

## **ERIC SPEAK UP CLINIC**

The Speak Up Clinic is designed in two parts. The first part is a ten minute conversation about how to speak up for ourselves when something doesn't feel right with our bodies. In this ten minute block of time you will introduce basic cancer education. The second part teaches students the basic skills to play ultimate frisbee and can take anywhere from 30 minutes to an hour. Depending on your class size you will need a varying amount of space. We advise your play space to be the size of a basketball court or larger. In terms of equipment, every two participants should have a frisbee. Cones can be used to set up the play space and drills. If you do not have adequate equipment we can provide it! [Here is a video](#) showing you ERIC IN A BOX. If this is something you're interested in, please reach out to our Speak Up Director, Kevin Pettit-Scantling to request one. [Kevin@earlyrecognitioniscritical.org](mailto:Kevin@earlyrecognitioniscritical.org).

### **CANCER EDUCATION CONVERSATION: 5-10 Min:**

First, begin the clinic by telling everyone what ERIC is all about and why we're out here being active today. Use the table below to guide the conversation. Be sure to inform the students that they do not have to share if they do not want to.

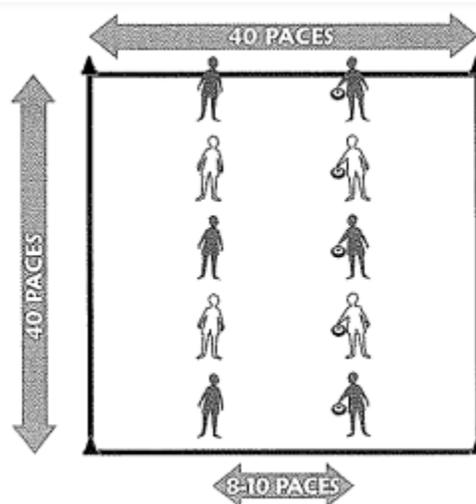
Purpose	<ul style="list-style-type: none"><li>● Be Active</li><li>● Be Body Aware</li><li>● Speak Up!</li></ul>
Experience Share	<ul style="list-style-type: none"><li>● What is Cancer?</li><li>● Does anyone know another person who has cancer?</li><li>● What can it look like?</li></ul>
Knowledge Share	<ul style="list-style-type: none"><li>● Eating Healthy</li><li>● Sun Screen</li><li>● Sleep</li><li>● Regular check ups with your Doctor</li></ul>

### **DISC SKILLS AGENDA 30-60 Min:**

Begin by explaining that through playing the game of Ultimate, you will learn how to advocate for yourself and others. Avoid large explanations of how the game is played till after you've completed the activities below. Feel free to ask the students if any of them have played. If so, they would be great volunteers to show the drills with. Finally, introduce the activities, run the class, and have fun!

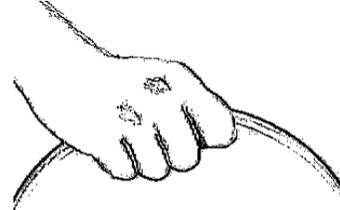
#### **ACTIVITY ONE: THROWING & CATCHING 5-10 min**

Basic Overview: split the class into pairs, then create two lines and instruct a partner to stand at each and face each other. Review the backhand and forehand fundamentals. Instruct kids to throw ten backhands and ten forehands. For kids who are new to ultimate, feel free to instruct only on the back hand for now. If you feel the class is more advanced, inform them to throw the hammer as well. This [VIDEO](#) provides an overview instruction of technique.



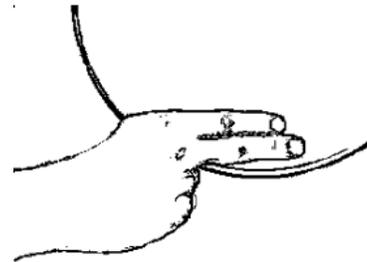
- Grip frisbee with all four fingers and thumb

Backhand Cues



- Side to Target
- Keep forearm and disc parallel to the ground
- Snap wrist
- Point at the target on the release

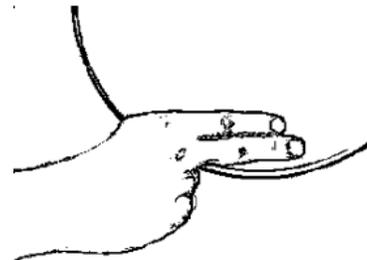
Forehand Cues



- Grip frisbee so that your index finger and middle finger pinch the rim of the frisbee with your thumb on top

- Face target
- Throwing elbow to your hip
- Keep the disc parallel to the ground
- Flick wrist as you release

Hammer Cues



- Grip frisbee the same way you grip a forehand

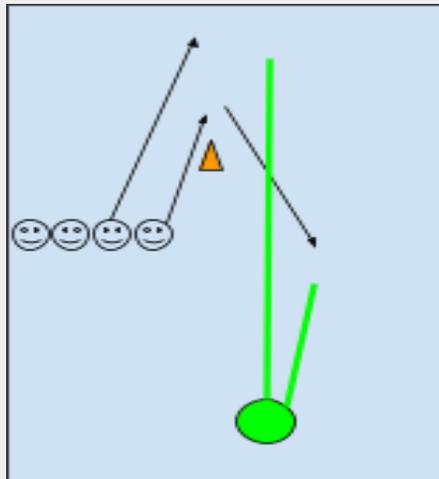
- Tilt head 45 degrees away from your throwing arm
- Align frisbee in the right grip and next to your head so that its at the same angle
- Reach your arm back and throw the frisbee like a football, snapping your wrist on the release

Challenges

- How many throws can pairs complete in one minute with each throw?! Here's a [VIDEO](#) example.
- Throw to moving targets: see if pairs can throw to each other along separate parallel lines. Have one student throw, while the other runs ahead on the opposite line. Here's a [VIDEO](#) example.

**ACTIVITY TWO: RECEIVING: 5-10 min:**

Basic overview: Have students line up and take turns making a receiving route. The instructor will throw a frisbee at the receiver along their route. There are two types of routes: IN and OUT. IN refers to routes running away from the attacking endzone and toward the thrower; and OUT refers to routes running toward the endzone and away from the thrower. You may set up cones to help visualize the direction you want students to run. Have each student complete one or two routes of each type.



IN & OUT Route Cues

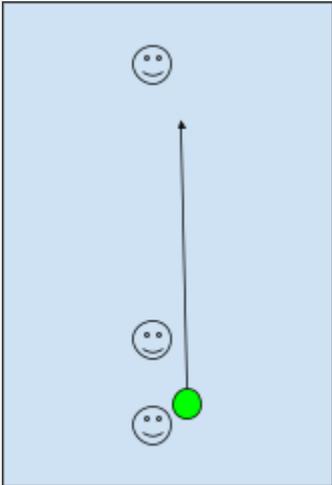
- Run as Fast as you can
- When ready to change direction, turn sharply so that your route looks like an angle rather than a curve
- Try to keep your eye on the frisbee at all times
- Run as fast as you can again until you catch the frisbee!

- Add a defender! Have the first two in line

<p style="text-align: center;">Challenges</p>	<p>high five to indicate they are opponents. Then tell them which route to run, inform them that they are each trying to get to the frisbee first!</p> <ul style="list-style-type: none"> <li>• Emphasize safe and fair play and to speak up if any contact with their fellow student is unwanted</li> </ul>
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**ACTIVITY THREE: MARKING (Optional activity for advanced classes) 5-10 Min**

Marking is an essential part of Ultimate Frisbee. It informs the thrower how long they have left to throw the frisbee to a teammate. The mark counts from one to ten and it sounds like this: Stall One, Stall Two, Stall Three...all the way up to ten! The exact ruling for spacing is a player has to be within one and ten feet to start stalling. For newer groups, tell the students that they have to stay at least three feet away, or arms length away. Pair up into groups of three and try this drill if the students are learning the previous concepts quickly.



<p style="text-align: center;">Marking Cues</p>	<ul style="list-style-type: none"> <li>• Try to stay in front of the thrower</li> <li>• Shuffle your feet</li> <li>• Keep hands stretched wide</li> <li>• Count at an even pace from 1 to 10 (make sure you say ten loudly!)</li> </ul>
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<p style="text-align: center;">Throwing With A Mark Cues</p>	<ul style="list-style-type: none"> <li>• Step out on your back hand and forehand to try to throw around their outstretched hands</li> <li>• Stay calm and throw before the mark reaches ten!</li> </ul>
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**ACTIVITY FOUR: ULTIMATE FRISBEE: 15-30 min**

Explain that our next activity for the day will be learning how to play Ultimate Frisbee. Then, you can give a brief overview of the rules. [Here is a video](#) to help you conceptualize the game and relay the principles. The players in the video are professional athletes that play in the American Ultimate Disc League.

Quick start to Ultimate Frisbee

- Set up field like a football field with two end zones on either side
- Teams line up on either side and await the kick off
- Players can't move with the frisbee, they must pass the frisbee to progress it down field toward the end zone
- Throwers have 10 seconds to throw it (unnecessary for newer students to the sport)
- Turnovers occur if the pass is dropped, intercepted, hits the ground, or goes out of bounds
- Frisbee is non-contact and so any rough play shouldn't be allowed.
- Fouls and gameplay is advocated by the player. Encourage players to speak up if something goes wrong during the game

Modifications

- **Keep away:** remove the endzones and just have the student teams keep the disc away from each other using the ultimate frisbee rules: stalling, and no running with the frisbee.
- **Instructor Becomes All Time Thrower:** as the instructor you can inform the students that each throw must be made to you and then you will throw it to the next open receiver. This will help create a points where teams can get a feel for the flow of gameplay.