



LA IMMACULADA CONCEPCION SCHOOL
SENIOR HIGH SCHOOL
GRADE 11 – CORE: HOPE2 – INDIVIDUAL DUAL / TEAM SPORTS

May 11 - 15, 2020

Topic: Ultimate – Types of passing.

Lesson:

Last time our lesson is how to execute a passing and catching the disk, of a Frisbee. This time our lesson is what are the types of receiving of a Frisbee disk.

We have 3 types of receiving a disk.

- **Two hand catching:** This receive is the most basic pass, which is all of the beginner the use of this is to hold the disc properly it's commonly use to catch in touch down.
- **Pancake catching:** this receive is use for long pass or powerful pass coming to you, sometimes tis pass is more secure that two hand. The procedure of this receive is you will hold the disk on the top and bottom of the disc.
- **One hand catching:** this receive is using one hand and commonly use on closely guarded player and preparing to pass to his/her teammate. The procedure of this pass is you will receive it by one hand and absorb the impact is the disc on your hand.

To do list:

1. Please practice this at home and you can refer to YouTube for the proper executions and ways.
2. Please be ready on your activity next week.

Note:

Again you can ask help on your brother and sister to practice better.

If there is a problem to space, partner, lock of equipment please indicate to you video.