

Mini Game: 5-Touch

- Setup
 - 6-10+ participants. 1-2 disc. Played in 2 teams of even numbers (3-5 is the ideal number per team)
 - The game is played in a 15x15 yard box. Both teams start off in the box with 1 person with the disc.
- Rules
 - The goal of the game is for one team to complete 5 consecutive passes between each other, anywhere in the box.
 - The thrower has 10 seconds to throw the disc upon reception. The other team may stall from anywhere or the instructor may keep count.
 - A change of possession occurs when the disc is dropped, intercepted by the defensive team, or caught/thrown out of bounds. The opposing team does not need to wait for a defensive check before continuing play after a turnover.
 - If the disc goes out of bounds it belongs to the defensive team, regardless of who touched it last
 - After a team completes 5 passes in a row they are awarded 1 point. They then put the disc down and let the other team begin offensive play. Games are generally played to 3 or 5.
- Key Points
 - The offense must relinquish the disc immediately upon losing possession. You are not allowed to hold the disc to keep the other team from beginning play
 - Substitutions can happen at any time, after points are scored, or between games depending on player preference
 - Only one defender may guard the disc
 - Warn all offensive participants not to crowd the disc; if needed institute a 10-foot distance from the thrower caveat.
- Skills Being Developed: throwing + catching + faking/pivoting
- Adjustments
 - Change the size of the box to increase/decrease difficulty for offense. Bigger box will be easier for offense.
 - Change the number of consecutive passes required to score a point.
 - Change the amount of time the thrower may have the disc in their hands; shorter time will be harder (ie. 5 seconds)
 - Require that x amount of a team touch the disc before they can score; or require each pass can't go back to whoever threw it (stops 2 people from not passing to anyone else)
 - Allow a version where the offense does not need to relinquish possession after scoring a point. Their pass count is simply reset and they may begin again.

5-Touch Starting Position

