

## Spiritual Frisbee

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**SUMMARY:** In this Prayerful Moment we will learn the basic frisbee tosses, new frisbee games and how to infuse the mundane with the spiritual.

**GOALS:**

- Affective: Participants will have a spiritual blast and fall deeper in love with spiritual frisbee.
- Behavior: Participants will learn how to teach tossing a frisbee
- Cognitive: Participants will learn and see how to infuse something as simple as tossing a frisbee with deep spiritual lessons.

**AUDIENCE:** Any age, Any size

**TIMING:** 45

**MATERIALS:** 1 frisbee per person (or per two people)

**SET-UP:** Big field, outdoors or indoors, wherever there is space

## SESSION TIMELINE

- 00:01-00:05 – Welcome intro, story and step into the flow song
- 00:5-00:25 – Teach backhand, flick and hammer. Participants get in partners and practice throws
- 00:25-00:45 – Throwing games: Frisbee tie-chi, Yoga toss and catch, Last second, hit targets, huck over my head, frisbee golf

## BREAKDOWN

### 00:01-00:05 – Welcome intro, story and step into the flow song

Intro: I will be dressed as an eccentric spiritual frisbee coach extraordinaire Dudi Calahan. I will let participants know that you can decode the nature of the universe with a frisbee. I will tell a brief frisbee story about how it changed my life and we will sing the frisbee anthem song “Step into the flow”.

Lyrics “I step into the flow and then I let it go I open my mind my heart and my soul”.

### 00:5-00:25 – Teach backhand, flick and hammer. Participants get in partners and practice throws

**Teach Backhand:** Stand with your feet and shoulders in a line with the receiver. Put your pointer finger along the edge of the disc and curl the other fingers underneath. Bend your wrist so that the disc is almost touching your forearm. Put your frisbee arm across your body. Twist hips back first and THEN your shoulders twist back, then hips twist forward and THEN shoulders twist forward. Stop and practice doing the frisbee twist. Maybe play a twist song. As the frisbee comes across your body imagine that it is gliding perfectly flat atop a wet marble table. Quickly extend/whip your arm so that your hand is pointing towards your target. WHIP your wrist at the last second and release. Keep the frisbee flat the whole time.

Make a POWER noise as you release. Imagine/see your frisbee going where you want it to go before you throw.

**Teach Flick:** Stand with both feet side by side equally distanced and facing your target. Make a peace sign with your dominant hand. Put the peace sign on the underside of the disk so that the pointer finger is along the inner rim and the middle finger is pointing near the middle of the disc. Bend the wrist forward so that the disk is almost touching the inner arm. Touch your elbow to your hip and keep it there. Quickly as possible bring the disk back and then forward (while wrist is cocked forwards). Just as the frisbee arm starts to move forwards loosen the wrist for a micro second so that the frisbee hand moves backwards as the frisbee arm is moving forwards. After that micro-second SNAP the wrist forwards! Make a power noise! Pretend you are gliding the frisbee on a wet marble table. KEEP IT FLAT! If frisbee does not stay flat and flops to the left, lean over/tilt to the right as you throw the disc. Snap it! Twist your hips and then shoulders to get more power.

**Teach Hammer:** Do a flick but line the frisbee up with the side of the face. Follow flick guidelines. Aim up about 45 degrees and aim a bit to the left of your target. It should land upside down.

**Teach Huck:** Do a backhand but participants can run into it. Move the arm super fast. Super quick snap at the end. Make a loud power sound... “wappppooooosh!”. Aim above and beyond your goal. Participants then get in partners and practice throws. It is good to teach one toss at a time and then let them practice the toss.

### 00:25-00:45 – Throwing games

**Frisbee tie-chi:** Make a HUGE circle on a big field. Try to get two frisbees to each participant, one in each hand. The leader makes yogic like dance motions and the participants copy. Have Fun! Make it up! Fun to play meditation music very loud.

**Yoga toss and catch:** Throw and catch the frisbee from different yoga poses. Tree pose and base-ball catcher squat pose are great. What other poses can you toss from? Play loud grateful dead music.

Flinch: Stand apart but close-ish to your partner. Try to throw RIGHT at your partner so that they do not have to move. The receiver stays PERFECTLY still until the very absolute last second, they need to flinch to successfully catch the bee. Once you are successful several times you move further apart. Try it in a yoga pose!

Hit targets: Make a starting line out of something like a rope. Set up targets at different distances from the rope. Could be water bottles sitting atop buckets. Each participant gets 3 chances to hit the target. This game needs frisbee collectors.

Huck over my head: After they learn to huck, make a starting line. I stand far from the line. Each participant gets 3 chances to try and throw the bee over my head and beyond me.

Frisbee golf: Make a course of different safe targets that can be hit by a bee. Make a starting line. Like regular golf, see how many tries it takes to hit the target. Keep track. Target can be a basketball hoop backboard, in the gaga pit, telephone pole, a bench etc.

**Spiritual teachings:**

- Finding the balance of: Strong focus=hishtatlut and being ok with the unknown/gamzu l'tovah.
- What are you aiming at? What is your kavanah? What do you care about?
- Tapping into your inner lion/strength to throw the frisbee far
- “Chet” is the distance from where you aimed at to where things landed.
- Flicking peace energy at each other
- Tapping into the zen flow state

**BRINGING IT TO YOUR CAMP:**

This can be used for bunk time, for sports or for a 3-day series.

Video:

<https://www.youtube.com/watch?v=Uj2rFnDwOEG&t=205s>