



# Skills Challenge Activities

[2020 National Skills Challenge Particulars - October 5 - November 15](#)

Category	Name	Objective	Full Description
Athleticism	<b>Cone Race</b>	How fast can you run through the W and tag all the cones?	<p style="text-align: center;"><a href="#">How To Video</a></p> <p><b>Setup &amp; Materials:</b> Setup 5 half-cones to form a W. Each cone will be 5 yards apart.</p> <p><b>To Start:</b> Begin on the far left side of the W. Start the timer and sprint to the cone in front of you and tag it quickly. After running and tagging all 5 cones, without pausing, run the W again from right to left.</p> <p><b>What to Count:</b> Time stops once you have run the W from left to right and right to left and then tagged the starting cone.</p> <p><b>Tips:</b> 1) As you approach each cone, make sure you keep your hips low and take quick tiny steps. 2) Once you reach a cone, plant your outside foot into the ground, turn your hips to change direction, and explode into a sprint toward the next cone.</p>
Athleticism	<b>Compass</b>	How fast can you sprint, shuffle, and backpedal through the compass?	<p style="text-align: center;"><a href="#">How To Video</a></p> <p><b>Setup &amp; Materials:</b> Create the shape of a compass with 5 cones. Starting from your middle cone, set up four cones 10 yards away, one each at the "north," "south," "east," and "west" points.</p> <p><b>To Start:</b> Stand behind the south cone. When you are ready, press go on your timer and run to the middle cone. Next shuffle to the east cone and then shuffle to the far west cone. Then shuffle back to the center cone. Once you reach the center cone, backpedal to the starting cone. Finally sprint to the furthest north cone, plant and quickly change direction to sprint back to the starting cone and stop the timer.</p> <p><b>What to Count:</b> Plug your final time into the app.</p> <p><b>Tips:</b> 1) For backpedaling and shuffling, stay low, balanced and bend at the knees. 2) Ensure feet do not cross when shuffling.</p>
Athleticism	<b>Shuttle</b>	How many 10 yard sprints can you do in a minute? Build endurance & power in this solo running activity.	<p><b>Setup &amp; Materials:</b> Place two cones/objects 10 yards apart. There is no disc needed for this activity, but you will need a 60 second timer.</p> <p><b>What to Count:</b> Not including the cone you start at, count every time you touch one of the cones.</p>



		Touch each cone as many times as you can by running in between them.	<b>Tips:</b> 1) Take smaller steps as you slow down and get low to change directions. 2) Try pacing yourself the first few times until you can keep running for the whole minute; then try to get faster and faster.
Disc Fun	<b>Disc Spin</b>	How long can you spin the disc on your finger?	<p style="text-align: center;"><a href="#"><u>How To Video</u></a></p> <p><b>Setup &amp; Materials:</b> You only need 1 disc, and a partner who can time you with a stopwatch or timer.</p> <p><b>To Start:</b> Have your partner give you a "3-2-1" before simultaneously 1) they start timing you, and 2) you start spinning the bottom of the disc on a finger.</p> <p><b>What to Count:</b> Your partner will stop the timer as soon as you lose control of the disc. Put your time into the app.</p> <p><b>Tips:</b> 1) Try spinning the disc with your opposite hand on your pointer or middle finger and keep it balanced until it comes to a stop. When you have that down, start moving that finger in small circles to keep the disc spinning.</p>
Disc Fun	<b>Flip Toss</b>	How many disc flips can you complete in 1 minute?	<p style="text-align: center;"><a href="#"><u>How To Video</u></a></p> <p><b>Setup &amp; Materials:</b> Find a safe space free of breakables to use your disc. You need 1 disc and a 60 second timer.</p> <p><b>To Start:</b> Push the start button on your timer, and attempt your first disc flip. To accomplish this, hold the disc with its underside facing away from you, your thumb on the inside rim and four fingers splayed out on the top flight rings. Toss the disc in an upward motion toward your body. You must catch the disc with your other hand above your head after the disc has flipped over once for it to count. Stop when the timer goes off.</p> <p><b>What to Count:</b> How many complete catches did you make above your head during the minute?</p>
Disc Fun	<b>Alligator Spins</b>	How many catches can you make after a 360 degree spin in 30 seconds?	<p style="text-align: center;"><a href="#"><u>How To Video</u></a></p> <p><b>Setup &amp; Materials:</b> Find a safe place free of breakables and sharp edges where you can spin around and possibly drop a disc. It's also helpful to find a line on the ground (could be a crack in or a line drawn on the sidewalk) to focus on as you spin. You'll need 1 disc and a 30 second timer.</p> <p><b>To Start:</b> Stand with your feet facing forward and your disc in hand. Start your timer. Toss your disc in the air and spin 360 degrees as fast as possible before catching the disc. Count each successful catch. Stop when</p>



			<p>the timer expires.</p> <p><b>What to Count:</b> Track how many successful catches you made during the 30 seconds.</p> <p><b>Tips:</b> 1) Try to toss the disc up level with the ground and with some spin for added hang time; you might have to vary how high you throw the disc. 2) Keep your hands in the alligator position while turning so you're ready to catch. 3) After you try this spinning one direction, try doing it the other direction to keep your body balanced.</p>
Game Skills	<b>Throw, Run, Catch</b>	What's the maximum distance you can run to catch your own throw?	<p style="text-align: center;"><a href="#">How To Video</a></p> <p><b>Setup &amp; Materials:</b> You need a disc and a way to measure your total distance between the throw and the catch, such as a tape measure, phone app or football field. Mark the starting line on the field.</p> <p><b>To Start:</b> Throw the disc before crossing the line on the field, and then run to catch the disc with one hand. You have unlimited attempts.</p> <p><b>What to Count:</b> Measure the distance between the starting line and where the disc was caught.</p> <p><b>Tips:</b> 1) As you release the throw, your non-pivot foot and leg should be moving to prepare to explode and sprint toward the disc. 2) Once you're running to catch the disc, glance quickly up at the disc to track where it is headed and then continue in a straight sprint. As you move closer to the disc, look up to check how it will fall and move to catch the disc.</p>
Game Skills	<b>Figure 8s</b>	How many catches can you make while running in 1 minute?	<p style="text-align: center;"><a href="#">How To Video</a></p> <p><b>Setup &amp; Materials:</b> Place two cones/objects 10 yards apart. Your partner for this activity will stand in front of the "starting cone" and will throw a disc to you for 60 seconds. Make sure your partner has a timer.</p> <p><b>To Start:</b> Stand on the left side of your partner and have them start a 60 second timer. On "Go," sprint toward the right side of the cone and turn around it counter-clockwise, sprint back to the opposite side of your partner but heads up! As you're running your partner will toss a soft short pass - about 3 yards and waist-high - for you to catch. Catch it if you can! If caught, immediately hand it off to your partner and continue around them in a clockwise direction and start your next Figure 8. If it's not caught, have your partner pick up the disc and get back in position while you continue sprinting around the starting cone to begin your next Figure 8. Stop when the 60 second timer goes off.</p>



			<p><b>What to Count:</b> Track how many complete catches you make!</p> <p><b>Tips:</b> 1) Watch the disc into your hands. 2) Get low and lean your body into your changes of direction. 3) Try doing the Figure 8 in reverse to make sure your catching is balanced on both sides, but give yourself a 4 minute break before trying it! Maybe throw for your partner while you wait.</p>
Throwing	<b>Throw for Distance - Backhand</b>	Test how far you can throw a backhand, while keeping the disc in bounds.	<p style="text-align: center;"><a href="#">How To Video</a></p> <p><b>Setup &amp; Materials:</b> You need a disc and a way to measure your total distance between the throw and the catch, such as a tape measure, phone app or football field. Mark off a width of 40 yards. Mark the starting line on the field.</p> <p><b>To Start:</b> Start behind the starting line, and be sure to release the disc before crossing the line. Throw a backhand as far as you can.</p> <p><b>What to Count:</b> You have unlimited attempts. Measure the distance between the starting line and where the disc first touches the ground in bounds.</p> <p><b>Tips:</b> 1) A strong grip and explosive snap of your wrist are key, so you can release the disc with more spin and strength. 2) Place a marker on the field to help you identify a personal distance goal.</p>
Throwing	<b>Throw for Distance - Forehand</b>	Test how far you can throw a forehand, while keeping the disc in bounds.	<p style="text-align: center;"><a href="#">How To Video</a></p> <p><b>Setup &amp; Materials:</b> You need a disc and a way to measure your total distance between the throw and the catch, such as a tape measure, phone app or football field. Mark off a width of 40 yards. Mark the starting line on the field.</p> <p><b>To Start:</b> Start behind the starting line, and be sure to release the disc before crossing the line. Throw a forehand as far as you can.</p> <p><b>What to Count:</b> You have unlimited attempts. Measure the distance between the starting line and where the disc first touches the ground in bounds.</p> <p><b>Tips:</b> 1) A strong grip and explosive snap of your wrist are key, so you can release the disc with more spin and strength. 2) Place a marker on the field to help you identify a personal distance goal.</p>
Throwing	<b>Sink a Disc</b>	How many of the 20 consecutive throws can you get to land in the laundry basket?	<p style="text-align: center;"><a href="#">How To Video</a></p> <p><b>Setup &amp; Materials:</b> You need one disc and a laundry basket or something similar in size, no larger than 24in x 24in.</p>



			<p><b>To Start:</b> Stand 3 yards away from the basket. You have 20 consecutive throws to see how many you get to land in the laundry basket.</p> <p><b>What to Count:</b> Record how many of the 20 tries landed in the basket.</p> <p><b>Tips:</b> 1) Focus on keeping your throw flat.</p>
Throwing	<b>Accuracy Ladder</b>	You have 3 attempts to hit your target and move to the next rung of the distance ladder; how far can you get?	<p style="text-align: center;"><a href="#"><u>How To Video</u></a></p> <p><b>Setup &amp; Materials:</b> Place a target, like a kitchen trash can (roughly 36 inches tall by 18 inches wide) in an area that is safe for you to both throw from a range of distances and also that doesn't have anything breakable nearby in case you miss. You only need 1 disc, but more are fine. You also need something to mark your starting place.</p> <p><b>To Start:</b> Start 3 yards away from the target. Mark your starting point with an object. You have three attempts to hit the target from your current distance. If you succeed in hitting the target on any of your three attempts, mark your spot with your marker object, then move backwards 3 yards away and start your three attempts from the new distance. If you do not hit the target in three throws, the game is over.</p> <p><b>What to Count:</b> Measure the yardage from the target to the spot where you were last successful in hitting the target, which is still marked with your marker object.</p> <p><b>Tips:</b> 1) If there's a fence behind your target, you won't have to chase discs as far. 2) See if you can get a similar score using forehands for one game and backhands for another game.</p>



# National Skills Challenge Particulars

October 5 – November 15, 2020

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## For All Skills Challenge Activities

### Materials Needed for Discathlon (Individual or Team):

- 1 Ultimate disc, 175g (or a Jstar disc for those participating in U15, 145g)
- 5 Cones or similarly sized objects
- 1 Timer that can keep time up to one hundredth of a second, i.e., 0.01.
- 1 Tape measure or smart phone app that can measure distance (could also use a football field)
- 1 Target no larger than 36 inches tall and 18 inches wide, like a kitchen trash can

### Materials Needed for All Other Skills Challenge Activities:

- Same as above, depending on the challenges you choose to complete.
  - Sink a Disc also requires one (1) target (e.g., basket, can or box) no larger than 24 x 24 inches.

### We recommend having a partner!

They can help accurately keep time, check distance, count completions, retrieve the disc(s), and/or record you performing any of the skills.

## For Specific Skills Challenge Activities

### Throw, Run, Catch

Distance measured for this activity should be from where the disc was released on the starting line to where you first touch the ground after catching the disc, stopping rotation.

### Throw for Distance – Backhand & Throw for Distance – Forehand

Distance measured for these activities should be from where the disc was released on the starting line to where the disc first touches the ground in bounds.

### Accuracy Ladder

No “rollers” allowed. The disc must hit the target while in the air and cannot bounce before hitting it.