

## IV.13. FRISBEE FOR ALL “10 PASSES”

This is a group building activity that promotes fair play, cooperation and the inclusive aspect of teamwork.

THEMES Social inclusion and discrimination

Group Size 10+

Complexity 2

Age Range 12+

Time 90 minutes

### OVERVIEW

This activity can either be played with simple rules or with a real game of Ultimate Frisbee. It depends on the skills of both facilitator and participants.

### OBJECTIVES

- To encourage fair play, sportsmanship, teamwork and communication.
- To develop empathy and self-reflection.
- To discuss different aspects of inclusion.

### MATERIALS

- Frisbee (1 per 3 participants)
- bibs
- flipchart
- markers

### PREPARATION

- Check the facilities for safety.
- Examine the proportion between the size of the pitch and the size of the group.
- Ask the group if anyone has any injuries or concerns about playing the game.

### INSTRUCTIONS

- Introduce the activity. Explain the basic techniques of Frisbee, like throwing and catching.
- Divide participants into smaller groups and let them practice with the Frisbee (10-15 min.).
- Explain the rules of the game: no running with the Frisbee, no physical contact, no referee (spirit of the game, everything has to be discussed within the group), team scores by passing the Frisbee 10 times between each other(this can be reduced depending on the skill level of the group), passes have to be counted out loud, the Frisbee has to be passed within 5/10 seconds otherwise other team gets the Frisbee, if the Frisbee falls the other team gets it, take over (even if it falls afterwards) is allowed and the Frisbee stays with that team.
- First round starts. (10/15 minutes)
- Stop the first game and give the following instructions: two new rules, everyone on the team has to touch the Frisbee at least once in order to score, no back and forth
- Second round is played. (10/15 minutes)
- Stop the second game and give the following instructions: distribute roles to different participants. The roles can be for example: being hyperactive, blindfold one eye, not interested, only use your weak hand, play as you played before. (See additional information)
- Third round is played. (10/15 minutes)
- Debriefing.

## DEBRIEF AND EVALUATION

- Start by identifying which roles the participants had and ask them what happened in the different phases of the game. The easiest start could be asking them if they liked the game and how they felt. Tell the participants to reveal their role when they are answering the questions if they do not do it themselves.
- You can ask the following questions: What did you experience? How did you react? What did you feel? How did you cope with your role? Have you thought about others? How easy/difficult was it to play your role? How easy/difficult was it to identify with your role?
- Draw a connection to everyday life by asking if the activity mirrors society and if they have encountered similar situations in their daily life, also giving examples. Did you behave differently in the game opposed to your daily life and can you see a connection between the exercise and your reality?
- Last part of the debriefing is the conclusion. What first steps could be taken to act more inclusive in your life? What can you as an individual, as a group and as a society do to be more inclusive?

## TIPS FOR FACILITATORS

- At the beginning of the debriefing session, start by talking about the connection to reality and then come to the discussion about roles. Alternatively, you can start by discussing the roles and then drawing the connection to the participant's daily life. Make sure it suits to your target group.
- Practice basic technical skills of Frisbee. This section should always be carried out so you can gauge the skill levels of the participants.
- If your group is larger than 15 people you can also divide them into two subgroups, which play on a different field simultaneously.
- Take into consideration that the roles could be offensive and use them at your discretion.

## ADDITIONAL INFORMATION

- Instead of playing 10 passes you can also play Ultimate Frisbee itself. Make sure you study the rules and apply them to your exercise.

### Roles for stage 3 ideas

- be hyperactive
- blindfold one eye,
- not interested in the game,
- only use your weak hand to throw and catch
- play as normal