



Beginner High School Lesson Plan Example - Forehands

Lesson Outcome Goals:

- Skill Focus: Be able to throw a forehand to a stationary and moving target
- Growth Attribute Focus: To understand how having a “growth mindset” enables you to learn faster on and off the field

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Growth Attribute: Athletes with the **growth mindset** find success in doing their best, in learning and improving” (Dweck, 2006). They don’t need a prize to feel confident, and instead attain it through adopting a growth mindset and focusing on self-improvement.

Lesson Outline:

Week 3 - Forehands & Growth Mindset			
What:	Name:	Description:	Link:
Welcome	Greet, Throw, & Check in	Greet every single person, partner people up to throw before the session starts. Set the tone of a warm & welcoming environment. Have everyone give a 1-5 on their hand with the energy that they're bringing to the session.	n/a
Warm Up	Disc Tag	Warm everyone up with lots of throwing and running.	Video
Skill	Forehand	Teach the grip, stance, and throw of the forehand in partners. Spend 5 minutes with basic partner passing.	Video
Drill	One Minute Comp.	Each pair is a team. Set a timer for one minute and have everyone throw forehands. They are keeping score of how many catches they can make in a minute. Check in with people's scores and then do it again.	
Game	Duck Hunt	Forehands only!	Video
Drill	Go - To	(If time) try this drill to have people now practice their forehands to moving targets	Video
Ultimate	Galaxies	Encourage the players to use forehands whenever possible.	Video
Ultimate	Galaxies Cont'd		
Spirit Game	Pizza Party	A really high energy way to end the session	Video
Closing	Recap & Shoutouts	Ask the group what 'stuck' with them this session & then do shoutouts based on 'growth mindset' or 'forehands'	

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Pre-Lesson

Pre-Program Set Up:

- Have discs spread out near where the participants arrive
- Create the box for "Disc Tag"
- If possible, set up "Duck Hunt" as well if you have the space

Arrival:

- Greet every person as they enter the space
- Encourage participants to pair up and practice their throws

Welcome Circle

- Gather participants for check in and meet them where they are
 - ◆ 1 - 5 on their hands for the energy that they're bringing for the day
- Growth attribute check in:

- What is a "growth mindset"?
- How does it help us in school? In sports?
- How can we support each other in building this skill?

- Go over the skill focus for the day

- Forehands



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Disc Tag

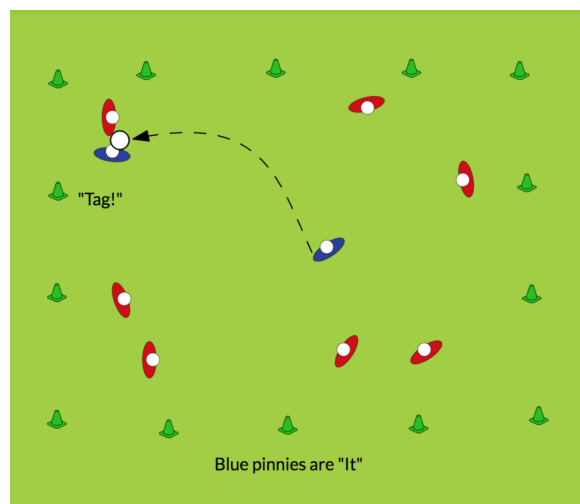
Level:	Skills:	# of Athletes:	Space:	Equipment:
All Levels	Catching, Throwing	≥10	~10m x 10m	2-3 discs, 8 cones, pinnies

Set Up:

- Create a big square to play in (size depends on group size)
- Have pinnies handy on the side
- Use softer discs if you have them

How to Play:

- Everybody starts in the box
- Have 2-3 people start as being it
- They make passes back and forth between them moving around the square (they cannot run with the disc in their hands)
- They try to tag people by touching them with the disc
- If they tag someone, that person puts on a pinny and joins their team
- If people go out of bounds, they're also it
- If there's 4+ people, you can add a second disc, and eventually a third once enough people are tagged



Adaptations:

- Can have coaches start as "it" and when they tag someone they're eliminated
- Have all the players be "it" and they try to tag coaches
 - ◆ If a coach is tagged, they are eliminated BUT if another coach can intercept a pass (catch it), they can bring an eliminated coach back in

[Video Link](#)



Beginner High School Lesson Plan Example - Forehands

Forehands & 1 Minute Challenge

Level:	Skills:	# of Athletes:	Space:	Equipment:
All Levels	Throwing Forehand	Any	Any	1 disc per pair

Set Up:

- Partner people with someone new and have them stand across from each other
 - ◆ Comfortable throwing distance apart
- Give one person per partnership a disc

How to Play:

- Part 1 - Practice
 - ◆ Have partners practice throwing forehands back and forth
 - ◆ Make sure you continually walk around to make grip adjustments
 - ◆ Stop the group and refocus them on seeing how much they can make the disc spin without really using their arm at all
 - ◆ Now have them try throwing it on one foot - then the other
- Part 2 - 1 Minute Challenge
 - ◆ Tell the group that they are on a team with their partner
 - ◆ The goal of the challenge is to get as many catches as possible in 1 minute
 - They do not need to be in a row - we are looking for TOTAL catches
 - ◆ After the timer goes off, ask the group to say their number if they feel comfortable
 - ◆ Then ask the group to talk to their partner about what was working for them and what they learned when they made mistakes
 - ◆ Tell the group you're going to time them again
 - Have them set a target # or a goal that's a bit higher than their first score
 - ◆ Time again (with younger kids we actually add a little bit more time :P)

Growth Attribute: How does “staying curious” or having a growth mindset help when learning a new skill? How did it help when learning the forehand? How can we bring that with us into the next game?

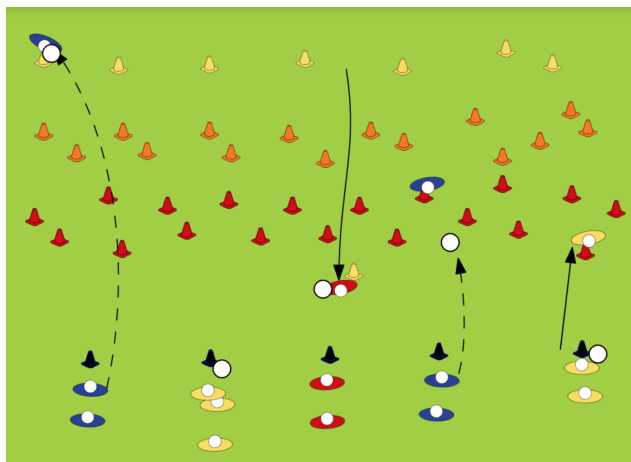
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Duck Hunt

Level:	Skills:	# of Athletes:	Space:	Equipment:
All Levels	Forehand, Catching	≥10	Any / Ultimate field	Tons of cones, one disc per team

Set Up:

- Create a starting cone for each team
- Teams are 3 people ideally
- Place the cones/ "ducks" out in space in rows of colours
 - ◆ E.g. Red are closest, the yellow, then green, the blue are quite far
 - ◆ Colours are worth different points - e.g. Red = 1, Blue = 4
 - ◆ Can have a "mystery cone" that is worth a mystery value



How to Play:

- The first person in line goes out to a "duck" that they want and they stand over it or with a foot right beside it
- The next person in line has a disc and they try to complete a pass (forehand!) to the person standing over the duck
- If that person catches it, they get to take that duck back to their team and go to the back of the line
- If they do not catch it, they leave the duck, grab the disc and go to the back of the line
- After the thrower throws, they are the next receiver so they go and choose a duck
- The game is over once all the ducks are gone
- No defense is allowed

Adaptations:

- Add a mark on the throw
- Certain colour = specific throw

[Video Link](#)

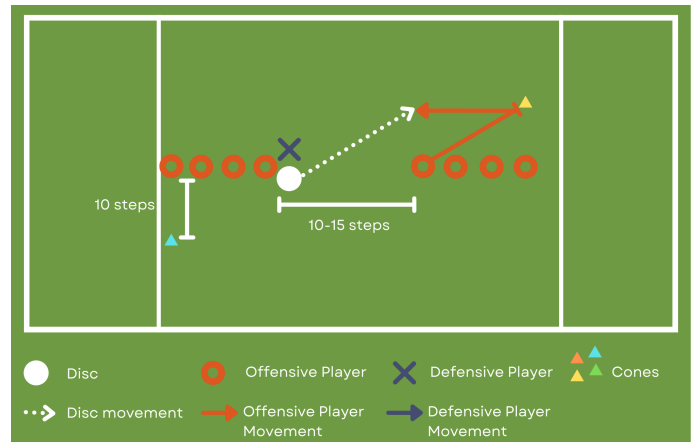
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Go To / Breakforce

Level:	Skills:	# of Athletes:	Space:	Equipment:
All	Catching, Throwing, Running, Marking	≥8	Part of a field	~4 cones, 6+ discs

Set Up:

- Create two lines that face each other using cones
- Create a place for the person to cut from by placing a cone as if they were to strike deep, then cut under towards the thrower
- Make sure the “cut out” cones are on opposite sides
- Discs with both lines



How to Play: (forehands only)

- Starting from having no mark, the first person in line cuts out to the cone, changes direction, then runs towards the thrower to receive a pass
 - ◆ They catch the disc and bring it to the line that they’re running to
- The person that just threw, cuts out to their “out cut” line and then cuts under towards the thrower and receives a pass from them
- Add a mark once the group understands the cutting pattern
- To increase the challenge level again, make the thrower have to break the mark instead
 - ◆ The next person waiting in line should be talking to the mark to help them
 - ◆ E.g. “Inside, inside, around!”

Adaptations:

- Can do the other side too but still only throwing forehands (challenging angle)
- Only one handed catching etc.
- Offset the two lines to make the throws a bit more challenging or easier
- Try to get to X # in a row

[Video Link:](#)

Beginner High School Lesson Plan Example - Forehands

Galaxies

Level:	Skills:	# of Athletes:	Space:	Equipment:
All Levels	Throwing, Catching, Cutting, Defense	≥10	A full field	16 cones to create the galaxies + 5 for the middle line per side, all the discs, pinnies

Set Up:

- Create a halfway line using cones
- In each end zone area, place cones to create two squares at either end
- Split the group into two teams and give pinnies to one team

How to Play:

- Teams can pick up discs only on their own half
- They can also walk with the disc on their own half
- As soon as they get to half, they must make passes to their teammate to advanced into the other teams' space
- They try to complete passes all the way to where the other teams galaxies are
- They try to land the disc on the galaxy
 - ◆ If it lands and STAYS in, the disc must stay there until the end of the game (it's a point!)
 - ◆ If it lands but rolls out, it is NOT in and the other team can pick it up and run to the middle to attack the other side
 - ◆ If the disc is more in than out, it's in - vise versa
 - ◆ If it's 50/50 - rock, paper, scissors
- Regular defense is allowed everywhere except the defense cannot be on the galaxy at all

Adaptations:

- Make the galaxies bigger or smaller

[Video Link](#)

Growth Attribute: How does a game with multiple discs and little “pockets of play” help people develop a “growth mindset”? How can we take this with us into a full game of ultimate in the future?

Beginner High School Lesson Plan Example - Forehands

Pizza Party

Level:	Skills:	# of Athletes:	Space:	Equipment:
All	Agility, balance	Any	Big space	As many discs that you have

Set Up:

- Give away all the discs to the players

How to Play:

→ Basic Rules

- ◆ They try to keep their pizza as long as they can
- ◆ They cannot cradle the disc against their body or use their other hand to keep it on
- ◆ The object of the game is to knock off the loose disc from the other player's hands
- ◆ If there is any hitting of the students on the body/arm etc. it is an automatic loss

→ Version 1: (not enough discs for every player)

- ◆ Every student possible gets a disc and balances it in their hand like a pizza
- ◆ If students start without a disc, they can knock off a disc from someone else and take their pizza
- ◆ Students with a disc can knock someone's pizza off and have two pizzas
- ◆ Students must have a pizza by the end of time to win

→ Version 2: (enough discs for each player)

- ◆ Same rules as in the basic rules section
- ◆ You cannot pick up discs off the ground so it is elimination style
- ◆ If you lose your pizza, you still try to eliminate other players

Adaptations:

- Work some physical literacy in by having them practice balancing at the beginning (no attacking) and do the following movements:
 - ◆ Lunging, changing direction, high, low, figure 8s, shuffles - all while balancing

[Video Link](#)



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Closing Circle:

Reflection Focus:

→ Shoutouts

- ◆ Participants who demonstrated development in their growth mindset & those that really focused on using the forehands throughout the entire lesson (regardless of how they looked)

Next Session:

- Skill Focus: Cutting
- Growth Attribute Focus: Teamwork

Goodbye:

- Say goodbye to each participant
 - Stay and wait for any questions or to work with athletes 1 on 1
-

Post Program:

- Debrief with the coaches
 - ◆ How did today go?
 - ◆ Share: Rose, Thorn, & Bud. Warm and Fuzzies
- Fill out the Coaches Survey