

YOU.FO Teaching Plan

Acquainted with YOU.FO

The YOU.FO Teaching Plan is a framework for P.E. Teachers, YOU.FO Promoters, YOU.FO Instructors and other YOU.FO ambassadors. The YOU.FO Teaching Plan is a tool, in which, sufficient information is given to teach and practice YOU.FO Zone for a period of 10 weeks.

Giel Bos (YOU.FO B.V.)
YOU.FO Teaching Plan



The YOU.FO Principles

YOU.FO is an innovative throwing and catching sports game. YOU.FO is based on throwing an aerodynamic ring with special sticks over distances of 10-30 meters. The basic skills are easy to learn, yet YOU.FO continues to challenge players to improve their skills. YOU.FO is applicable for everyone (from the age of 12) and can be played one-on-one or in teams, with goals or freestyle, in city parks, on sports fields or at the beach.

YOU.FO Sports has several core principles, in which, it attaches high values as an organization. These core principles are:

- 1) Code of Sportsmanship;
- 2) Applicable for everyone, anywhere and anytime;
- 3) Own responsibility.

YOU.FO believes in the power of sports and provides you tools and tricks in order to present a YOU.FO training in a attractive way. The information within this manual is intended for P.E. teachers, YOU.FO Promoters, YOU.FO Instructors and YOU.FO Ambassadors. The manual can be used for P.E. lessons, YOU.FO trainings or other YOU.FO workshop purposes.

Becoming a YOU.FO Instructor

If you want to become a YOU.FO Instructor please contact one of the senior instructors (Giel Bos giel@you.fo +31(0)683168870 or Tim Konings tim@you.fo +31(0)618395156). Both senior instructors are involved in YOU.FO from the beginning (2012) and have a experience of >100 workshops and trainings.

Start a YOU.FO community in your area

Anyone could start a YOU.FO community in his or her neighbourhood, the only thing you need is enthusiasm. YOU.FO can be played on every surface (as long as the surface is flat and safety is maintained). If you want to start a YOU.FO community in your are you could contact the YOU.FO World organization (Giel Bos giel@you.fo +31(0)683168870 or Bas Ruysenaars bas@you.fo +31(0)614213347).



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Movement description

YOU.FO is 'easy to learn, hard to master', herein is meant that anyone is able to play YOU.FO.

YOU.FO is applicable for everyone and 100% of the YOU.FO players are able to throw and catch the ring.

Note: an important aspect within this competence rate is the explanation and description that comes with the movement.

Throwing

An important aspect of the sport YOU.FO is throwing the ring. If you want to score, you need to throw the ring to a teammate in the scoring zone. A match consists of passing the ring to teammates to find a possibility to score, by making a successful pass to a teammate in the scoring zone. There are multiple ways to throw the YOU.FO ring from the specially designed stick. The 4 basic throwing movements are described below.

Forehand

The forehand is the most important, and most used technique within YOU.FO. The forehand is a horizontal pull and push movement, in which the next steps are important (explained for right handed players):

- 1) Grip: get a good hold of the stick, with the left hand at the bottom of the stick and the right hand at the top of the grip.
- 2) Horizontal: stick stays horizontal during the full movement (both arms are fully stretched in front of the body at shoulder level).
- 3) Wrist joint: the wrist is an important joint for throwing the ring (stick turns with the right hand as a joint. The left hand is still fully stretched, but the right hand is pulled to the body with the result that the red dot (top of the stick) is next to your ear).
- 4) Contra-lateral movement: step with the opposite leg (the left foot steps out before the throw)
- 5) Throw position: starting position before your able to throw is with your left hand fully stretched out, pointing at the person you want to throw the ring at. Your right wrist is the joint which allows the stick to turn. The right hand is close to the body and the top of the stick is next to your ear. The sticks is horizontal and your left feet is in front of your right feet.



(bad example – arms)

- 6) Pull and Push movement: throwing starts with a pull and push movement from the arms. The stretched left arm makes a pull movement towards your own body. The right hand,

which is near to your body, makes a push movement towards the person you want to throw the ring at.

- 7) Flick movement: Within the push movement of your right arm, your right wrist makes a flick. This flick movement controls the moment of release of the ring from the stick.
- 8) Pointing: after the pull and push movement, your right hand is stretched out towards the person you want to throw at. Herein it is important that the throw ends with your right arm pointing towards the person you want to throw the ring at.

* Tip 1: smooth pull and push movement (generate enough force with the pull and push movement to throw it 10-20 meters).

* Tip 2: throw and not swing (try to throw the ring using the pull and push movement and try to swing the ring because it is uncontrollable).

* Tip 3: catchable throw (for making a catchable throw you could start at shoulder level with the top of the stick, and end at eye level. For this reason the ring will gain more height, which makes it easier to catch in his fall for the catcher).

^Trick 1: flight effect (if the release of the ring is not horizontal (the flight effect contains of a curve towards the left or right), it is because the pull and push movement is not horizontal. The movement that is made is more towards a vertical movement. It is important that you point at the importance of horizontal movement during the throw).

^Trick 2: experience the movement (try to let the player experience the pull and push movement. This can be done by standing in front of him or her. Next you need to get him or her in the throwing position and get a good hold of the grip. Thereafter you get a hold of the grip as well. Subsequently you are able to make the pull and push movement, whereby the player experiences the movement his- or herself (see below).



Forehand is the most used throwing technique and is the base of YOU.FO. The forehand technique is the most feasible technique for beginners and is the most easily learned technique. In addition, YOU.FO contains of different techniques for throwing the ring. For now 4 different techniques are described, however more techniques are suitable for throwing the YOU.FO ring with the specially designed YOU.FO stick (these techniques could be added at a later stage).

Backhand

The second most used throwing technique within YOU.FO is the backhand. In case of throwing a forehand is impossible, a player could revert to his backhand. Because pivoting is allowed within YOU.FO, a player could make a movement in order to positioning an appropriate throwing position.

- 1) Make a over- or back-step movement, in order to get your body in the appropriate throwing position. This throwing position is important for the appropriate angle for the pull and push movement.
 - a. Back-step = turning, using pivot, over your backside (e.g. a right handed player turns with his right feet approximately 180 degrees behind his back).
 - b. Over-step= turning, using pivot, over your front side (e.g. a right handed player steps with his right feet over his left feet. With the result that his body turns.)
- 2) Within the backhand, the same pull and push movement is used as for the forehand. Only the movement is turned around with respect to the forehand.
- 3) The starting position (arms) is opposite to the forehand: bottom of the stick is close to your body and the red top of the stick is fully stretched out in front of your body.
- 4) 'Over your shoulder': the pull and push movement ends next to the players shoulder (where, at the forehand, the pull and push movement starts at the players shoulder).

* Tip 1: Throwing! Not swinging! Ensure this by focussing on the pull and push movement with the arms. In case of lack of control, the player is swinging. Ensure him or her to start in the starting position (backhand) and afterwards focus on the arm movement (pull and push).

*Tip 2: Horizontal movement! Let the movement be with your arms, and not with your shoulder. Otherwise the ring will end on the ground one meter away from you. The movement (similar to the forehand) has to be horizontal. In addition, for the ending position it is important that the ring is released horizontal.

Overhead

A less used throwing technique is the 'overhead'. The overhead throwing technique is a specific throwing technique, in which, the ring is thrown from above your head.

- 1) Starting-position: both arms are stretched upwards. The stick is horizontal and is located above the players head.
- 2) Crossing arms: a movement is made in which both arms cross. This results in a swing movement of the stick above your head (e.g. a right handed player turns his right hand clockwise 180 degrees above his head).
- 3) Afterwards: after crossing the arms, the ring starts spinning on top of the stick. In order to determine the release moment, a flick is made with your right wrist.
- 4) Ending position: the sticks is horizontal and is pointing at the direction you want to throw.

- * Tip 1: The overhead throwing technique is not a pull and push movement, but a swing movement.
- * Tip 2: Important to keep the stick horizontal during the entire movement. Otherwise the ring will fall off the stick, instead of thrown from the stick.

Floor Sweep

The last described technique is the floor sweep. The floor sweep is a throwing technique, in which, the ring is thrown from the ground. In case the ring isn't caught, the game play can be prosecuted quickly by using the floor sweep.

- 1) Starting position: standing next to the ring with your arms fully stretched and the top of the stick is located in the ring. Both feet are inclined. The player's body is positioned that he could turn with his arm stretched (freedom of movement) (e.g. a right handed player stands with his right foot next to the ring and his left foot in front of his right. Both arms are stretched to his right and the top of the stick is located in the ring).
- 2) Turn: the body is turned, which results in a swing movement of arms and stick. The movement is initiated from the hips and followed by the player's shoulder. When the player's shoulder turns, his arms will follow this movement.
- 3) Sweep: the ring is swept from the floor, with a diagonally ascending horizontal movement.
- 4) Ending position: the release of the ring is established with a push movement. Afterwards your preferred throwing arm is stretched towards the preferred throwing direction.

* Tip 1: Horizontal movement: try to keep the movement as horizontal as possible. If the movement tends towards a vertical movement, the ring will chatter, instead of a stable float flight.

* Tip 2: The floor sweep is a sweeping movement, not a pull and push movement.

Catching

After a throw, the ring needs to be caught by a teammate. Catching is only allowed with the top of the player's stick. It is not allowed to catch with the bottom side of the stick. In case of difficulty, you could allow the players to catch the ring with their hands. For a successful catch with the stick, the following steps are required:

- 1) Anticipate where the ring will land.
- 2) Make a movement towards the landing spot in order to get underneath the ring.



- 3) Move the stick towards the ring.
- 4) During the first touch, move the stick downwards to take out the bounce.



- 5) Complete the movement until the bounce of the ring is out of the movement.
- 6) The bounce is collected and the ring remains on the top of your stick.



* Tip 1: Collect the bounce (like if you catch a raw egg). Create an excessive movement at the beginning in order to focus on collecting the bounce.

* Tip 2: Use your arms for catching. Start with bended arms and move downwards with the ring until both arms are fully stretched.

Picking up the ring

In case the ring isn't caught and lands on the ground, it can be claimed (see rules YOU.FO Zone, p.#). Afterwards the ring needs to be picked up. This can be done in several ways.

Scratching

Scratching is the most feasible picking up technique and is possible on almost every surface (exception: concrete and indoor).

- 1) Place the stick on the inside of the ring.



- 2) Give a little bit of pressure on the inside of the ring, by pulling it towards yourself.



- 3) Because of the friction of the surface the ring will overturn, and you are able to pick it up.



Pushing

The pushing technique is usable for every surface and can be done in two ways.

Pushing (red top)

- 1) At each side of the ring a small edge is added. Place the top of the stick on this edge.



- 2) Make a push movement with your top of the stick on this edge.



- 3) The ring will turn over, and you are able to pick up the ring.



Pushing (backside)

The backside push movement is identical to the red top push movement, only the backside of the stick is used.

- 1) At each side of the ring a small edge is added. Place backside of the stick on this edge



- 2) Make a push movement with your backside of the stick on this edge.



- 3) The ring will turn over, and you are able to pick up the ring.

**Sweeping**

The sweeping technique is difficult and is for the expert players who want to pick up the ring as fast as possible within a movement.

- 1) Put the red top of the stick within the ring.

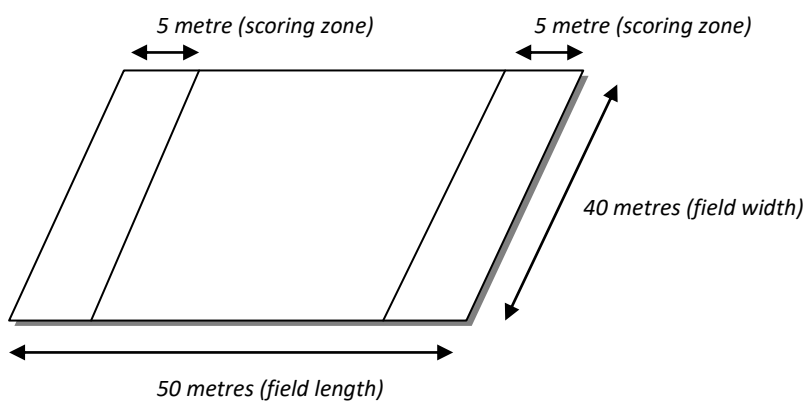


- 2) Sweep the ring of the ground with the red top of the stick.



YOU.FO Zone Rules (10 bullet point)

- 1 **Scoring:** *A player successfully catches the ring in the scoring zone after a teammates' pass*
- 2 **Passing:** *Throwing the ring with your stick (not allowed to throw with your hand)*
- 3 **Catching:** *Catching the ring with your stick, or with your hand*
- 4 **Running:** *Not allowed to run with the ring on your stick (need to pass to a teammate)*
- 5 **Defending:** *Intercepting a throw, shadow rule and/or 'claiming' the ring*
- 6 **Claiming:** *Be the first to put the top of your stick into the ring when it's laying horizontal on the ground (for possession of the ring)*
- 7 **Shadow rule:** *Tactical positioning of one defender in front of the opponent (defender stands arm + stick length distance from the opponent: not able to throw the ring towards the defenders position)*
- 8 **Safety distance:** *Always keep arm + stick length distance from the player who has possession of the ring*
- 9 **Out of bound:** *When the ring is out of bound, the opponent get's possession of the ring (on the spot where the ring has gone out of bound)*
- 10 **Field dimensions:** *YOU.FO Zone 5 versus 5 has a field length of 50 metres, with on both sides a scoring zone of 5 metres. Field width is 40 metres.*



Training material

Aim of the YOU.FO training sessions is to motivate and inspire YOU.FO players to feel competent and improve themselves. The training sessions are designed for a fun and challenging experience for the players. A training sessions is designed for 8 players and takes one hour which consists of a standard structure:

- 1) Warming-up
- 2) Technique practice (Throwing and Catching)
- 3) Challenges
- 4) Endgames

This standard structure is not hegemonic, but can be used as a tool to design your training sessions. YOU.FO training sessions and workshops are applicable for everyone. For this reason, every training activity is built up from different levels. Every activity is described at the entry threshold (level 0). To increase the degree of difficulty you can differentiate within the activity (level +1, or even level +2).

- 1) Each training starts with a warming-up. This could be a small sided game, or just running around the field. Before you really get into the sport, your muscles, fibres and the circulation of the blood need to warm up. In addition, the warm up has to enthusiast and motivate the players for the following activities of the training session.
- 2) Before tactics, or even playing the endgame, the basic skills are important. Throwing and catching is fundamental for the game play and for that reason it is important to improve players' basic skills every training session. The practice of basic skills (throwing and catching) can be down in two ways:
 - a. Static
 - b. Dynamic

For the players it is more easy to only focus on catching the ring, instead of, focussing on running and catching the ring. For this reason, the recommendation is done to first focus on static improvement of the basic skills. Later in the training period, focus will be on dynamic throwing and catching (which corresponds more with the actual endgame).

- 3) Challenges are small sided games with the function of improving players technique, using a motivational climate. Players are externally motivated, using a competition element. Couples, or teams have to compete against each other.
- 4) YOU.FO Zone is the official YOU.FO competitive sport (rules mentioned above). The ending game at the end of each training session has a role in the improvement of playing YOU.FO Zone. Ending games are fun and challenging team games, in which, technical and tactical aspects of the game appear. The function of controlling basic skills is clearly highlighted during the ending game at the end of each training session. In addition, it is a fun way to end each training session with your players.

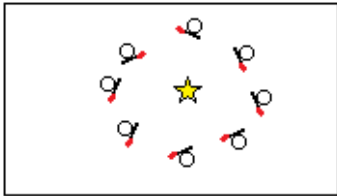
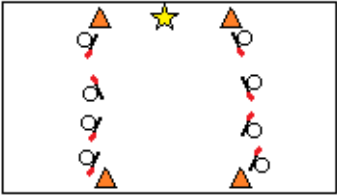
Training period (10 lesson plans)

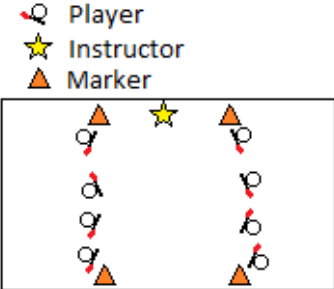
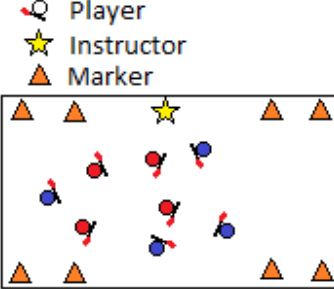
This teaching plan consists of a training period, consisting of 10 training sessions. The structure of each training session is similar (1 hour training for 8 participants), containing:

- 1) Warming-up
- 2) Technique practice (Throwing and Catching)
- 3) Challenges
- 4) Endgames

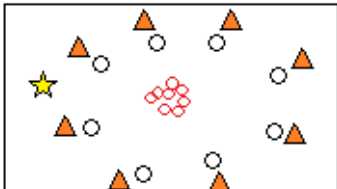
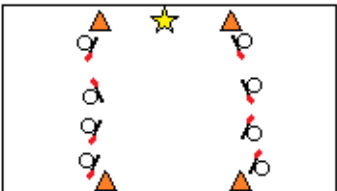
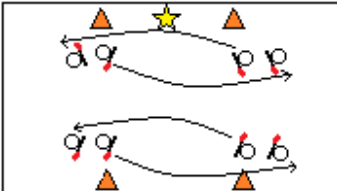
All activities are easily applicable for a bigger, or smaller group. In addition, the training period starts with an Learn2Play introduction workshop. This Learn2Play introduction workshop is taken into account within lesson 1.

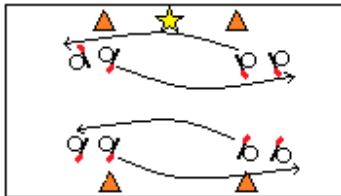
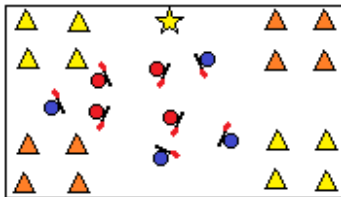
Lesson 1

Lesson (1):	Participants:	Time:
Introduction workshop (Learn2Play)	8 players	1 hour
Activities:	Material:	
Warming-up: Introduction talk / Movement description Technique practice: Overall Basics Challenges: Time challenge Endgame: YOU.FO Zone	- 8 YOU.FO sticks - 4 YOU.FO rings - 8 coloured markers - 4 coloured vests (distinguishing teams)	
Warming-up:		
Activity description:	Practical information:	Instructions and tips:
Introduction talk on the story behind YOU.FO (past-present-future). Followed by circling the players for a circled warm up (instructor gives several warm up movements: arms / legs / full body). Explain throwing movement (forehand).	10 minutes (0:00 – 10:00) 	Full movement description (see chapter 2, page 5). Throwing (forehand): - Horizontal movement - Pull and Push movement - 'Flick' with wrist joint - Contra-lateral movement Catching: - Get under the ring (movement) - Collect the bounce - Move with the ring (during catch)
Technique practice:		
Activity description:	Practical information:	Instructions and tips:
Basics on throwing (forehand), catching and picking up the ring in couples (during the warm-up the throwing and catching movement is described). After short practice, take the group together and ask for movement problems and give tips.	25 minutes (10:00 – 35:00) 	Throwing: <i>Let the player experience the pull & push movement by experiencing the movement (see movement description, p.6).</i> Catching: - Getting under the ring (movement) - Collect the bounce - Move along with your arms during




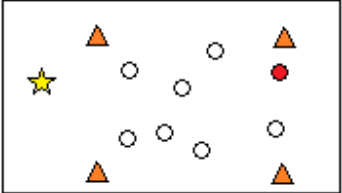



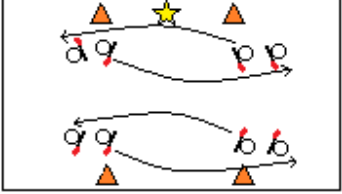



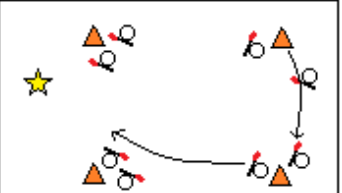
<p>Afterwards couples continue to practice and after time take the group together again.</p> <p>Now explain the movement of picking up the ring and in case of movement problems, give tips again. Afterwards couples can continue practicing again.</p>	<p><i>*Make couples</i> <i>*Stand opposite to your buddy (10 to 15 meters)</i> <i>*Same throwing direction</i></p> <p><i>Differentiate (+1):</i> <i>- Bigger distance between each other</i> <i>- Introduce other techniques (backhand)</i></p>	<p>the first touch</p> <p><i>In case of difficulty catching (differentiate -1): couple closer together, throwing the ring by hand from 5 meters. Other player tries to catch it with the stick.</i></p> <p>Picking up the ring: - repeat practice picking up the ring with the stick.</p>
Challenge:		
Activity description:	Practical information:	Instructions and tips:
<p>Time Challenge (1): Couples have 2 minutes to get a high score as possible. Every time a player throws the ring with his stick and his buddy successfully catches the ring: 1 point. It does not matter if the ring falls on the ground, continue to count.</p> <p>Time Challenge (2): Couples have 2 minutes to get a high score as possible. Every time a player throws the ring with his stick and his buddy successfully catches the ring: 1 point. If the ring falls on the ground, the couple starts over counting. The highest score achieved counts as highest score.</p>	<p>10 minutes (35:00 – 45:00)</p> <p>  </p> <p><i>*Make couples</i> <i>*Stand opposite to your buddy (10 to 15 meters)</i> <i>*Same throwing direction</i></p>	<p>Differentiate:</p> <ul style="list-style-type: none"> - Catching (hand 1 point, stick 3 points). If a player successfully catches the ring with his or her hand the couple earns 1 point, if he or she catches it successfully with his stick, the couple earns three points. <p>Tips:</p> <ul style="list-style-type: none"> - Change up the couples, so all players play with a different buddy. - Add a reward for the couple with the highest score: they can determine what kind of task the losers have to do (e.g., 10 push ups, 5 suicide sprints).
Endgame:		
Activity description:	Practical information:	Instructions and tips:
<p>YOU.FO Zone:</p> <p>YOU.FO Zone is played according to the official YOU.FO Zone rules (see YOU.FO Zone 10 bullet point rules, p. 8).</p>	<p>15 minutes (45:00 – 60:00)</p> <p>  </p> <p><i>* Use the markers to make two scoring zones.</i> <i>* Use coloured vests in order to distinguish both teams.</i></p>	<p>In order to maintain players safety you (as an instructor) could get into the role of observer.</p> <p>Tips:</p> <ul style="list-style-type: none"> - focus on successful throws. - suggest options where to pass the ring too (free spaces). - pay attention on claiming the ring.


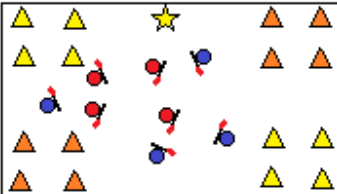
Lesson 2

Lesson (2):		Participants:	Time:
Dynamic plays		8 players	1 hour
Activities:		Material:	
Warming-up: Run the ring Technique practice: Forehand and Backhand (static and dynamic) Challenges: Group time challenge Endgame: YOU.FO different Zones		- 8 YOU.FO sticks - 4 YOU.FO rings - 16 coloured markers (two different colours) - 4 coloured vests (distinguishing teams)	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
Run the ring (1): Every player stands at its own marker. After the start signal the players need to grab a ring (in the centre) and put this on top of their marker. The first player with 2 rings on his own marker wins. - there are only 8 rings used in the game (as much rings as players); - can only carry one ring; - can't defend your own marker; - are able to grab a ring for another player's marker.	10 minutes (0:00 – 10:00)  <i>* The distance between every marker needs to be the same.</i> <i>* Game is played <u>without</u> sticks.</i>	Differentiate (Run the ring (2)): Players make couples (4 couples). Now there are only 4 markers (for each couple 1 marker) in play. Rules are similar to run the ring, only now to win a couple needs three rings around their own marker. Differentiate (+1): Run the ring (1): Players need to get 3 rings on top of their marker (instead of 2 rings). Run the ring (2): Couples need to get 4 rings on top of their marker (instead of 3 rings).	
Technique practice:			
Activity description:	Practical information:	Instructions and tips:	
Static: Forehand: In couples in static form throwing and catching to each other. Focus on the forehand. Backhand: After short practice, take the group together and give an explanation on the backhand movement. Dynamic: Forehand and Backhand: Make two groups of 4 and throw and catch in dynamic form. After throwing the ring, walk in that direction and get in line with the other players.	25 minutes (10:00 – 35:00) Static:  Dynamic: 	Differentiate: In dynamic form let the players throw alternately forehand and backhand. Static: <i>*Make couples</i> <i>*Stand opposite to your buddy (10 to 15 meters)</i> <i>*Same throwing direction</i> Dynamic: <i>* Make 2 groups of 4 players</i> <i>* On each side two players</i> <i>* After throwing run in throwing direction to get back in line on the other side.</i>	

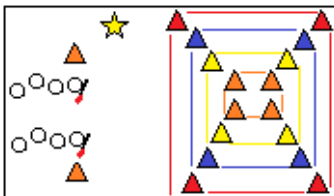
Challenge:		
Activity description:	Practical information:	Instructions and tips:
<p>Group time Challenge (1): Both groups (4 players) have 2 minutes to get a high score as possible. Every time a player throws the ring with his stick and his buddy successfully catches the ring: 1 point. It does not matter if the ring falls on the ground, continue to count.</p> <p>Group time Challenge (2): Groups (4 players) have 2 minutes to get a high score as possible. Every time a player throws the ring with his stick and his buddy successfully catches the ring: 1 point. If the ring falls on the ground, the couple starts over counting. The highest score achieved counts as highest score.</p>	<p>10 minutes (35:00 – 45:00)</p> <p>  </p> <p> <i>*Make groups (4 players)</i> <i>* On each side two players</i> <i>* After throwing run in the throwing direction to get back in line on the other side.</i> <i>*Stand opposite to your buddy (10 to 15 meters)</i> <i>*Same throwing direction</i> </p>	<p>Differentiate:</p> <ul style="list-style-type: none"> - Catching (hand 1 point, stick 3 points). If a player successfully catches the ring with his or her hand the couple earns 1 point, if he or she catches it successfully with his stick, the couple earns three points. <p>Tips:</p> <ul style="list-style-type: none"> - After one challenge mix up the players and make new teams before you restart the challenge. - Add a reward for the team with the highest score: they can determine what kind of task the losers have to do (e.g., 10 push ups, 5 suicide sprints).
Endgame:		
Activity description:	Practical information:	Instructions and tips:
<p>YOU.FO different zones: uses almost the same rules as the official YOU.FO Zone game. Rules that differ from the official YOU.FO Zone (see p.8).</p> <ul style="list-style-type: none"> - There are 4 scoring zones instead of two (each team has two scoring zones, 1 one each side). - Each team defends their own scoring zones (2) and need to score in the other (2) scoring zones. - After a score the game continues (the team that scores holds possession of the ring). - Afterwards the team has to score in the other scoring zone (on the other side of the field of play). - If a team loses possession of the ring they are able to score in both scoring zones again. 	<p>15 minutes (45:00 – 60:00)</p> <p>  </p> <p> <i>* Use the markers to make 4 scoring zones.</i> <i>* Use coloured markers to distinguish the different scoring zones.</i> <i>* Use coloured vests in order to distinguish both teams.</i> </p>	<p>In order to maintain players safety you (as an instructor) could get into the role of observer.</p> <p>Tips:</p> <ul style="list-style-type: none"> - focus on successful throws. - suggest options where to pass the ring too (free spaces). - pay attention on claiming the ring.




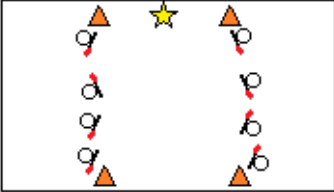



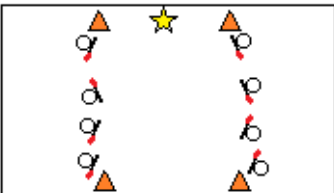



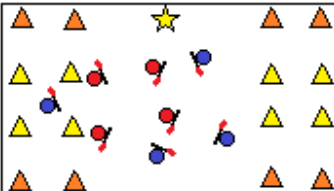
Lesson 3

Lesson (3):		Participants:	Time:
Run and catch		8 players	1 hour
Activities:		Material:	
Warming-up: Tag game with ring Technique practice: Throwing and dynamic catching Challenges: Sideline to sideline Endgame: YOU.FO different Zones		- 8 YOU.FO sticks - 4 YOU.FO rings - 16 coloured markers (two different colours) - 4 coloured vests (distinguishing teams)	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
<p>Tag game (with ring): One player is tagger and the other players are fielders. If a player is tagged, he or she is becoming the tagger.</p> <p>Differentiate: - A ring comes into play. If a player has the ring he or she can't be tapped. Players are able to throw and catch the ring to each other. - Two rings (or even 3 rings).</p>	<p>10 minutes (0:00 – 10:00)</p> <p> Player  Instructor  Marker</p>  <p><i>* Game is played <u>without</u> sticks.</i></p>	<p>Tips:</p> <ul style="list-style-type: none">- Always keep your eyes on the ring.- Focus on free spaces within the field of play. <p>Differentiate (+1):</p> <ul style="list-style-type: none">- Can't run when holding the ring- Play the game while holding sticks (throwing and catching the ring with your stick).	
Technique practice:			
Activity description:	Practical information:	Instructions and tips:	
<p>Dynamic (back and forth): Forehand and Backhand: Make two groups of 4 and throw and catch in dynamic form. After throwing the ring, walk in that direction and get in line with the other players.</p> <p>Dynamic (square form): Forehand and backhand: Make one group and two players need to stand at every marker. A player throws the ring clockwise in front of the marker. Another player needs to catch it and throw it clockwise in front of the next marker. After throwing the ring, walk in that direction and get in line with the other players.</p>	<p>25 minutes (10:00 – 35:00) <i>Dynamic (back and forth):</i></p> <p> Player  Instructor  Marker</p>  <p><i>Dynamic (square form):</i></p> <p> Player  Instructor  Marker</p> 	<p>Differentiate:</p> <p>Dynamic (back and forth): In dynamic form let the players throw alternately forehand and backhand.</p> <p>Dynamic (square form):</p> <ul style="list-style-type: none">- Throwing to the opposite direction. <p>Differentiate (+1):</p> <ul style="list-style-type: none">- Add a ring, which makes it two rings within the square to be thrown and caught. Both rings start at the same time at the opposite side of the square. <p>Tips:</p> <ul style="list-style-type: none">- Always keep your eyes at the ring- Also focus on the second ring (timing and pace).- If the second ring goes too fast, stop and start over at the same time.	




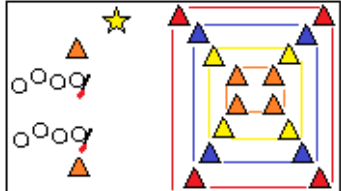



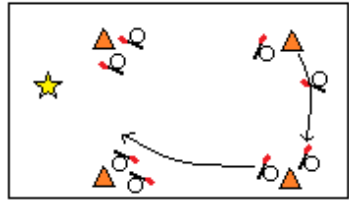
Challenge:		
Activity description:	Practical information:	Instructions and tips:
<p>Sideline to sideline (throw-off)</p> <p>Aim of this challenge is to be the fastest couple at the other side of the field of play. How can this be done:</p> <ul style="list-style-type: none"> - Each couple stands at one sideline (with each a stick, and one ring per couple). - After the starting signal one of the couple can run as fast as possible to the other side of the field of play. - The couples have to get to the other side of the field by throwing and catching the ring. - Can't run while holding the ring on your stick. - If the ring falls on the ground, your team has to restart at the starting sideline. 	<p>10 minutes (35:00 – 45:00)</p> <p>  </p> <p> <i>* Use the entire field of play. So if your playground is 50 meters wide, use the entire 50 meters.</i> </p>	<p>Differentiate:</p> <p>Can be done in couples (as mentioned), or in groups. Make two teams of 4 and do the same challenge.</p> <p>Differentiate (-1):</p> <ul style="list-style-type: none"> - If it is too hard, players are able to catch it by hand. - Safety line in the middle (if the teams cross the safety line and the ring falls on the ground, they don't have to restart at the starting sideline, but at the safety line. <p>Differentiate (+1):</p> <ul style="list-style-type: none"> - The couples have to go back and forth. They have to successfully catch the ring on the other side, turn around and go back to the starting sideline to win.
Endgame:		
Activity description:	Practical information:	Instructions and tips:
<p>YOU.FO different zones: uses almost the same rules as the official YOU.FO Zone game. Rules that differ from the official YOU.FO Zone (see p.8).</p> <ul style="list-style-type: none"> - There are 4 scoring zones instead of two (each team has two scoring zones, 1 one each side). - Each team defends their own scoring zones (2) and need to score in the other (2) scoring zones. - After a score the game continues (the team that scores holds possession of the ring). - Afterwards the team has to score in the other scoring zone (on the other side of the field of play). - If a team loses possession of the ring they are able to score in both scoring zones again. 	<p>15 minutes (45:00 – 60:00)</p> <p>  </p> <p> <i>* Use the markers to make 4 scoring zones.</i> <i>* Use coloured markers to distinguish the different scoring zones.</i> <i>* Use coloured vests in order to distinguish both teams.</i> </p>	<p>In order to maintain players safety you (as an instructor) could get into the role of observer.</p> <p>Tips:</p> <ul style="list-style-type: none"> - focus on successful throws. - suggest options where to pass the ring too (free spaces). - pay attention on claiming the ring.




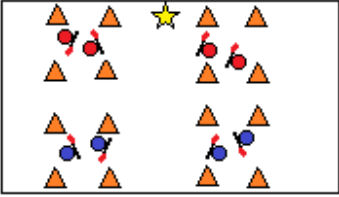



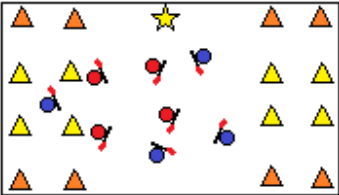
Lesson 4

Lesson (4):		Participants:	Time:
2 ring plays		8 players	1 hour
Activities:		Material:	
Warming-up: Relay Technique practice: Floor sweep and overhead Challenges: 2 ring throwing and catching Endgame: YOU.FO ZONE (scoring difference)		- 8 YOU.FO sticks - 8 YOU.FO rings - 20 coloured markers (two different colours) - 4 coloured vests (distinguishing teams)	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
<p>Relay</p> <p>Two teams (4 players each) stand in two lines. The first player of each team has a stick and ring. He has to throw the ring to 'the square'. The square consists of 4 scoring squares (from small to big). The first player throws the ring into the square, if the ring</p> <ul style="list-style-type: none">- doesn't land into the square he or she has to do 20 'jumping jacks'- does land in the 4th section within the square he or she has to do 15 jumping jacks- in the 3rd section 10 jumping jacks- in the 2nd section 5 jumping jacks- in the middle (1st section) 0 jumping jacks <p>After throwing he or she has to run as fast as possible to the square, pick up the ring (without the stick), do the # jumping jacks, and run back to give the ring to the next player in line.</p>	<p>10 minutes (0:00 – 10:00)</p> <p></p>	<p>Tips:</p> <p>If you have the material and space to make two separate squares with different sections, do it (for safety reasons).</p> <p>If you don't have the material or space, ensure the players to do the jumping jacks outside of the square and let them focus on the other team while picking up the ring, or running towards the square.</p> <p>It's a warming-up, so the fun factor has to be high and it is not all about winning or losing.</p>	
Technique practice:			
Activity description:	Practical information:	Instructions and tips:	
<p>Static throwing and catching: Make couples and stand opposite to each other. First start with forehand and backhand practice.</p> <p>Afterwards focus on the</p>	<p>20 minutes (10:00 – 30:00)</p> <p><i>Increase or decrease distance between each other for the different techniques.</i></p>	<p>Tips:</p> <p>In order to differentiate for the throwing and catching practice (forehand and backhand) increase the distance. Stand in between 15 and 25 meters distance from each other.</p>	




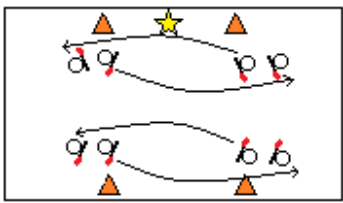



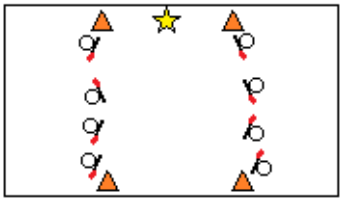



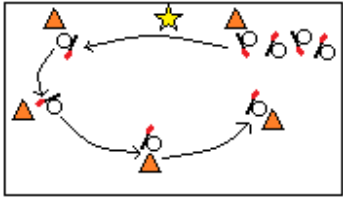
<p>overhead throw (see movement description, overhead, p.#).</p> <p>Thereafter practice the floor sweep (see movement description, floor sweep, p.#).</p>	<p>  Player  Instructor  Marker </p> 	<p>Tips:</p> <p>Overhead, decrease distance to 10 to 15 meters.</p> <p>Tips:</p> <p>Floor sweep: increase distance to 30 meters from each other.</p>
Challenge:		
Activity description:	Practical information:	Instructions and tips:
<p>Static throwing and catching (2 rings):</p> <p>Make couples (2 sticks and 2 rings) and stand opposite to each other.</p> <p>Both players throw the ring to each other at the same time, and try to catch the ring at the same time.</p> <p>If both players are able to catch it, that team scores 1 point.</p> <p>Differentiate:</p> <ul style="list-style-type: none"> - Team with the highest series wins. So count every time you successfully both caught the ring. If one ring touches the ground start over at 0. 	<p>15 minutes (30:00 – 45:00)</p> <p>  Player  Instructor  Marker </p> 	<p>First start with practice before you really go into the challenge.</p> <p>Tips:</p> <ul style="list-style-type: none"> - Count from three to zero before throwing the ring. - Only focus on throwing and not catching (look at your own ring). - The better catcher has to throw the ring later than his or her buddy. <p>Differentiate:</p> <p>Different scoring system:</p> <p>0 points → only 1 player caught the ring</p> <p>1 point → both players caught the ring with their hand</p> <p>2 points → 1 player caught with hand; other with stick</p> <p>4 points → both players caught the ring with their stick</p>
Endgame:		
Activity description:	Practical information:	Instructions and tips:
<p>YOU.FO Zone (different scoring system):</p> <p>YOU.FO Zone is played according to the official YOU.FO Zone rules (see YOU.FO Zone 10 bullet point rules, p. 8). Only the scoring system is different:</p> <ul style="list-style-type: none"> - Scoring in the centre scoring zone (2 points) - Scoring in one of the two outside scoring zones (1 point) 	<p>15 minutes (45:00 – 60:00)</p> <p>  Player  Instructor  Marker </p>  <p> <i>* Use the markers to make two scoring zones with two scoring sections.</i> <i>* Use coloured vests in order to distinguish both teams.</i> <i>* Yellow = 2 points</i> <i>* Orange = 1 point</i> </p>	<p>In order to maintain players safety you (as an instructor) could get into the role of observer.</p> <p>Tips:</p> <ul style="list-style-type: none"> - compact positioning of team members. - switch sides (defensively) with your entire team (important in compact positioning). - focus on successful throws. - suggest options where to pass the ring too (free spaces). - pay attention on claiming the ring.




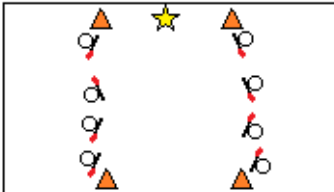



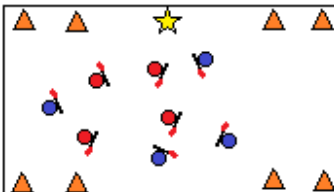
Lesson 5

Lesson (5):		Participants:	Time:
Square throwing		8 players	1 hour
Activities:		Material:	
Warming-up: Bully throwing Technique practice: dynamic square throwing Challenges: static square throwing Endgame: YOU.FO Zone triviant		- 8 YOU.FO sticks - 8 YOU.FO rings - 20 coloured markers (two different colours) - 4 coloured vests (distinguishing teams)	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
Bully throwing: Two teams (4 players each) stand in two lines. The first player of each team has a stick and ring. He has to throw the ring to 'the square'. The square consists of 4 scoring squares (from small to big). Each teams adds the score, which results in square runs for the opponent team: - outside of the square = 15 runs - 4 th section = 10 runs - 3 rd section = 7 runs - 2 nd section = 5 runs - 1 st section = 3 runs	10 minutes (0:00 – 10:00)  Player  Instructor  Marker 	Tips: Each player has its own ring and throws it into the square. After throwing the player leaves the ring at the place it landed. The players wait till every player has thrown. Then they add up the scores and start running with their entire team around the square. (In figure: outside section, red square). It is 'bully throwing' because the teams can bully each other by throwing as good as possible in order to tease the other team.	
Technique practice:			
Activity description:	Practical information:	Instructions and tips:	
Dynamic throwing and catching: Players divide themselves over the 4 markers (each marker two players). The players throw clockwise to the next player and walk to the next marker. Another player needs to catch it and throw it clockwise to the next player. Differentiate: - Throw it in front of the marker (two meters), so it becomes a dynamic catching and throwing practice.	15 minutes (10:00 – 25:00)  Player  Instructor  Marker 	Differentiate (+1): - Add a ring, which makes it two rings within the square to be thrown and caught. Both rings start at the same time at the opposite side of the square. Tips: - Always keep your eyes at the ring - Also focus on the second ring (timing and pace). - If the second ring goes to fast, stop and start over at the same time. Differentiate (+2): - Only backhand, or only forehand. - Clockwise, or anti-clockwise.	
Challenge:			
Activity description:	Practical information:	Instructions and tips:	
Static square throwing and	25 minutes (20:00 – 45:00)	Differentiate (-1):	

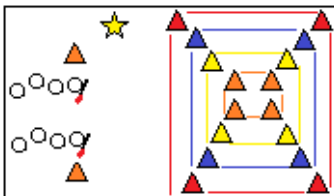
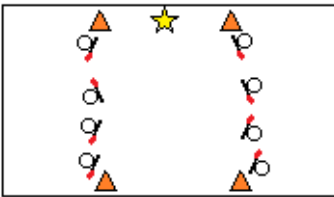
<p>catching:</p> <p>Make couples (2 sticks and 2 rings) and divide over the 4 squares.</p> <p>2 squares form a team and have to throw and catch the ring within the squares.</p> <p>First all teams have time to practice the precise throwing and catching. Within the challenge the point system is;</p> <ul style="list-style-type: none"> - If a ring is caught within the square = 2 points - if a ring falls on the ground within the square = 1 point -if the ring is caught outside of the square = 0 point - and if the ring falls on the ground outside of the square = -1 point 	<p>  Player  Instructor  Marker </p>  <p> <i>* Make an equal square.</i> <i>* Distances between the sections are the same.</i> </p>	<p>Each couple has one ring, instead of two rings. This makes it more easier to focus on catching the ring.</p> <p>Differentiate:</p> <p>Change teams, so change up the couples that they throw and catch with a different couple.</p> <p>Differentiate (+1):</p> <p>Couples on the opposite side form teams. The distance between the couples is bigger than before, which makes it more difficult.</p> <p>Tips:</p> <ul style="list-style-type: none"> - Count from three to zero before throwing the ring. - Only focus on throwing and not catching (look at your own ring). - The better catcher has to throw the ring later than his or her buddy.
Endgame:		
Activity description:	Practical information:	Instructions and tips:
<p>YOU.FO Zone (triviant):</p> <p>Within the field of play there are 5 scoring zones (marked with 5 different coloured makers).</p> <p>The official YOU.FO ZONE rules are used (see p.8), except;</p> <ul style="list-style-type: none"> - after each score, possession of the ring remains with the scoring team (so continues play) - it is possible to score in 5 scoring zones - after a score in one zone (and possession is held), you can't score in that similar scoring zone - after scoring in another scoring zone, your team is able to score in the other 4 scoring zones. <p>* Score a triviant (without losing ring possession score in all 5 coloured) scoring zones = 5 extra points.</p>	<p>15 minutes (45:00 – 60:00)</p> <p>  Player  Instructor  Marker </p>  <p> <i>* Use the markers to make two scoring zones with two scoring sections.</i> <i>* Use coloured vests in order to distinguish both teams.</i> <i>* Yellow = 2 points</i> <i>* Orange = 1 point</i> </p>	<p>In order to maintain players safety you (as an instructor) could get into the role of observer.</p> <p>Differentiate (+1):</p> <ul style="list-style-type: none"> - If a team scores within a coloured marker, during that possession, they can't score within that scoring zone anymore. <p>Different to the normal version is that after scoring in a scoring zone, you are still able to score in the other 4. But now you can't score in a scoring zone you already scored before if you still have ring possession.</p> <p>After losing possession of the ring you can score again in every zone.</p> <p>Differentiate (+2):</p> <p>Aim of the game is to be the first team to have scored in all 5 coloured scoring zones. After a score you keep in possession of the ring.</p> <p>After scoring in all different scoring zones that team wins the game.</p>


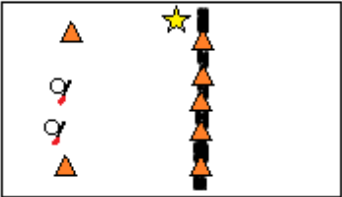
Lesson 6

Lesson (6):		Participants:	Time:
Technique focus		8 players	1 hour
Activities:		Material:	
Warming-up: Dynamic throwing Technique practice: All different throwing techniques Challenges: Technique scores Endgame: YOU.FO ZONE		- 8 sticks - 8 rings - 8 markers - 4 coloured vests (distinguishing teams)	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
Dynamic throwing: Make groups of 4. Standing in front of each other in couples with a 10 meters distance in between. After throwing the ring, walk in that direction and get in line with the other players.	10 minutes (0:00 – 10:00)  Player  Instructor  	Focus on throwing forehand AND backhand. Tip: - At first give no instructions on throwing. After 5 minutes give the instruction to throw backhand on one side and forehand on the other side.	
Technique practice:			
Activity description:	Practical information:	Instructions and tips:	
Static throwing: Make couples. First decrease the distance between each other and focus on the overhead technique (see Movement description, overhead, p.#). Afterwards increase the distance between each other and focus on the floor sweep (see Movement description, floor sweep, p.#). Dynamic throwing (all techniques): A dynamic throw form where all throwing techniques are used. Players divide themselves over the 4 markers. The remaining players stay at the starting marker. 1 st throw = floor sweep 2 nd throw = overhead 3 rd throw = backhand 4 th throw = forehand	25 minutes (10:00 – 35:00) Static (in couples):  Player  Instructor   Dynamic (group form):  Player  Instructor   <i>* Players walk to the next marker after throwing the ring.</i> <i>* At the 5th marker, catch the</i>	Static: Tips: - In order to increase pace and intensity it is possible to add a extra ring to each couple. The pace of throwing and catching will be higher. - Focus on the throwing part, and not the catching part. Dynamic: Tip: - Let them start when the ring is at the 3 rd throw (because of the walk between the markers). - If the practice goes well you could increase speed by adding a ring and let the next player start if the ring is at the 2 nd throw.	

	ring and get back in line.	
Challenge:		
Activity description:	Practical information:	Instructions and tips:
<p>Time Challenge:</p> <p>Couples have 1 minute to get a high score as possible. Every time a player throws the ring with his stick and his buddy successfully catches the ring: 1 point. It does not matter if the ring falls on the ground, continue to count.</p> <p>Only use one technique each time challenge;</p> <ul style="list-style-type: none"> - forehand - backhand - floor sweep - overhead <p>It is only allowed to throw that technique during that time challenge.</p>	<p>10 minutes (35:00 – 45:00)</p> <p>  Player  Instructor  Marker </p>  <p><i>* Important are the different distances between the couples for the different techniques.</i></p> <ul style="list-style-type: none"> - Fore- and backhand is around 15 meters - Floor sweep is around 20 to 25 meters - Overhead is between 10 to 15 meters 	<p>Differentiate:</p> <p>Time challenge (2), making series: Couples have 1 minute to get a high score as possible. Every time a player throws the ring with his stick and his buddy successfully catches the ring: 1 point. If the ring falls on the ground, the couple starts over counting. The highest score achieved during the time challenge (1 minute) counts as highest score.</p> <p>Tips:</p> <ul style="list-style-type: none"> - Change up the couples, so all players play with a different buddy. - Add a reward for the couple with the highest score: they can determine what kind of task the losers have to do (e.g., 10 push ups, 5 suicide sprints).
Endgame:		
Activity description:	Practical information:	Instructions and tips:
<p>YOU.FO Zone:</p> <p>YOU.FO Zone is played according to the official YOU.FO Zone rules (see YOU.FO Zone 10 bullet point rules, p. 8).</p>	<p>15 minutes (45:00 – 60:00)</p> <p>  Player  Instructor  Marker </p>  <p><i>* Use the markers to make two scoring zones.</i></p> <p><i>* Use coloured vests in order to distinguish both teams.</i></p>	<p>In order to maintain players safety you (as an instructor) could get into the role of observer.</p> <p>Tips:</p> <ul style="list-style-type: none"> - focus on successful throws. - suggest options where to pass the ring too (free spaces). - pay attention on claiming the ring.

Lesson 7

Lesson (7):		Participants:	Time:
Target games		8 players	1 hour
Activities:		Material:	
Warming-up: Relay Technique practice: 2 ring practice Challenges: Target games Endgame: Zone2Zone Play		- 8 sticks - 8 rings - 30 coloured markers (5 different colours) - 5 pylons	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
Relay Two teams (4 players each) stand in two lines. The first player of each team has a stick and ring. He has to throw the ring to 'the square'. The square consists of 4 scoring squares (from small to big). The first player throws the ring into the square, if the ring - doesn't land into the square he or she has to do 20 'jumping jacks' - does land in the 4 th section within the square he or she has to do 15 jumping jacks - in the 3 rd section 10 jumping jacks - in the 2 nd section 5 jumping jacks - in the middle (1 st section) 0 jumping jacks	10 minutes (0:00 – 10:00)  <i>* After throwing he or she has to run as fast as possible to the square, pick up the ring (without the stick), do the # jumping jacks, and run back to give the ring to the next player in line.</i>	Tips: If you have the material and space to make two separate squares with different sections, do it (for safety reasons). If you don't have the material or space, ensure the players to do the jumping jacks outside of the square and let them focus on the other team while picking up the ring, or running towards the square. It's a warming-up, so the fun factor has to be high and it is not all about winning or losing.	
Technique practice:			
Activity description:	Practical information:	Instructions and tips:	
Static throwing and catching (2 rings): Make couples (2 sticks and 2 rings) and stand opposite to each other. Both players throw the ring to each other at the same time, and try to catch the ring at the same time.	10 minutes (10:00 – 20:00) 	Tips: - Count from three to zero before throwing the ring. - Only focus on throwing and not catching (look at your own ring). - The better catcher has to throw the ring later than his or her buddy Differentiate (+1): Challenge the couples to count the amount of successful throws and catches within one minute. Differentiate (+2): Challenge the couples of making series (see lesson 4, challenge)	

Challenge:																																			
Activity description:	Practical information:	Instructions and tips:																																	
<p>Target games: Make couples, as couple you participate within the target games. There are 4 target games. Each round takes 5 minutes, afterwards the couples have 2 minutes to prepare for the next round.</p> <p>Target game (1) GOLF: Aim is to land the ring in the 'hole', with the least possible throws. The ring is thrown after each throw from the place it stopped (so not landed, but stopped moving). This also is the case within the hole. After successfully landing in the 'hole' (can use everything, e.g.; trashcan, 4 markers, etc.), couples can have another try. The TWO best scores count for the overall score.</p> <p>Target game (2) PYLON HIT: Aim is to hit of the PYLONS from a target (e.g.; fence, hockey- or football goal, etc.). The couples have two rings. Within 5 minutes they have to hit as much pylons as possible. Each pylon that falls of a target is one point. After hitting a pylon continue and try to hit another pylon, after all pylons are hit, put them back on the target and start over again.</p> <p>Target game (3) SQUARE: Aim is to throw and catch within the square to gain</p>	<p><i>30 minutes (20:00 – 50:00)</i></p> <p><i>* Try to use the entire field of play</i> <i>* Smart use of space (don't let them walk through each other's field)</i></p> <p>Target game (1) GOLF:  </p> <p><i>*Differentiate (+1):</i> Without falling, if the ring falls on the ground you need to start over as a couple (can't walk with the ring on your stick, teammate needs to run and catch it).</p> <p>Target game (2) PYLON HIT:  </p> <p><i>*Differentiate (+1):</i> <i>After hitting a pylon the couples can choose to continue to throw at the other pylons (in case all pylons are hit = 5x points), or they could out the pylon back on the target again (for 1 point).</i></p> <p>Target game (3) SQUARE:</p>	<p>After each round collect the score of the couples. The couples earn points for the ranking per target games (see below).</p> <table border="1"> <thead> <tr> <th></th><th>Target game 1 (score and ranking)</th><th>Target game 2 (score and ranking)</th><th>Target game 3 (score and ranking)</th><th>Target game 4 (score and ranking)</th><th>Total ranking points</th></tr> </thead> <tbody> <tr> <td>Team 1</td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>Team 2</td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>Team 3</td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>Team 4</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table> <p>The ranking system: - Team that has the best score gains 4 points. - The second best team earns 3 points, the 3rd best team earns 2 points, the other team(s) score 1 point.</p> <p>For the 4 different target games a ranking will take place and the points will be given to the teams according to the ranking system.</p> <p>At the end the team with the highest amount of points wins.</p> <p><i>* Tip:</i> If you want to use an differentiation, do this from the beginning and not change during the target games. Otherwise the scores will be invalid, because teams used different rules.</p>					Target game 1 (score and ranking)	Target game 2 (score and ranking)	Target game 3 (score and ranking)	Target game 4 (score and ranking)	Total ranking points	Team 1						Team 2						Team 3						Team 4					
	Target game 1 (score and ranking)	Target game 2 (score and ranking)	Target game 3 (score and ranking)	Target game 4 (score and ranking)	Total ranking points																														
Team 1																																			
Team 2																																			
Team 3																																			
Team 4																																			

points. Both for throwing, as catching, the squares are multipliers.

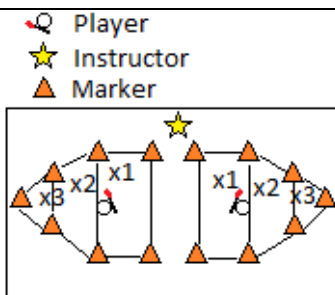
If the ring is thrown within square 1 (x1), square 2 (x2) and square 3 (x3). The same for catching.

Example: if the ring is thrown for square 2 and caught in square 3 (2x3 = 6 points).

Target game (4) PATTERN PLAY:

Couples need to throw and catch a certain pattern. Aim is to make as much successful patterns as possible within the 5 minutes. This pattern can be determined in more detail by the instructor (depending on the skill level of the players).

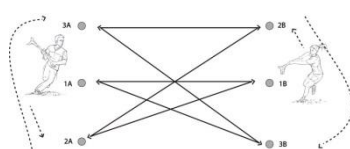
Each time the couple successfully thrown a pattern (+1 point), in case the ring did not fall on the ground during 1 successful pattern (+3 points).



** Differentiate(+1):*

In order to increase pace use two rings for throwing and catching.

Target game (4) PATTERN PLAY:



** Differentiate (+1):*

In case of an unsuccessful catch, restart the pattern.

Change patterns, more difficult, more distance, etc.

Endgame:

Activity description:

Sideline to sideline (throw-off)
Aim of this challenge is to be the fastest couple at the other side of the field of play. How can this be done:

- Each couple stands at one sideline (with each a stick, and one ring per couple).
- After the starting signal one of the couple can run as fast as possible to the other side of the field of play.
- The couples have to get to the other side of the field by throwing and catching the ring.
- Can't run while holding the ring on your stick.
- If the ring falls on the ground, your team has to restart at the starting sideline.

Practical information:

10 minutes (50:00 – 60:00)



** Use the entire field of play.
So if your playground is 50 meters wide, use the entire 50 meters.*

Instructions and tips:

Differentiate:

Can be done in couples (as mentioned), or in groups. Make two teams of 4 and do the same challenge.


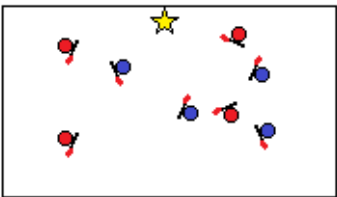
Differentiate (-1):

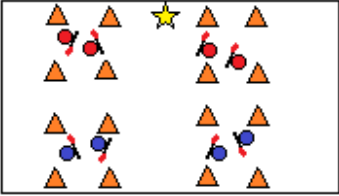
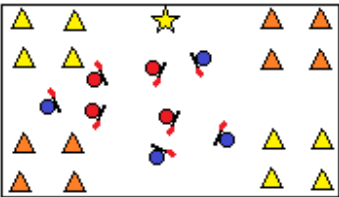
- If it is too hard, players are able to catch it by hand.
- Safety line in the middle (if the teams cross the safety line and the ring falls on the ground, they don't have to restart at the starting sideline, but at the safety line).

Differentiate (+1):




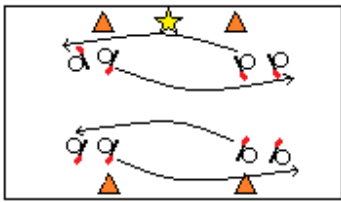



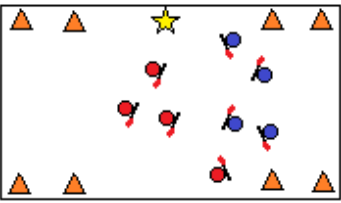
- The couples have to go back and forth. They have to successfully catch the ring on the other side, turn around and go back to the starting sideline to win.




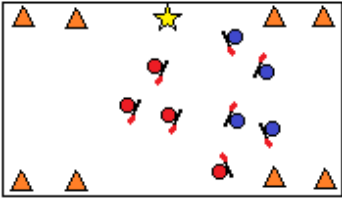



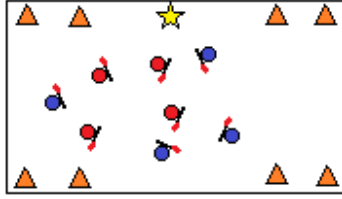
Lesson 8

Lesson (8):		Participants:	Time:
		8 players	1 hour
Activities:		Material:	
Warming-up: Sideline to sideline Technique practice: Groups of four dynamic Challenges: Square throwing and catching Endgame: YOU.FO different ZONES		- 8 sticks - 8 rings - 16 markers - 4 coloured vests (distinguishing teams)	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
Sideline to sideline (throw-off) Aim of this challenge is to be the fastest couple at the other side of the field of play. How can this be done: - Each couple stands at one sideline (with each a stick, and one ring per couple). - After the starting signal one of the couple can run as fast as possible to the other side of the field of play. - The couples have to get to the other side of the field by throwing and catching the ring. - Can't run while holding the ring on your stick. - If the ring falls on the ground, your team has to restart at the starting sideline.	10 minutes (0:00 – 10:00)  <i>* Use the entire field of play. So if your playground is 50 meters wide, use the entire 50 meters.</i>	Differentiate: Can be done in couples (as mentioned), or in groups. Make two teams of 4 and do the same challenge. Differentiate (-1): - If it is too hard, players are able to catch it by hand. - Safety line in the middle (if the teams cross the safety line and the ring falls on the ground, they don't have to restart at the starting sideline, but at the safety line). Differentiate (+1): - The couples have to go back and forth. They have to successfully catch the ring on the other side, turn around and go back to the starting sideline to win.	
Technique practice:			
Activity description:	Practical information:	Instructions and tips:	
Both groups throw and catch within the entire field of play. Players are free in choice which technique they use during a throw. After a player has thrown, he or she has to move to a different place within the field of play. Both teams walk within the same field of play and are able to cross each other paths.	10 minutes (10:00 – 20:00)  	Make sure the players pay attention to each other. Ensure that all players are aware that another team walks in the same field of play. * Differentiate: Players have to run behind their pass (if a player passes to player X, this player has to run to the place player X is standing. Player X is throwing to Player Y. After his throw, Player X has to run to the place player Y was standing.	
Challenge:			




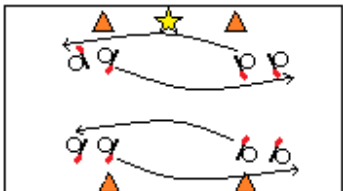



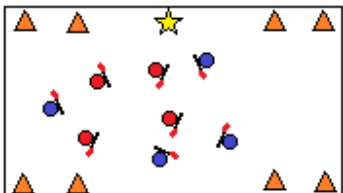
Activity description:	Practical information:	Instructions and tips:
<p>Static square throwing and catching:</p> <p>Make couples (2 sticks and 2 rings) and divide over the 4 squares.</p> <p>2 squares form a team and have to throw and catch the ring within the squares.</p> <p>First all teams have time to practice the precise throwing and catching. Within the challenge the point system is;</p> <ul style="list-style-type: none"> - If a ring is caught within the square = 2 points - if a ring falls on the ground within the square = 1 point -if the ring is caught outside of the square = 0 point - and if the ring falls on the ground outside of the square = -1 point 	<p>25 minutes (20:00 – 45:00)</p> <p>👤 Player ★ Instructor ▲ Marker</p>  <p>* Make an equal square. * Distances between the sections are the same.</p>	<p>Differentiate (-1):</p> <p>Each couple has one ring, instead of two rings. This makes it more easier to focus on catching the ring.</p> <p>Differentiate:</p> <p>Change teams, so change up the couples that they throw and catch with a different couple.</p> <p>Differentiate (+1):</p> <p>Couples on the opposite side form teams. The distance between the couples is bigger than before, which makes it more difficult.</p> <p>Tips:</p> <ul style="list-style-type: none"> - Count from three to zero before throwing the ring. - Only focus on throwing and not catching (look at your own ring). - The better catcher has to throw the ring later than his or her buddy.
Endgame:		
Activity description:	Practical information:	Instructions and tips:
<p>YOU.FO different zones: uses almost the same rules as the official YOU.FO Zone game. Rules that differ from the official YOU.FO Zone (see p.8).</p> <ul style="list-style-type: none"> - There are 4 scoring zones instead of two (each team has two scoring zones, 1 one each side). - Each team defends their own scoring zones (2) and need to score in the other (2) scoring zones. - After a score the game continues (the team that scores holds possession of the ring). - Afterwards the team has to score in the other scoring zone (on the other side of the field of play). - If a team loses possession of the ring they are able to score in both scoring zones again. 	<p>15 minutes (45:00 – 60:00)</p> <p>👤 Player ★ Instructor ▲ Marker</p>  <p>* Use the markers to make 4 scoring zones. * Use coloured markers to distinguish the different scoring zones. * Use coloured vests in order to distinguish both teams.</p>	<p>In order to maintain players safety you (as an instructor) could get into the role of observer.</p> <p>Tips:</p> <ul style="list-style-type: none"> - focus on successful throws. - suggest options where to pass the ring too (free spaces). - pay attention on claiming the ring.

Lesson 9

Lesson (9):		Participants:	Time:
Tactical focus		8 players	1 hour
Activities:		Material:	
Warming-up: Dynamic throwing Technique practice: Tactical practice Challenges: Tactical practice Endgame: Tactical practice YOU.FO Zone		- 8 sticks - 8 rings - 8 markers - 4 coloured vests (distinguishing teams)	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
Dynamic throwing: Make groups of 4. Standing in front of each other in couples with a 10 meters distance in between. After throwing the ring, walk in that direction and get in line with the other players.	10 minutes (0:00 – 10:00)  Player  Instructor  	Focus on throwing forehand AND backhand. Tip: - At first give no instructions on throwing. After 5 minutes give the instruction to throw backhand on one side and forehand on the other side.	
Technique practice:			
Activity description:	Practical information:	Instructions and tips:	
Define 4 defenders and 4 attackers. Let them think and discuss about tactics on defending and attacking. Afterwards each group has 10 minutes to try out the different tactics. The attacking group starts with possession of the ring each time. If the ring goes out of bound, the attacking team gets possession of the ring again from their own scoring zone. In case the defending team intercepts the ring, they can score by throwing the ring in the other scoring zone (catch is not needed).	30 minutes (10:00 – 40:00)  Player  Instructor   - 5 minutes: discussion - 10 minutes: attacking/defending - 5 minutes: change role and discussion - 10 minutes: attacking/defending opposite	Attacking team: Always starting with possession from their own scoring zone. Tactic: - long throw (fast deep movement and try to catch it in the scoring zone) <i>no precision/all or nothing</i> - short throwing (short, sureness in passing, slow movement into the scoring zone) <i>no lose of ring possession</i> - central movement (a player ensures a free spot in front of the scoring zone, teammates run past him or her on both sides, so he has always two scoring options) <i>fast movement / difficult to defend</i> Defending team: - men on men defence (each defender defends an attacking player and stays by his or her side) - ‘park the bus’ (wait in front or inside the scoring zone) - zone defending (each defender stays in position and defends his or her own side of the zone)	
Challenge:			

Activity description:	Practical information:	Instructions and tips:
<p>Each group has 5 minutes to score as much points as possible. After 5 minutes both groups switch roles.</p> <p>The attacking group always starts at their own scoring zone. So also after;</p> <ul style="list-style-type: none"> - losing ring possession - ring gets out of bound <p>The attacking side needs to score points. As much as possible within 5 minutes.</p> <p>The defending team needs to defend are not able to score. So if the defending team gets possession of the ring, they give the ring back to the attacking team, which have to restart from their own scoring zone.</p>	<p>10 minutes (40:00 – 50:00)</p> <p>  Player  Instructor  Marker </p> 	<p>Attacking team:</p> <p>Always starting with possession from their own scoring zone. Tactic:</p> <ul style="list-style-type: none"> - long throw (fast deep movement and try to catch it in the scoring zone) <i>no precision/all or nothing</i> - short throwing (short, sureness in passing, slow movement into the scoring zone) <i>no lose of ring possession</i> - central movement (a player ensures a free spot in front of the scoring zone, teammates run past him or her on both sides, so he has always two scoring options) <i>fast movement / difficult to defend</i> <p>Defending team:</p> <ul style="list-style-type: none"> - men on men defence (each defender defends an attacking player and stays by his or her side) - 'park the bus' (wait in front or inside the scoring zone) - zone defending (each defender stays in position and defends his or her own side of the zone)
Endgame:		
Activity description:	Practical information:	Instructions and tips:
<p>YOU.FO Zone:</p> <p>YOU.FO Zone is played according to the official YOU.FO Zone rules (see YOU.FO Zone 10 bullet point rules, p. 8).</p>	<p>10 minutes (50:00 – 60:00)</p> <p>  Player  Instructor  Marker </p>  <p> <i>* Use the markers to make two scoring zones.</i> <i>* Use coloured vests in order to distinguish both teams.</i> </p>	<p>Focus on the tactical aspects of the game.</p> <p>Stop the game in order to clear up an important tactical decision a player made (or not, where he or she should have made it).</p>

Lesson 10

Lesson (10):		Participants:	Time:
Match		8 players	1 hour
Activities:		Material:	
Warming-up: Dynamic throwing Endgame: Match YOU.FO ZONE		- 8 sticks - 2 rings - 8 markers - 4 coloured vests (distinguishing teams)	
Warming-up:			
Activity description:	Practical information:	Instructions and tips:	
Dynamic throwing: Make groups of 4. Standing in front of each other in couples with a 10 meters distance in between. After throwing the ring, walk in that direction and get in line with the other players.	5 minutes (0:00 – 5:00)  Player  Instructor  Marker 	Focus on throwing forehand AND backhand. Tip: - At first give no instructions on throwing. After 5 minutes give the instruction to throw backhand on one side and forehand on the other side.	
Endgame			
Activity description:	Practical information:	Instructions and tips:	
YOU.FO Zone: YOU.FO Zone is played according to the official YOU.FO Zone rules (see YOU.FO Zone 10 bullet point rules, p. 8). Rules (not listed above); - If the ring lands in the scoring zone, it can be claimed. If the attacking team claims the ring, they have to throw it outside of the scoring zone in order to score again. - If a team scores, both teams switch sides and the ring is brought back into play with a pull. - For more details see YOU.FO ZONE RULEBOOK.	55 minutes (5:00 – 60:00)  Player  Instructor  Marker  * Use the markers to make two scoring zones. * Use coloured vests in order to distinguish both teams. Time plan: 1 st quarter (5:00 – 15:00) Break (15:00 – 20:00) 2 nd quarter (20:00 – 30:00) Break (30:00 – 35:00) 3 rd quarter (35:00 – 45:00) Break (45:00 – 50:00) 4 rd quarter (50:00 – 60:00)	Focus on the progress of the match and take the role as an observer.	