside of foot (pass) or in-step (kick).

### **SKILL 2: Conversion**

- Toe under ball
- point toe to partner
- Lift to appropriate height

### **SKILL 3: Throwing**

- Held with appropriate grip (2 hand or 1 hand)
- Step with proper foot.
- Correct distance, height, and direction to be caught by partner

### **SKILL 4: Catching**

- Uses 2 hands
- Look the ball/frisbee into the hands
- Catches high/low throws



**TOTAL SKILL: /12-24**

### **APPLICATION OF SKILLS:**

- 4** Students apply effective skills with few, if any, observable errors in technique. Students can consistently and effectively defend and use offensive skills in the presence of defensive pressure.
- 3** Students apply effective skills with some errors in technique. Students are inconsistent in defending and/or in using offensive skills in the presence of defensive pressure.
- 2** Students perform some skills showing a few elements of correct technique, but application is inconsistent and ineffective.
- 1** Students attempt skills but technique is not yet sufficient, resulting in consistently ineffective performance.

### **APPLICATION OF STRATEGIES:**

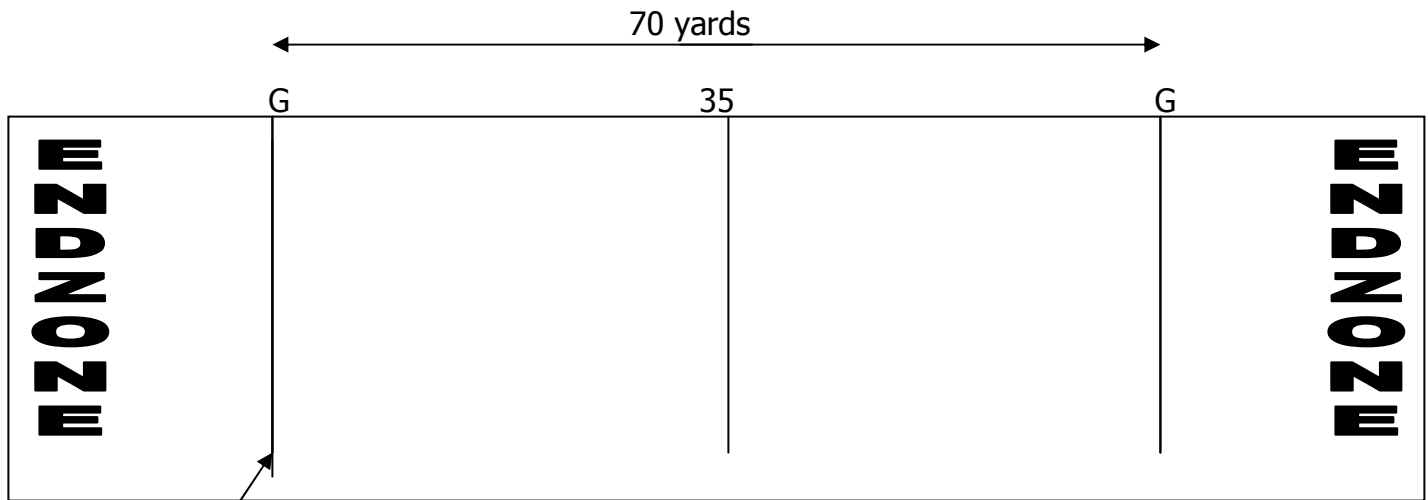
- 4** Students consistently apply effective strategic play, maintain proper spacing, and make decisive decisions to effectively adjust to game situations. Students transition smoothly between offensive and defensive roles.
- 3** Students apply appropriate offensive and defensive strategies in relation to other players, but seem hesitant or indecisive when reacting to game situations.
- 2** Students use some offensive and defensive skills appropriately, but show little contribution to team offense or defense.
- 1** Students use movements that are inconsistent with basic game strategy, and do not contribute to offense or defense.

### **APPLICATION OF RULES AND CONVENTIONS:**

- 4** Students apply rules, conventions of play, and terminology without hesitation or observable errors. Students announce the score correctly before restarting play after a goal or when asked.
- 3** Students apply major rules, conventions of play and terminology correctly, but make minor errors and/or seek confirmation from others. Students announce the score correctly before restarting play after a goal or when asked.
- 2** Students demonstrate a general understanding of the game, but need assistance from others to correctly apply rules, conventions, terminology and/or scoring.
- 1** Students consistently demonstrate incorrect application of rules, conventions of play, terminology and/or scoring. Students rely on direction from others to play correctly.

**TOTAL APPLICATION: /12**

# ULTIMATE FRISBEE FIELD



## OFFENSIVE RULES:

1. The offensive team must complete their throws to maintain possession.
2. A player is allowed 3 steps with the Frisbee in their possession and may pivot on a pivot foot.
3. The offensive player has 10 seconds to throw the disc.
4. A score is made when the Frisbee is caught by an offensive player in the endzone.  
(The Frisbee cannot be carried or run into the endzone.)
5. Offensive players are not allowed to "block" or "pick".

## DEFENSIVE RULES:

1. Defender must have a distance of an arm's length away from offensive player with Frisbee.
2. Defenders may block or intercept throws.
3. No contact is allowed with offensive players or a foul occurs, resulting in a free throw.

## GAME RULES

1. Throw-Off- to start the game or after a score the Frisbee is thrown from the goalline.
2. Throws must be caught by the offensive team to maintain possession.
3. Teams switch ends after each score.

## SPEEDAWAY

### SCORING:

- Kicked Goal=3 points- a ball kicked or headed into the soccer goal.
- Touchdown= 2 points- scored by running across the end line or passing to a teammate.  
A TOUCHDOWN CANNOT BE SCORED INSIDE THE SOCCER GOAL.

### RULES:

1. The game is started with a Soccer kickoff at midfield at the beginning and after each score.
2. The offensive players move the ball with dribbling, kicking, passing, running
  - a. Aerial ball – ball that has not touched the ground may be caught in the air and advanced.
  - b. Ground ball- ball that touches the ground is played with soccer skills (dribbling, passing).
  - c. Conversion- flipping a ground ball with the foot into the air to self or teammate.
3. A defender who one hand tags a runner moving with the ball, gains the ball and starts with a free kick. 3-second rule=a player holding the ball may stand still for 3 sec. without being touched.
4. Ball out of bounds over sideline=throw in(any style), over endline=corner kick or goal kick.  
NO GOAL CAN BE SCORED DIRECTLY FROM A THROW-IN.

