

YOU.FO®

TEACHING PLAN



OFFICIAL YOU.FO WORLD
PHYSICAL EDUCATION CURRICULUM

BEACH

Welcome statement

Our YOU.FO World Teaching Plan is a framework for educators and coaches all over the world. We thank everyone for using this framework to get people moving and bring joy to their lives.

Before you start teaching YOU.FO to others, we would like you to take a moment for the YOU.FO principles:

- YOU.FO is for all (everyone is the same),
- Plug-and-Play (play it everywhere, on each surface),
- No boundaries (YOU.FO has no out-of-bounds, so have you),
- Fail brilliantly (learning a new skill brings challenges, enjoy that process).

As educators and coaches it is our job to teach people to be physically active for the rest of their lives. I hope the enclosed curriculum inspires and supports you to fulfill that mission and get people moving. For more insights on YOU.FO, please visit [our website](http://www.you.fo).

Have fun playing YOU.FO

Sincerely,
Giel Bos
YOU.FO World



The basics



1. Start

Hold stick horizontal with red point facing upwards.



2. Push & Pull

Make a simultaneous push and pull movement in the direction you want to throw.



3. Stop & Fly

Make a sudden stop and the ring will take off and fly.



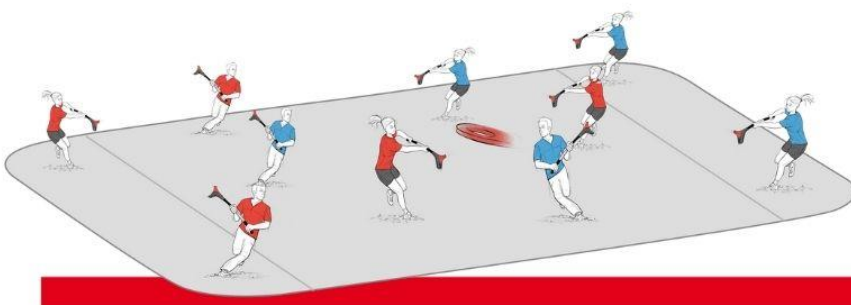
4. Catch

Anticipate and catch the ring with your stick.

The rules

YOU.FO Zone is the official YOU.FO World team game. It is a mixed-gender and non-contact game that can be played 3 vs 3, 4 vs 4 or 5 vs 5.

- **Scoring:** A point is scored when a player successfully catches the ring in the opponent's scoring zone.
- **Passing:** Throw and catching the ring with your stick.
- **Running:** Not allowed to run with the ring on your stick, only pivot.
- **Defending:** Intercepting a throw, 'blocking' or 'claiming' the ring.
- **Blocking:** Tactical positioning in front of ring possessive player. For tactical and safety reasons.
- **Claiming:** If the ring isn't caught, anyone can claim it by being the first to tap inside the ring with your stick.
- **Personal zone:** Each player needs to have at least arm and stick length distance from the ring possessive player.
- **No out of bounds:** There is no out of bounds in YOU.FO, both teams agree on the scoring zone size and if the ring lands outside of these scoring zones. Just claim the ring and continue playing.



Curriculum overview

Within this teaching plan, we are sharing:

- 4 lessons that are easy to understand and fun to implement.
- All basic techniques that can be used playing YOU.FO
- Fun and challenging mini-games you can do with your students.
- Tutorial videos for each activity included in this teaching plan.
- Helpful teacher tips and suggestions.
- Tons of ideas to modify the rules to ensure any student regardless of age or ability can be successful.
- Three star rating (included in each video) to show the difficulty of each activity.
- For more insights and activities, please visit our website www.you.fo and become part of our community.

In addition, each lesson is constructed carefully with help and feedback from students and experienced teachers and coaches. For that reason, each lesson has the same structure: warming-up, technical practice, challenge and final (mini-)game. This is the ideal way to keep yourself and students motivated to get the maximum result out of each lesson.

Enjoy our lessons, and if you have questions or remarks, feel free to contact me at Giel@you.fo.

Lesson 1: Introduction

Objective: Learn the three basic techniques in YOU.FO: throwing, catching and picking up the ring.

Warming-up: Relay picking up the ring

Instructions:

- Make groups of ±4
- Each group stands in line behind each other
- A player can pick up only one ring at a time
- Continue playing until all rings are picked up
- Team with the most rings wins



Tips and tricks:

- Practice picking up the ring before starting the relay
- Important for picking up the ring:
 - Do not stand above the ring, but keep some distance between yourself and the ring
 - Make sure the red top of the stick faces upwards
 - Gently push on the edge of the ring (use the white dots)
 - Keep your patiences

Technical practice: Forehand, static throwing and catching

Instructions:

- Make couples
- Stand opposite to each other, with 10-15 meters distance in between
- Catching is difficult? As a beginner you can also catch the ring with your hand, but during practice always advice to practice catching with the stick



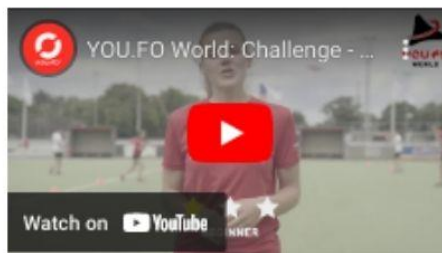
Tips and tricks:

- Make a smooth pull and push movement. Start in slow-motion and don't try to force the movement with power
- Ring has a curve to the left? Make sure you keep the stick horizontal
- Throwing upwards makes catching easier; start at shoulder level with the top of the stick, and end at eye level for a catchable throw

Challenge: Highscore challenge

Instructions:

- Make couples
- Two (or one) minute(s) to score as many points as possible
- Every time you successfully catch the ring by hand (1 point) and by stick (3 points).
- Add all points als a couple, and the couple with the most points wins.



Tips and tricks:

- Too easy? Increase distance between players
- 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)
- Add some music for more fun and energy!

Instructions:

- Make couples
- Everyone starts at the sideline (or create a zone with markers)
- The couples have to get to the other side of the field as fast as possible by throwing and catching the ring
- One of the players can start running after the starting signal
- You are not allowed to run while holding the ring on your stick
- If the ring falls on the ground, the couple has to restart at the starting sideline
- The couple that makes the other sideline first, wins

Endgame: Zone 2 Zone play



Tips and tricks:

- Too easy?
- The couple cannot stand too close each other, they have to have at least "x" meters in between
- The couples have to go back to the starting sideline once they reach the other sideline
- Too difficult?
- Players are allowed to catch the ring with their hand
- Make a safety line in the middle of the field. When the couple crosses 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
- Mix up the players and make new couples before you do it again
- Add some music for more fun and energy!

Lesson 2: Dynamics

Objective: After learning the three basic techniques, it is time to apply and practice them in a dynamic way.

Warming-up: Run the ring chaos game

Instructions:

- Make couples
- There are as much rings as players
- Each player can run and claim at the same time, but each player can only take one ring with them
- The couple with three rings wins
- You cannot defend your own marker



Tips and tricks:

- Use colored markers, couples can only steal from a different colored marker
- Too easy? Teams need to have 4 rings in order to win
- Too difficult? Add more rings than players to make it more easy for them

Technical practice: Forehand, with running

Instructions:

- Make groups of 4
- Two players on each side, 10-15 meters distance in between
- Throw the ring and catch in dynamic form
- After throwing the ring, walk to the other side and get in line with the other players



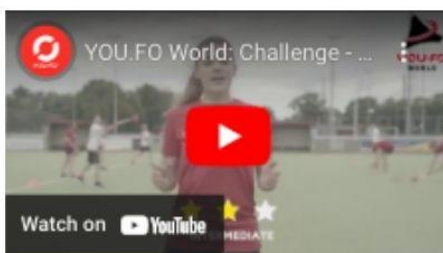
Tips and tricks:

- Too easy? Do not use markers and let the players decide themselves where they stand and throw to
- Too difficult? Shorten the distance
- Add some music for more fun and energy!

Challenge: Serie challenge

Instructions:

- Make couples
- Two (or one) minute(s) to get your highest serie
- Every time you successfully catch the ring by hand (1 point) and by stick (3 points)
- If the ring falls on the ground, you need to start over from 0



Tips and tricks:

- Too easy? Only able to catch the ring using your stick.
- Too difficult? Make different levels, participants can decide which level they take (level 1, high-score / level 2, serie)
- Change up the couples, so all players play with a different buddy
- Add some music for more fun and energy!

Instructions:

- Point out a "monkey"
- The monkey tries to intercept the ring while the other players are throwing the ring to each other
- When the ring is caught by the monkey, that person becomes a player and the person who touched the ring last is the new monkey
- When the ring falls on the ground and the monkey claims it first, the monkey becomes a player and the player that touched the ring last will be the new monkey

Endgame: Monkey in the middle



Tips and tricks:

- Too easy? Play it with more than one monkeys
- Too easy? The monkey has to intercept the ring two times before switching spots
- Change up groups, so all players play with different players
- Add some music for more fun and energy!

Lesson 3: Skill set

Objective: This lesson it is all about improving your throwing and catching skills in the most fun and challenging way.

Warming-up: Three in a row

Instructions:

- Make teams, 3 rings each
- Make 3 in a row grids for each team
- Players stand in line and can throw a ring when it is their turn
- After all three rings are thrown, but there is no 3 in a row. The first player in line picks up 1 ring and throws it from the marker



Tips and tricks:

- First team with three in a row wins
- Too easy? Increase distance from grid or make a smaller grid
- Too difficult? Make a bigger grid

Technical practice: Backhand, with running

Instructions:

- Make groups of 4
- Two players on each side, 10-15 meters distance in between
- Throw the ring using backhand and catch in dynamic form
- After throwing the ring, walk to the other side and get in line with the other players



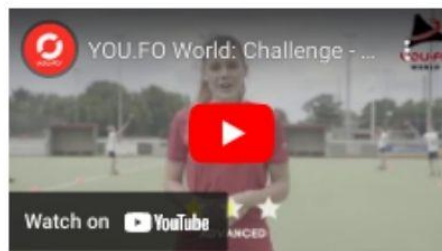
Tips and tricks:

- Use the same push and pull movement as the forehand technique, but instead of pushing away from your body, you now push and pull the other way around;
- Make sure you don't start above shoulder level with your stick. The ring will make a downwards movement and the ring will fly towards the ground;
- So start below shoulder level and end above shoulder level to ensure a smooth flight of the ring.

Challenge: Two ring challenge

Instructions:

- Make couples
- Both players throw the ring to each other at the same time and try to catch the ring at the same time
- For every time a couple catches both rings at the same time they get 1 point
- Add all the points and see which couple has the highest score!



Tips and tricks:

- Too easy? Try to make a serie. So, if one ring falls on the ground, the couple needs to start over at 0 points with a new serie
- Too difficult? It is also allowed to catch 1 ring by hand (or even both rings by hand).
- Add some music for more fun and energy!

Endgame: Square game

Instructions:

- Make 2 squares
- Score by grounding the ring in the opponent's square
- Change turns when the ring is caught or when the ring lands outside of the opponent's square
- Throw the ring above shoulder level
- First player to have 11 points wins



Tips and tricks:

- To easy? Use 2 rings to increase the challenge
- More players: Use multiple squares or more players per square.
- Level up: Score with a backhand and receive two points.

Lesson 4: Game strategy

Objective: After learning all the different techniques and games, it is now time to play the official competition game: YOU.FO Zone.

Warmin-up: YOU.FO Active Golf

Instructions:

- Make teams (groups of 3 or 4)
- Each group starts behind the starting point (line)
- Each team tries to reach the final line as fast as possible
- A player in possession of the ring can't walk, so work together as a team to reach the final line



Tips and tricks

- Too easy? Don't make it about time, but the team with the lowest amount of throws wins
- Too difficult? Also catching by hand is allowed, or add a safety line halfway through

Tournament day



Create teams, play competitive games against other teams. Compete to be class champion.

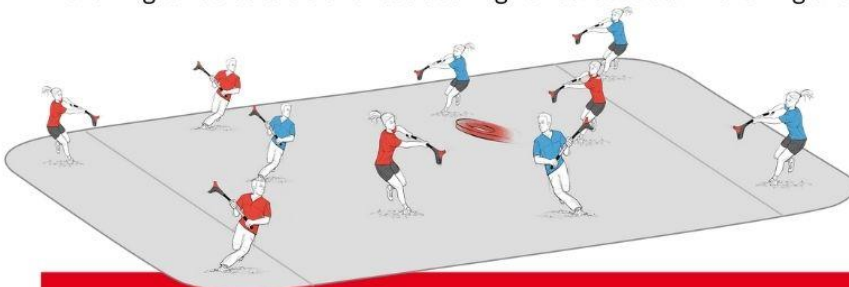
Remind students that this is a tournament. Self-officiating and respect for opponents are very important. Highlight the importance of respecting your opponent when competing.

Games will be 5-7 minutes long. Create a league system or bracket. Winners move up in the bracket, non-winners go into the consolidation bracket and keep competing.

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All throwing techniques



Forehand:

- Make sure the stick keeps horizontal during the entire movement;
- Make a smooth and simultaneous push and pull movement using both arms;
- Start with your stick next to your shoulder, but never behind your shoulder;
- Do not turn with your (upper) body, otherwise you will swing the ring in stead of throwing it;
- Make a sudden stop in the direction you want to throw to and the ring will follow through.



Backhand:

- Use the same push and pull movement as the forehand technique, but instead of pushing away from your body, you now push and pull the other way around;
- With your body you create the space to be able to use the backhand technique. Do this by pivoting in your frontside or backside, so you are able to throw over your shoulder (backhand) towards your teammate;
- Make sure you don't start above shoulder level with your stick. The ring will make a downwards movement and the ring will fly towards te ground;
- So start below shoulder level and end above shoulder level to ensure a smooth flight of the ring.

All throwing techniques

Floorsweep:

- Make sure you stand in front of the ring (in the direction you want to throw to);
- The red point of your stick faces the surface during the entire movement;
- (Step out) and make a push movement towards the direction you want to throw to;
- End the movement in the proposed throwing direction:
 1. Make sure you don't end too high with your stick, otherwise the ring will go off vertically.
 2. Make sure your movement is smooth and simultaneous in order to increase a solid flight.



Overhead:

- Start with both arms above your head and the stick horizontal;
- Make sure the stick remains horizontal during the entire movement;
- Cross your arms, so your stick starts turning;
- End with your right hand facing the proposed throwing direction.

Catching the ring:

- In stead of moving towards the ring, you need to move with the ring to collect the bounce;
 - As example, catching the ring is similar to catching a raw egg;
- Use your entire body to catch the ring, so not only your stick, but;
 1. Anticipate on the ring,
 2. Try to get underneath the ring,
 3. Stretch out your arms towards the ring,
 4. Move with the ring when it first touches the stick,
 5. Make sure your arms (and stick) move in the same direction as the ring was flying.



FAQ's & Safety regulations

How do I ensure safe sessions during my lessons?

- While playing YOU.FO there is one important rule that needs to be ensured at all time: safe distance of arm+stick length distance around the ring possessive player. So always keep arm plus stick length distance between another player, specially when this player is in possession of the ring.
- In addition, during technique practice always ensure the same throwing direction. Make sure the sun and wind are coming from the side and make two lines so you regulate the throwing direction.



I can't throw the ring consistently in one direction, what should I do?

- When throwing the ring with your stick, make a push and pull movement with your arms instead of swinging your upper body. You will easily generate force with the push and pull movement, which leads to a more consistent release of the ring in the direction you want to throw. You will also get more spin in your throw, which leads to a better flight effect and makes it easier to catch the ring!

Why is the ring getting off to early (and ends up next to me instead of in front of me)?

- You're moving too much with your hips and upper body, instead of your arms. Keep your shoulders and toes pointing the direction you want to throw and make a pull and push movement with your arms. In addition, make sure the stick is always in front or next to your shoulder, instead of behind your shoulder. You can also ensure this by fully stretching out your left hand in the direction you want to throw (if you're right-handed).

Why is the ring not thrown in the direction I want to?

- At the end of your throw, you have to follow through in the direction you want to throw. The throwing direction is based on the speed you generate during the push and pull movement and the immediate stop or follow through movement in the throwing direction. Make sure you end with your stick and right hand (if you're right-handed) fully stretched out in the direction you want to throw the ring.

Why is my throw uncatchable?

- Make a slight upwards movement, within the horizontal movement, when you throw. Start with the red tip of the stick at shoulder-height and end your throwing movement at eye-height. This way the ring is thrown slightly upwards, which makes it more easy to catch for your buddy/teammate.
- In addition, start by trying to do the throwing movement in slow-motion. Even in slow-motion you are able to throw 5-10 meters, but this makes it more easy to catch the ring.

FAQ's & Safety regulations



Why does the ring bounce off my stick when I try to catch it?

- Unnatural in catching is that you don't have to move towards the ring, but you have to move away from the ring (follow the movement of the ring). It is important to anticipate on the ring, move with the ring with your entire body to collect the bounce, and follow through while catching the ring. Similar to catching a raw egg.

It's difficult to reduce the bounce by moving with the ring, what should I do?

- First, it's important that you anticipate where the ring will land and move towards the flight path. Then move your arms towards the ring and make sure they are almost straight. When the ring makes contact with your stick, follow the movement of the ring with your arms. Often people don't move their arms, but their entire body. It's easier to move with/follow the flight movement of the ring with your arms than your body.

How do I pick up the ring using the stick?

- Picking up the ring depends on the surface you're playing on. With turf, grass, beaches, you could use the friction of the surface to pick up the ring. When the surface is slippery (indoor gym, pavement), you need to push on the edge of the ring to pick it up. Here are some ways you can pick up the ring:

Soft ring (FUN ring):

- If you put the stick in the middle of the ring, turn it sideways so you can give pressure on the ring. If you now pull the stick towards your body (while giving pressure), the ring will capsize which makes it able to put the stick inside of the ring and pick it up.



Hard ring (PRO ring):

- The ring is surrounded with a small edge. If you push on this edge with the backside of the tip of your stick, the ring will capsize which makes it able to put the stick inside of the ring and pick it up.

