

ULTIMATE - **A TEAM SPORT PLAYED WITH A FLYING DISC**

Ultimate is a fast-paced team sport which is played by children and adults around the world. Though played with a flying disc, Ultimate combines elements of soccer, football, and basketball. A team scores a goal by passing the disc from teammate to teammate until it is caught inside the opponent's endzone area. In Ultimate players call their own fouls and are governed by the "Spirit of the Game" which states that "highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to agreed upon rules of the game, or the basic joy of play." (The Official Rules of Ultimate)

Time Of Activity: 30-90 minutes
Ease of Learning: Easy
Level of Commitment: Low
Equipment Cost: \$10-20
Injury Risk: Low
Endurance: Aerobic/Anaerobic

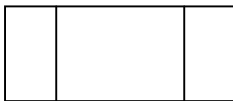
Strength Required: Low
Skill/Coordination: Low-Medium
Family/Social Activity: High
Type-Individual/Team: Team
Location: Field, gym, grass, sand, water
Equipment: 1 Disc, 8 Cones, 1 Field/gym

- The Basics:**
- 1) Throws – Backhand, Forehand, Overhead
 - 2) Catches – 2 Handed (pancake) catch, 1 Handed grab
 - 3) Movement – a) **Run** when you **don't** have the disc.
b) **Don't run** when you **do** have the disc.
c) There are no offsides.

Scoring A Point:

- Offense passes the disc from one teammate to another until it is caught in the end zone area. Thus, scoring a point. Games are usually played to a predetermined point total.
- Defense tries to
 - 1) intercept or knock down a disc while it is flying through the air.
 - 2) put pressure on the thrower by counting to 10 aloud. (A stall occurs when 10 is said, and this disc is awarded to the defense.)
 - 3) put pressure on the thrower by using a defensive stance to inhibit their throw. Defense is not allowed to touch the disc when it is in possession of the thrower.
 - 4) put pressure on the receiver by guarding them. (Person to person defense is most commonly played.)

The Playing Field: 40 yards wide by 120 yards long (25 yd. end zones at each end, 70 yd. playing field)



- To start play, teams line up on the end zone line in front of the goal that they are defending. A "pull" or "kickoff throw" initiates the play of the game.
- A disc that goes out of bounds can be put into play by the opposition at the point it crossed the field line.
- Lines are "not in" meaning if your foot is on the goal line, you must throw another pass to score. If you catch the disc and your foot, knee, or body is on the line forming the perimeter of the field, you are "out of bounds".

What?! No Referees?! Each player is responsible for knowing and following the rules.

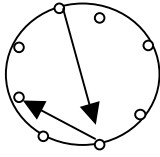
See the Ten Simple Rules Handout. They are EASY to learn.

Players call their own fouls and resolve disputes among themselves.

Teaching progression developed and presented by:

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1. Circle Throw– “Say your name as you catch the disc” (8-10 in a group)



1. This gets everyone involved quickly.
2. Teach catching –“ two hands”.
3. Spin is in the wrist.
4. As they learn each other’s names, then they can start to call out the person’s name before they throw to them.
5. One adult per group of 8-10 works well.

*With younger kids (6-9 yrs), have them form two lines facing each other. An adult can throw to the child, who then tosses it back and goes to the back of the line. Younger kids don’t know when to release the disc and a “wild” throw is common. This can be painful. For older kids, teens add a 2nd disc, and a 3rd...

2. Teach Basics of Backhand, Forehand, Overhead Throws

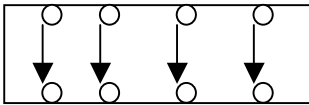
Backhand – “Just like tennis.” Stand sideways to your receiver. Move arm across your body, release disc when it is perpendicular to your body. Follow through and point to the person to whom you are throwing.

Forehand – “make a peace sign” These two fingers go under the disc, and the thumb is placed on top of the disc.

Disc is held out from the side of the body – like a serving tray. A quick flick of the wrist releases the disc. To increase stability, keep fingers spread wide. A flying disc will tilt, so overcompensate for this by releasing the disc with the outer lip low.

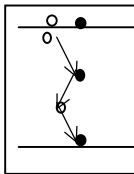
Overhead – Use the forehand grip, turn the disc upside-down, lift it over your head, and release it with a quick flick of your wrist . It should be upside-down when caught.

3. Two lines – each person with a partner. One partner has a disc. Toss the disc back and forth.



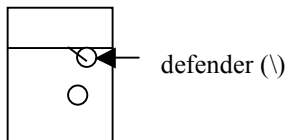
1. Explain effects of winds. Downwind will drop the disc.
2. Upwind will lift, so put a lot spin on it.
3. Rotate partners after four or five throws each.
4. Throw only forehands. Rotate again.

4. Give-go Passing drill –Pass, run forward. Catch. Plant a pivot foot. Wait. Pass forward to partner. Run forward.



1. Basic rule: Have disc – can’t run.
Don’t have disc – run.
2. Plant a pivot foot.
3. If you fall, get up and plant a pivot foot. ☺
4. When you get to the endzone, catch it and it’s a point scored!

5. Passing with a marker. “You are in control. You decide when it’s a good pass.”



1. Receiver is moving.
2. Thrower chooses when to throw. Pivot. Don’t throw over the marker; throw around them. Marker must give disc space.
3. Add a stall count.
4. Add a defender to the receiver. (Receiver gets a more realistic idea of how to move.)

6. “Throw ‘n Go” Drill - 3 people per group

This is set-up like the above drill, except after the thrower releases the disc, s/he moves to become the marker on the person who just caught her/his throw. This drill teaches

1. how to throw with a defender marking them.
2. players to move immediately after they throw.
3. how to mark and force one type of throw.

7. 3 v. 3 in space. This gives players opportunities to practice getting open. Turn overs are immediately put back into play.



1. Fouls can occur and should be identified and called.
2. Turnovers = transition
3. Travel (walking with the disc) violations are called.

8. Scrimmage. Full sides are 7 on 7. Allow for and encourage self-regulation