

SST Ultimate Frisbee Coaching Activities

(Remember to submit your lesson plan 1 day in advance)

Name of Coach: _____ Class: _____

Date of Lesson: _____ Team Name: _____

Skills / Concepts to be taught (State one only): _____

e.g. catching and passing (forehand, running and catching, defense, attack patterns)



Drill 1:

Describe your drills

What are the key teaching points that you want to emphasize to your team about the skill / concept you are coaching?

Why do you think it is important to learn this skill / concept?

How did the coaching go? What are the things that went well and things that did not go well? How can you do better?

_____End_____