

**Grade 8 & 9
Frisbee Block Plan**

Day #	
One	Skills- Back Hand Throw & Pancake Catch Concepts- Catching, Throwing... Drills- Intro to Frisbee Golf, Catching, Throwing...
Two	Skills- Back Hand Throw, Pancake Catch, Drives, Putting... Concepts- Catching, Throwing, Aiming, Distance Control... Drills- Catching, Throwing, Frisbee Golf
Three	Skills- Back Hand Throw, Pancake Catch, Drives, Putting... Concepts- Catching, Throwing, Aiming, Distance Control... Drills- Catching, Throwing, Power Frisbee Guts, Frisbee Golf
Four	Skills- Backhand Throw, Pancake Catch, One-Hand Catch Concepts- Catching (single & double), Throwing, Aiming, Distance Control Drills- Catching, Throwing, Power Frisbee Guts, Ultimate
Five	Skills- Backhand Throw, Pancake Catch, One-Hand Catch, C-Catch Concepts- Catching (variations), Throwing, Aiming, Distance Control Drills- Catching, Throwing, Power Frisbee Guts, Ultimate
Six	Skills- Backhand Throw, Pancake Catch, One-Hand Catch, C-Catch Concepts- Catching (variations), Throwing, Aiming, Distance Control Drills- Catching, Throwing, Power Frisbee Guts, Ultimate