

ULTIMATE FREEZE BEE 2008

Youth Ultimate Frisbee Championships --- Crash Course Syllabus Structure (2 Aug 2008 / 16 Aug 2008)

Time	Instructions	Remarks
0800 - 0810	Briefing on Ultimate Frisbee	Instructions on basic throws, backhand grips
0810 - 0825	Warm up throws (Backhand)	Instructors observe and help with throws
0825 - 0830	Water Break/Re-Brief on Forehand throw	Instructions on basic throws, forehand grips
0830 - 0845	Warm up throws (Forehand)	Instructors observe and help with throws
0845 - 0850	Take a break from throws, WATER BREAK	
0850 - 0900	Explain what a simple stack is (Horizontal/Vertical)	Instructors give a demo/explain break side and open side, where to stand when defending
0900 - 0915	Try out a vertical stack, do cuts to open side (Controlled)	Instructors will blow whistle to stop the play, explain and advise
0915 - 0920	Break/Explain a Horizontal stack	
0920 - 0935	Try out a Horizontal stack, do cuts to open side (Controlled)	Instructors will blow whistle to stop the play, explain and advise
0935 - 0940	Brief on Ultimate Rules (Basics)	
0940 - 1005	GAME 1	Instructors to allow them to play freely and have fun but remind them about stacking.
1005 - 1030	GAME 2 (Teams from Game 1 Rest)	Instructors to allow them to play freely and have fun but remind them about stacking.
1030 - 1055	GAME 3 (Teams from Game 2 Rest)	Instructors to allow them to play freely and have fun but remind them about stacking.
1055 - 1100	Rest (Explain what happened in Game)	
1100 - 1125	GAME 4 (Winner of Game 1 vs Winner of Game 2)	
1125 - 1150	Winner of Game 4 - vs Winner of Game 3	
1150 - 1200	Debrief	