

Game/Activity: Ultimate Football

Grade Level: K – 12

Description:

Equipment: Footballs, pinnies, cones.

Number of players: 12 – 30

Field dimensions: 25 yards wide x 40 yards long, and 10 yard deep endzones.

Game Play:

- The students will be broken into 4 different teams of the teachers choice (7-8 per team) .
- Two games can be play simultaneously.
- The teams are playing ultimate frisbee rules - when students have the ball they are only allowed to take two steps and if the ball drops on the ground it is the defenders ball.
- The way a team scores is by making 4 passes and throwing into the end zone or past a line.
- Once a team scores the opposing team must jog down to the other end of the field, while the scoring teams remains at the goal line.
- The scoring team then throws the ball as far as possible, downfield, to the opposing team.
- This is a fast-paced game and the students will need to transition from offense to defense quickly.
- When teams are defending they are not allowed to make contact with the offensive team or strip the ball from an offensive player.
- They are allowed to stand (1 yard, or arms-length) and block passes or knock the ball out of the air. They are trying to intercept passes and knock them down.

Field Set-up:

The field can be set up anyway that you please. The students can have end zones similar to a football field or they can have a line that they need to cross. (If you use a line, the students have to make it past the line, in order to score.)

Contributor: *Matt Greenfield, GW Graham Secondary*