

# Disc Drop

*Activity*

**Resource:**

Beyond the Walls: Activities for the Outdoors

**Grade(s):** 9 10 11 12

**Division(s):** Senior

**Setting:** Intramurals

**Season:** Spring

## Activity Goal

Participants engage in a fun activity in a spring environment to build healthy relationships and social connections with others.

For participant safety, please review the contents of the [Beyond the Walls: Safety Considerations](#) page for information on Safety Standards, Spring Safety Considerations, and Outdoor Playing Areas and Surfaces.

## Equipment

- 1 ball (suitable for carrying and passing)
- Cones/pylons
- Discs (1 per team)
- Pinnies (2 different colours, 1 per participant)

## Preparation

Plan ahead by generating ideas through planning sessions with intramural student leaders to identify fun games that provide opportunities for mass participation and can be adapted for play outside during the spring such as Disc Drop and variations. Have intramural leaders consider:

- Available equipment suitable for outdoor spring use.
- Available outdoor spaces to run the activity.
- Rules and safety standards for the activity area and games.
- Designing and running an appropriate dynamic warm-up.
- Dividing participants into teams to promote maximum participation for all.
- Marking the boundaries with the cones/pylons.
- Setting up the playing area with additional cones/pylons.

## How to Play

- Review the safety rules and activity instructions with participants prior to the activity.
- Establish the boundaries for the designated playing area and share them with participants.
- Divide participants into equal teams of 3-4 players and provide each team with a disc and cones/pylons to mark their endzone.
- Divide the playing area into sections to accommodate multiple 3-on-3 or 4-on-4 games of Disc Drop.
- Assign two teams to a playing area. Have teams establish their endzone using cones/pylons or existing lines and place their disc face down on their endzone line. Provide each team with a different colour pinnie to differentiate between players.
- The game starts with a jump ball at the centre of the field.
- Teams work together to 'drop' the ball into their opponent's disc. The ball cannot be placed in the disc. It must be dropped into the disc and remain in the disc to earn a point.
- Players may pass the ball forwards, sideways or backwards. When in possession of the ball, players may take a maximum of three steps before passing the ball.

- Opponents may gain possession of the ball by intercepting a pass, when the other team drops the ball, when they tag a player while they are in possession of the ball, or when a drop-ball into the disc is attempted and missed.
- Remind participants that a tag is a touch on the back, shoulder, or arm not a push, punch, or grab.
- Play is continuous until a point is scored. Play resumes with the opposing team starting with the possession of the ball, 10 steps into the playing area from their end line.

## Adaptations

Consider these tips to maximize the challenge and the fun for participants.

- Increase the number of discs in each team's endzone to create more opportunities to score.
- Increase the number of players per team.
- Play using different sizes and shapes of balls.
- Have players remain stationary when in possession of the ball.
- Allow only one direction of pass (e.g., forward, backward).
- Increase the size of the target (a hoop) to increase the chance of scoring.

## Modifications

Consider these tips to maximize inclusion and fun for all participants.

- Consider inclusive approaches to increase or decrease the challenge to find a role for every participant and to encourage full participation.
- Add a minimum number of required passes before scoring is allowed.
- Invite participants to consider ways to alter or modify the movement required to ensure inclusion and success for all.
- For participants with mobility challenges, adjust the game's rules and invite the whole group to think of a way to make the game more static, so everyone is playing at the same level.
- For participants with mobility challenges, have that player be the leader that takes the first pass of the game.

- For participants with vision challenges, use a coloured ball that is easily visible or makes noise.