



Visualization: Frisbee Toss

Equipment:

Frisbee

Set-up:

Two students will stand 10 paces apart with a Frisbee.

Description:

Students will throw Frisbee back and forth, trying to get it to their partner without the partner having to move. The activity will help develop throwing accuracy and their ability to visualize the outcome in their mind.

Instructions:

The activity will begin with one student throwing the Frisbee to another student. For the pass to be successful, it must reach the player at the other end without them having to move. Every time a student successfully passes to another student, he will score one point.

Scoring:

Student that makes most successful passes scores a 3. Runner-up will score a 4. All other students will score a 5.

