

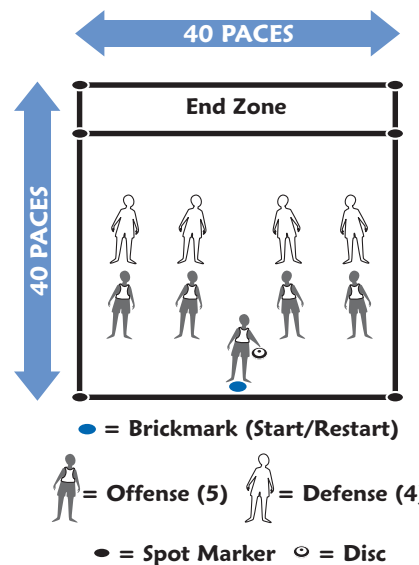


Prep

- 7 spot markers per 2 teams (for grids)
- 1 pinnie per 2 students
- 1 disc per 8-10 students
- 1 scorecard per team (optional)
- 1-2 Sqwhistle per team (optional)
- 1 *Practice Plan* (#5) and *Ultimate Playbook* per team

Set

- Create 1 grid (40X40 paces) per 2 teams, 1 disc per grid.
- Create End Zone goal area on 1 end of grid.
- Place a scorecard, practice plan, playbook and Sqwhistle per game area.
- Optional: Assign rotating support roles (coach, official, scorekeeper, etc.) for games.



Teach

1. In *Stack Out* the object is for O to score a goal by using the horizontal (H) stack formation. In H-stack, the O is spread across the field in a format similar to football. The H-stack requires a coordinated effort and provides multiple ways to score.
2. **Game Format** (*Demonstrate game while explaining format, "Show & Tell."*)
5-on-4 Royal Field: 4, 1-minute periods per game. Play is initiated /restarted from H-stack formation with a pass from the "brick" spot (see diagram). One point for each goal. SOTG: fouls = 1 point for opposite team. Pinnies Rule. Principle of 3s in effect.
 - H-Stack must "reset" (cut/pass/catch/re-stack) 3X before scoring a goal.
 - Periods 1 – 4: Stay on O for entire period. Rotate O to D after each period.
 - Team with most points rotates up.
3. **Game Play & Practice** (*Practice before or after game, or both, and use Practice Plan.*)
4. **Offensive Cues**
 - "Stack" – H-Stack: Football-like formation, line up perpendicular to sidelines.
 - "Cut" – Players cut quickly out of line into passing lanes.
 - "Catch or Clear" – Catch or return quickly to line to keep passing lanes open.
 - "Flow" – Stack adjusts/resets downfield upon each catch in a fluid fashion.
5. **Defensive Cues**
 - "Match-up" – Defend a player similar to you in size, skill, and fitness level.
 - "Mark handler" – Guard thrower to force a pass to 1 side (home or away) of stack.
 - "Call the force" – Calls "force home" or "force away" indicating force side.
 - "Hold the force" – Shadow opponent, only allow passes to force side.
6. **Think About...**
 - How did your team maintain an offensive flow?

STACK OUT

GAME RESET

Rewind

Play original game, but: 1) decrease the number of defensive players to be 2 less than the offense (5-on-3); and/or 2) award 1 point for each successful pass-and-flow.

FFwd 1

Play original game, but: 1) increase the number of defensive players to be equal to the offense (5-on-5); and/or 2) increase the time for each period (e.g., 2 min/period).

FFwd 2

Add a “free-flow” period to the game in which O & D transition after each change of possession.



SPORT LITERACY INTEGRATION

Want to organize an official WFDF Ultimate game with your friends? Here are a few important rules from their rule book. 1) The game is played on a field the size of a football or soccer field. 2) Any flying disc acceptable to both team captains may be used. 3) A game is finished and won by the first team to score 17 goals. 4) A game has 2 halves. Halftime occurs when a team first scores 9 goals. 5) Teams have a maximum of 7 and a minimum of 5 players on the field.



STANDARDS ADDRESSED

NASPE

#1, 2 Throwing, catching, offensive/defensive strategies

#3, 4 Aerobic capacity

#5, 6 Cooperation, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Cooperation/Competition Link. Help students recognize the relationship between cooperating well and being competitive.
- Got Spirit? Focus students on the SOTG characteristics by scoring 1 period based solely on playing fairly.

NOTES
