



## Session Objectives

### Leadership:

- *Meet one another and learn what makes each team member unique.*
- *Establish basic expectations for our team.*
- *Identify and celebrate how our similarities and differences make our team better.*

### Ultimate Skill-building:

- *Learn the rule of the day: no running with the disc.*
- *Introduction to throwing the disc.*

## List of Necessary Materials

- Discussion disc
- GUM kit
- Cones
- Markers/pens
- Post-it (or other place marker)
- SMART worksheets
- Pre-test
- Stopwatch (optional)

## Opening Circle

20 minutes

- Welcome everyone and introduce yourself. Share where and when our team will meet. Also, share the expectations for being prepared at the beginning of practice (wearing correct attire, having water bottles filled, using the bathroom ahead of time, etc.).
- Introduce the Discussion Disc. The Discussion Disc allows for open dialogue without disruptions or disrespect from others. Explain how the disc will be used to make sure only one person is sharing at a time during Open Circle, Team Discussion, and Closing Circle. Only the person holding the disc may speak.
- Practice passing the Discussion Disc with each girl sharing her name and one word that starts with the same letter as her name that describes her (i.e., Energetic Emily).

## Ice Breaker: Name Tag

5 minutes

- Have the team stand in a circle and say their names one at a time.
- Choose one girl to stand in the middle of the circle while everyone else is frozen in place with their palms in front of them, facing up to the sky.
- The coach starts the game by saying the name of one girl in the circle.
- The girl in the middle tries to tag the hand of the other girl who is named; if she succeeds, they trade places, and the new teammate is now in the center of the circle.
- The girl can avoid being tagged by naming someone else in the circle, but she must remain frozen the entire time.
- The coach may swap players after 3 chances to give everyone an opportunity.



### Discussion: How the Theme Relates to the Field

10 minutes

- During this time, gather in a circle where everyone is sitting on the same level.
- Use the Discussion Disc.
- Explain that today the team is going to learn about what it means to be a team. We have many things in common, but a lot of things that make us unique, or different, too. Give an example:
  - “What are some things that make you unique?”
- Explain that because we are unique we each bring something different and important to our team. It’s important for us to celebrate how we are similar and different as teammates. Questions to ask:
  - “What does it mean to be a team? What doesn’t it mean?” Possible answers: working together, a common goal, take care of each other, encourage each other, not necessarily all the same, etc.
  - Think about what makes you unique. “How can YOU be an important part of this team?”

### Activity: Have You Ever?

15 minutes

- Start with the group standing in a circle, with their feet on a spot marker. The facilitator stands in the middle of the circle and presents the rules of the game.
- Whoever is in the middle of the circle is “It.” “It” will ask a question “Have you ever?” followed by something they have done. Example: “Have you ever worn shoes?”
- Anyone in the group who has done the thing that was asked must move to a different, empty spot. No one may move to the spot right next to the spot they were standing on. The person who was “It” must move onto an empty spot. Whoever is unable to get to a spot before all spots are full becomes “It.”
- Debrief questions:
  - What did you learn about your teammates?
  - How are you and your teammates similar?
  - How are you and your teammates different/unique?

### Put It in Play— Skill-building on the Field: Getting to Know the Disc

#### Get Familiar with the Disc

3 minutes

- How to hold it: Grip the disc with four fingers underneath and your thumb on top.
- Things to try:
  - Toss it between your hands.
  - Pass it between your legs.
  - Flip it upside down with one hand.
  - Toss it up and catch it.
- *Video Resource 1-1:* <http://tinyurl.com/GUM-ms-1-1>
- *Video Resource 1-2:* <http://tinyurl.com/GUM-ms-1-2>

#### Introduce Yourself and Share the Disc with Every Teammate as Fast as You Can!

5 minutes

- Every player has a disc.
- Find a buddy, give them a high five and introduce yourself.
- Toss the disc 10x to each other, throwing the discs in the air at the same time.
- Give your buddy a high five.
- Find another buddy!
- *Video Resource 1-3:* <http://tinyurl.com/GUM-ms-1-3>

#### Float Challenge

10 minutes

*What is the longest that we can keep the disc aloft as a team?*

- Each player takes a turn throwing the disc into the air as high as she can.
- If a stopwatch is available, time each throw. If a watch is not available, have the team count out loud.
- After each throw, write down the time the disc was in the air.



## SESSION 1: BUILDING OUR TEAM

- Discuss as a group what might make the disc stay in the air longer.
- After everyone on the team has had a turn, tally the total.
- Based on the total, set a new goal and go again. Can be repeated, if desired.

### Rule Review

5 minutes

- **Rule:** No running with the disc. Once you catch it, set a pivot foot.
- **Skill-building:** For left-handed players, their pivot foot is their right foot. For right-handed players, their pivot foot is their left foot. The toes of your pivot foot are “glued” to the floor, and your pivot foot cannot move as you throw the disc.

### Shadow Pivoting

3 minutes

- Set a pivot foot. Practice pivoting to the left and the right.
- Get a partner, face each other. One is the leader, one is the follower.
- For the first round, have the leader go as fast as they can and then as slow as they can. The follower tries to mirror the leader. Switch roles.
- For the second round, have the leader try to fake out the follower.
- **Video Resource 1-4:** <http://tinyurl.com/GUM-ms-1-4>

### Tag Game

10 minutes

*This game practices not running with the disc.*

- Set up boundaries; use a smaller space.
- 3 girls are “It” to start. Their goal is to get more people on their team by hitting them with the **foam** disc below the knees. They will have to throw to each other to get closer to their targets since they cannot run with the disc.
- Once someone is hit below the knees they also become It and work with the other girls to get more people on the team.
- The round ends when everyone is It.

- Repeat as time allows.
- **Video Resource 1-5:** <http://tinyurl.com/GUM-ms-1-5>

### Closing Circle

10 minutes

#### SMART Worksheets

*The SMART Worksheet can be found on page 25.*

- Introduce SMART Worksheets. Explain that this is a tool to set and track our goals every week.
- Blank side:
  - Put their name in the middle.
  - Draw/write 1 thing that makes them unique.
  - Draw/write 1 thing they learned about being a part of a team.
- Goal sheet:
  - Fill out SMART Goals.

### Pre-Test

5 minutes

- Ask the team to complete all questions located on the GUM pre-test.
- Explain that there are no incorrect answers!