



ABC'S of Ultimate

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Ultimate in Ten Simple Rules

1. The Field:

A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

2. Initiate Play:

Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team, with a gender split of 4 boys and 3 girls or 4 girls and 3 boys.

3. Scoring:

Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score, with the team scoring the point "pulling" the disc from the end zone where the point was scored. The team scored upon then defends the end zone at the opposite end.

4. Movement of the Disc:

The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

5. Change of possession:

When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

6. Substitutions:

Players not in the game may replace players in the game after a score and during an injury timeout.

7. Non-Contact:

No physical contact is allowed between players. Picks and screens are prohibited. A foul occurs when contact is made.

8. Fouls:

When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is re-done.

9. Self-Refereeing:

Players are responsible for their own foul and line calls. Players resolve their own disputes.

10. Spirit of the Game:

Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Backhand Throw

Stance

- stand with your right shoulder toward your target
- spread your feet about hip width apart
- flex your knees slightly, so that your body is not rigid

Grip

- place the four fingers of throwing hand under disc
- thumb on top of disc
- light pressure
- bring your arm backwards, so that the disc is behind your waist and you feel your weight shift slightly back

Weight Transfer

- bring your arm forward with some force
- the disc should be at a slight angle to the ground as it moves backward
- as you bring your arm forward, shift your weight forward and take a slight step ahead with your front foot

Release

- snap your wrist forward, so that the disc "jumps" out of your hand
- impart spin to the disc
- keep your wrist in line with your arm as you snap it
- make sure disc is flat as you release it

Follow Through

- continue your arm motion after the disc jumps off your finger

Forehand Throw (Flick)

Holding the Disc

- make an L with your thumb and pointer/middle finger
- put the rim of the disc in the crotch of your middle and ring fingers.
- The right side of your middle finger will rest on the inner rim of the disc
- your thumb bends over the top to take hold of it.
- tight grip with your thumb while still holding form.

Wrist toss

- Hold the disc parallel to the ground at about shoulder height.
- Pick a target to aim at.
- Use just your wrist and release it forward. The disc should fling off your pointer/middle finger and travel about 10-20 feet.

Proper toss

- Once you have the wrist toss comfortable, drop your wrist to waist height and toss
- Keep the disc parallel to the ground when you release

- It is mostly tossed with the wrist, but add a bit of arm swing as you get better at it.

Typical problems with forehand

Curves into ground:

- Likely the disc is not parallel with the ground.
- Could be too much arm movement. When first learning to flick, 95% of the discs spin and momentum should come from the wrist.

The disc wobbles:

- Often goes away on it's own with time and practice.
- The wobble is caused by a lack of spin on the disc and/or a poor grip when releasing.
- snap your wrist harder

Not Accurate:

- releasing it too late or too early
- fixed with trial and error by changing the release time.
- experiment with changing the angle of your body.

Goes up and then backwards:

- Make sure the disc is parallel with the ground and that you have a good grip before you release.

Hammer Throw (Advanced)

Holding the Disc

- Hold the disc with your pointer and middle finger on the inner side of the disc, your thumb on the other side. Very similar to a flick.
- The top of the disc should be facing your left side.
- Tilt the top of the disc slightly to the left side to give it an angle.

Release

- Pull back and release the disc when it gets even with your forehead
- keep your elbow bent at all times.
- If done right the disc should start out tilted and slowly turn upside-down.
- The disc should land completely upside down on its face because it makes it more predictable and easier to catch for you teammate.

Problems

- If the disc corkscrews then you are probably throwing at too much of an angle for that particular distance.
- Use less tilt for far ranges and more for short ranges.
- works for all ranges but best at medium-range.

ULTIMATE DRILLS

PASSING/RECEIVING

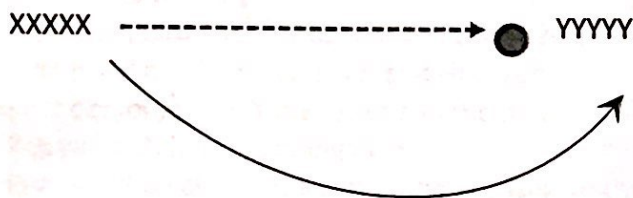
Basic Passing/Receiving

1. Basic Pass and Receive

- In partners or threes stand 5 – 10 feet away and toss disc to each other
 - a. Receiver should present a target with their hands
 - b. Once students are comfortable with short passes move to longer passes.
 - c. Try with backhand, forehand and hammer throws

2. Pass and follow

- Have students in two lines behind each other with the lines about 8 feet apart.
- The front of the first lines passes to the second line and then runs to the back of the second line.
- Receiver repeats the process.



3. Blind Reception

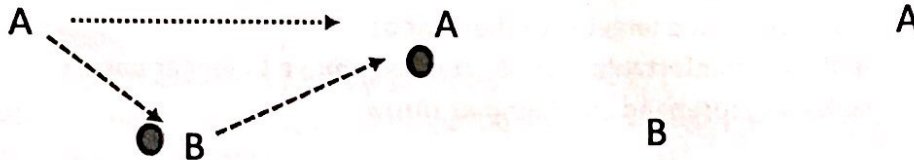
- In partners, have students line up opposite a partner.
- Both partners face the same direction.
- Passer calls out their partners name as they release the disc.
- Receiver must turn around and then find the disc.
 - a. Pass should be a slow or lob pass to start

4. Receiver Movement

- Passer remains stationary and Receiver moves to one side in parallel direction of Passer
 - a. Vary directions of receiver
 - b. Set a goal of 5-7 passes without drops, then switch Passer
 - c. Have the Receiver start far away from the Passer and move towards the Passer until they catch the Frisbee

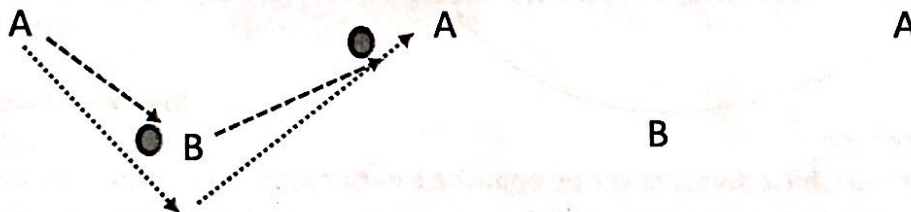
5. Give and Go

- A is stationary and faces B
- B jogs forward and receives pass then stops
- As soon as A has passed disc they move forward in a straight line past the position of B to receive a pass
- Repeat



6. Pass and Cut (2 person weave)

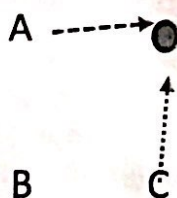
- Same concept as #5 except passer cuts and weaves behind the receiver in an X style



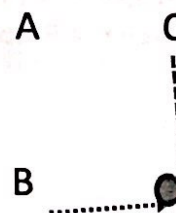
7. Square Drill

- Three players stand on three corners of a square (10-15m square)
- A fakes to the player nearest them (B) which is the cue for the other player (C diagonally opposite) to cut to the open corner of the square.
- C fakes to the person who just passed to them (A) then passes to the third player (B) who is cutting for the open corner

Diag. 1

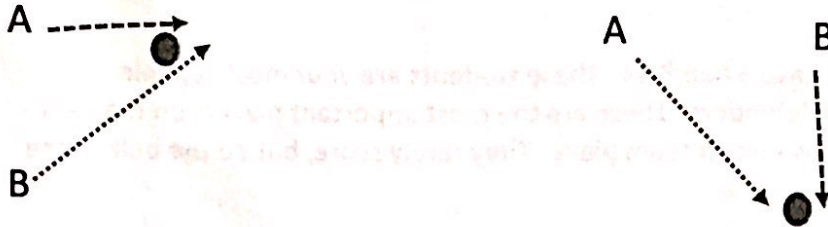


Diag. 2



8. Give and Go Square

- Two players passing a disc to each other
- A passes to B then cuts diagonally to receive pass.
- B receives pass from A and then passes back to cutting A
- B then cuts diagonally to receive pass from A. Repeat.



9. Throw to the Box

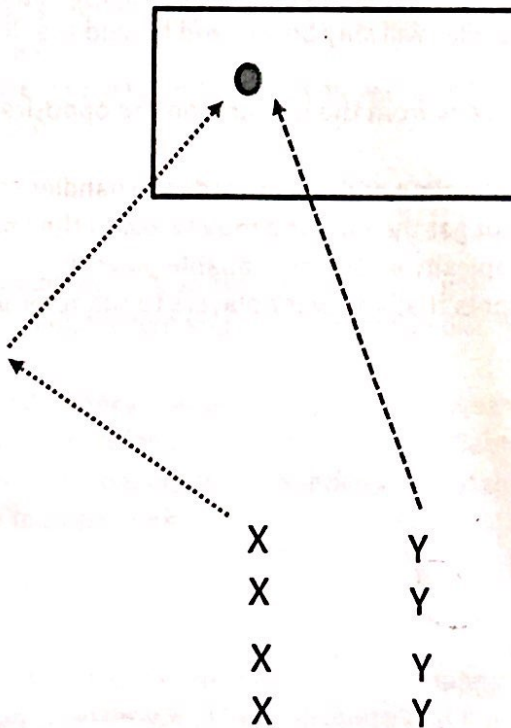
Start with two lines facing a box of cones 20-30 meters away

First person in line X cuts out and then runs into the box.

First person in line Y passes to X in the box.

Repeat with line Y running next.

Person who catches the disc in the box runs to the back of the opposite line and hands the disc forward.



Positioning

For those who want to get a bit more advanced with their teams you can establish some positional play. In general, there are 2 or 3 positions that you can get students to play.

Most coaches at elementary and high school will simply have 2 categories. Handlers and Cutters.

Handlers

Each lineup will usually try to have 3 handlers. These students are your most capable throwers and often your best defenders. These are the most important players on the field and will often determine how well your team plays. They rarely score, but do the bulk of the passes.

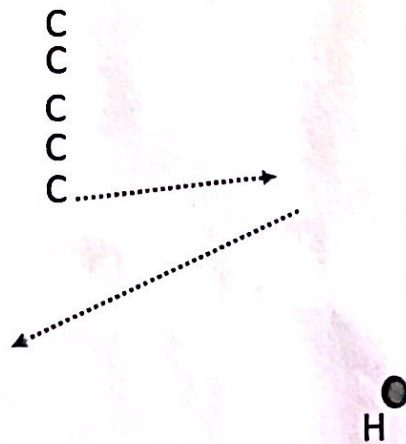
Cutters

Usually 4 Cutters in each lineup. These students are generally your students that can run the most and are good at catches and short throws. They mostly just catch the Frisbee and then make a short pass to a handler. They do not make many passes up the field unless there is a player is wide open. They cut towards and away from the handlers and try to avoid sideways runs.

Offensive Options for games

Vertical Stack (goal is to create space to throw the disc)

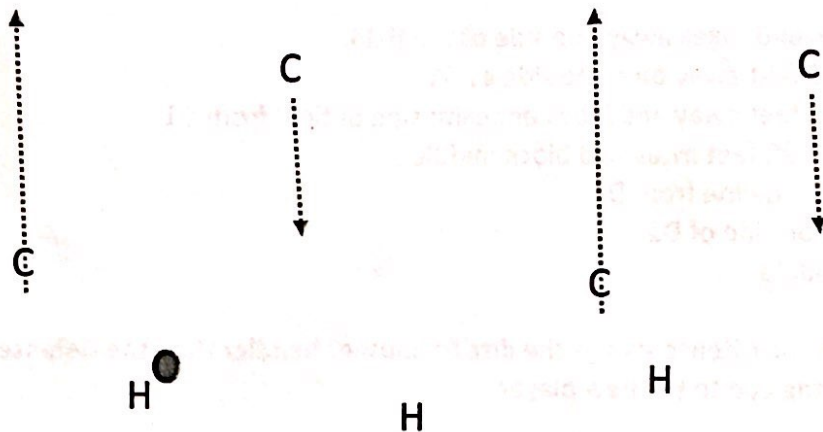
- Have the five or six others players line up in a line behind each other facing the Handler who has the disc (often 1 handler will stay beside and behind the disc for a dump pass if needed)
- The stack should be 15 metres or so away from the disc and on the opposite side of the field.
- Each player in the stack will move 1 at a time and cut towards the handler trying to get open to get the Frisbee. If they do not get the pass the move back to the line.
 - a. You can add levels of complexity with more capable players
 - b. You can establish exact spots that you want players to run to or variations on where they run.



Horizontal Stack

The three handlers will pass the Frisbee back and forth throw dumps and swings.

The 4 cutters will split into two sides of the field. The cutters will stay on their side of the field and cut towards and away from the handler.



Zipper

- This is very similar to the Vertical Stack, but instead of lining up on the side the players line up in the middle.
- Players 1, 3 and 5 in the stack all peel off to the left and players 2, 4 and 6 all peel off to the right.
- Make sure you establish where you want each player to go so they don't occupy the same space.

Long Bomb

- This play usually only works 1 or twice per game if at all.
- You do this play when you just receive the disc from a pull or deep in your own end on offense.
- The handlers make two or three passes between each other while your fastest cutter runs down one sideline and cuts across the field in the end zone.
- After the 2 or 3 passes by the handlers one of them lofts the Frisbee for the deep cutter in the end zone.

Defense

Man to Man

The most common type of defense played in ultimate is man-to-man defense. Every player, when they line up chooses who they will guard and it is their job to stay close to them whenever they are on defense.

Whoever is guarding the disc should work to take away the throwers backhand (which is most players most comfortable throw).

Cup (Very difficult – only works with very competent players)

A common zone defense is to play with a Cup.

Reminder: No double teams on the disc. Other defenders must be at least 10 yards from the disc unless they are guarding another player

D1 – Guards the disc and takes away one side of the field

D2 – Guard about 10 feet away on same side as D1

D3 – Guard about 10 feet away and block opposite side of field from D1

D4 – Guard about 15-20 feet away and block middle

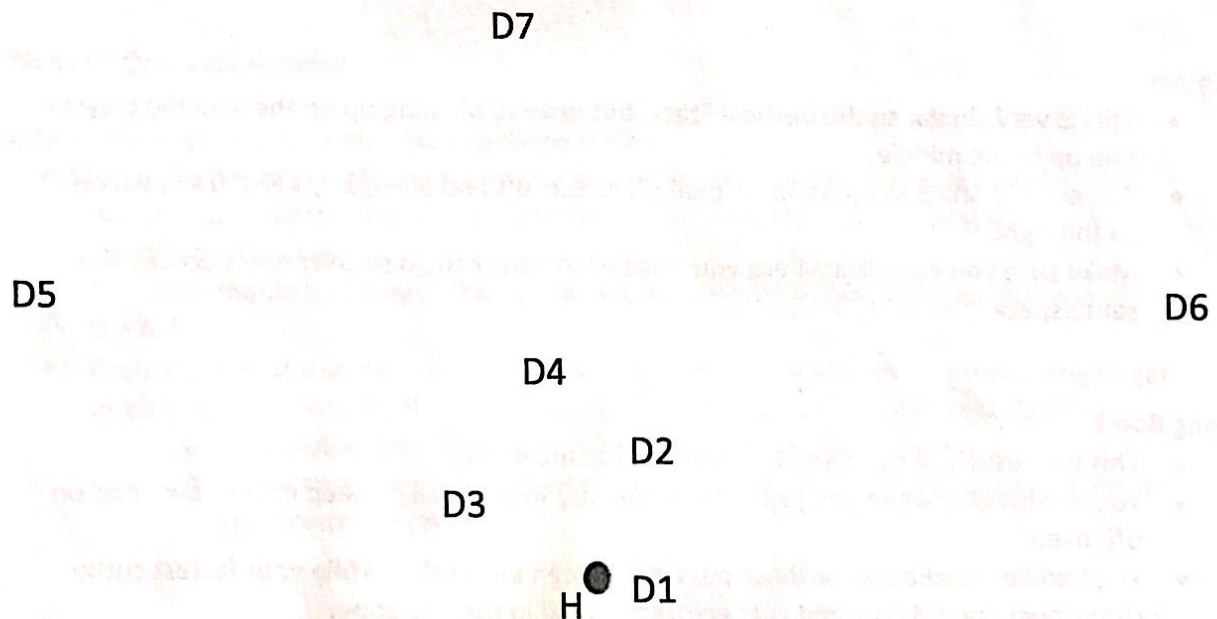
D5 – Guard opposite sideline from D1

D6 – Guard sideline on side of D1

D7 – Guard deep middle

This is very tiring. If the offense swings the disc to another handler then the Defense must immediately move the cup to the new player.

The goal is to make the offense throw a bad pass. All players need to keep their hands up to take away as much space as possible.



Mini-Games

- You can use small grids or quadrants to play mine 2 on 2, 3 on 3 or 4 on 4 games in order to get more kids touching the Frisbee in practice.
- Rotate the groups around often.