

18 frisbee games: quick picks

For PE classes, kids, backyards and adults. Pick by group and space; the set-ups are on page two.

Game	Best for	Players	Space
Monkey in the middle	PE: first throws past a defender	3 per group	10 yards
Five passes	PE: keeping possession	6–10	20-yard square
Hot box	PE and adults, small numbers	4–8	40-yard square
3 v 3 mini-ultimate	PE: the step up to ultimate	6–8	40 × 20 yards
Target course	Whole classes, accuracy	2–4 per hole	Playground or field
Frisbee relay	Whole classes, catching	Teams of 4–6	30 yards per team
Frisbee tic-tac-toe	Young kids, aiming	Two teams, any size	10 yards
Disc bowling	Young kids, a flat release	2–6	15 yards
Step-back catch	Kids, catching	Pairs	20 yards
Circle catch	Kids and new groups	6–12	10-yard circle
500	Backyard, mixed ages	3–8	30 yards
KanJam	Backyard, tailgates	4 (2 v 2)	50 feet
Polish horseshoes	Backyard, beach	4 (2 v 2)	20–40 feet
Double disc court	Beach and park	4 (2 v 2)	About 47 yards end to end
Guts	Adults: hard throws, fast hands	Up to 10 (5 v 5)	15 yards
Goaltimate	Adults: small-sided competition	8 (4 v 4)	45-yard circle
Discathon	Adults: running and throwing	Any number	200 m–1 km course
Ultimate	Everyone, eventually	14 (7 v 7), or fewer	110 × 40 yards

Full rules, scoring and variations for every game: ultimatetogether.com/learn/frisbee-games/

Set-ups at a glance

PE: lead-up games for ultimate

- **Monkey in the middle.** Two throwers about ten yards apart, with the third player — the monkey — between them.
- **Five passes.** A square about 20 yards across, a cone at each corner, and two teams of three to five.
- **Hot box.** A big square roughly 40 yards on each side, with a tiny scoring box, about five feet square, in the middle. No out of bounds.
- **3 v 3 mini-ultimate.** A field about 40 yards long and 20 wide, with a five-yard end zone at each end.
- **Target course.** Six to nine “holes” — a hula hoop, a bin or a cone to hit — each with a numbered tee cone 10 to 30 yards away. Start groups on different holes so nobody waits.
- **Frisbee relay.** Each team spreads out in a straight line with about seven yards between players.

Kids

- **Frisbee tic-tac-toe.** Nine hula hoops in a three-by-three grid and a throwing line five to ten yards away. Give each team its own colour of disc or bibs.
- **Disc bowling.** Ten cones or part-filled plastic bottles in a triangle like bowling pins, and a throwing line about ten yards away.
- **Step-back catch.** Partners three big steps apart, with a line of cones behind each of them about ten yards back.
- **Circle catch.** Everyone stands in a circle about ten yards across.

Backyard and beach

- **500.** One thrower; everyone else stands together 15 to 25 yards away.
- **KanJam.** Two goals, or “kans”, about 50 feet apart, with partners at opposite goals.
- **Polish horseshoes.** Two poles 20 to 40 feet apart, each with a plastic bottle or can balanced on top; each team stands behind one pole.
- **Double disc court.** Two square courts 13 metres (about 14 yards) on each side, 17 metres (about 19 yards) apart. One team per court, each with a disc.

Adults

- **Guts.** Two teams of five — fewer is fine — in lines facing each other about 15 yards apart.
- **Goaltimate.** A goal with a half-oval scoring area about 24 feet wide and deep, and a clear line 25 yards out in front of it.
- **Discathon.** A cross-country course with gates for the disc to pass through, markers it must pass on a set side, and a few targets such as hula hoops.
- **Ultimate.** A field 70 yards long and 40 wide with a 20-yard end zone at each end. With fewer players, shrink it.

Printable and free to share. Rules for every game: ultimatetogether.com/learn/frisbee-games/