



**Peterborough Ultimate League
Juniors Program 2013**

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Ultimate Drills and Skills

Bread and Butter (Stack, Throw, Cut and Catch)

Number of players: Unlimited, though 10-15 works best

Equipment: 4 cones, several discs

Method: Set 2 stacks facing each other approximately 5-10 yards apart. Each player starts the drill with a disc to ensure there are enough; extra discs are put at the front of each stack. The first player in stack A will start without a disc; they will be the first cutter.

If we are starting with a backhand throw from stack B, then the cutter from stack A will cut to the forehand cone, make a hard cut on the forehand side and receive the disc from the thrower in stack B. After receiving the disc the cutter then goes to stack B and the thrower from stack B then becomes the cutter.

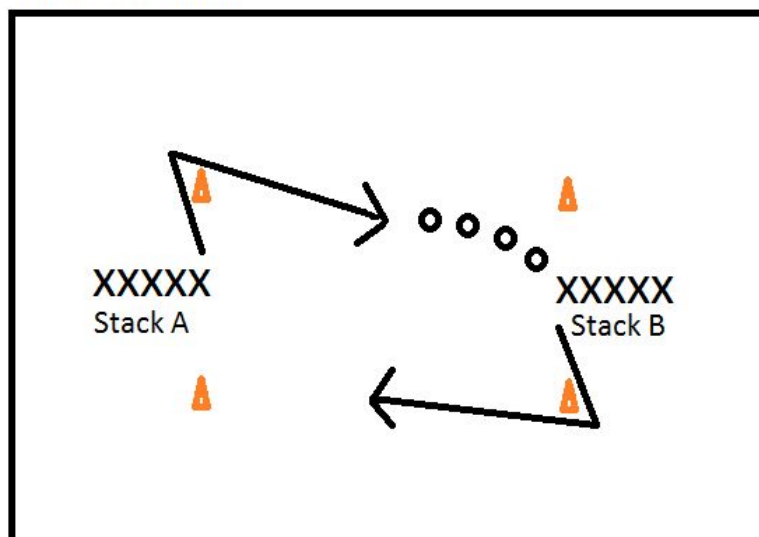
Points to Emphasize:

- When teaching beginners, keep the tempo of the drill slow
- Keep the stacks close together (allow all players to build confidence)
- Encourage as many consecutive completions as possible (have players count)
- Focus on sound throwing (with a good pivot) and strong catching fundamentals (2 hand pancake or claw when possible)

Variations:

- Cut 50 times to backhand then switch to forehand
- Add a mark; start with coach as mark then progress to players
- Cutting with break force throws (advanced); objective is to encourage continuation and get drill flowing using just one disc

Bread and Butter



Huck and Run

Number of players: Unlimited

Equipment: Minimum one disc per player

Method: Line up facing down field; coach (handler) will put the disc down the field deep and the player will run as hard as possible get a read on the disc and attempt a completion

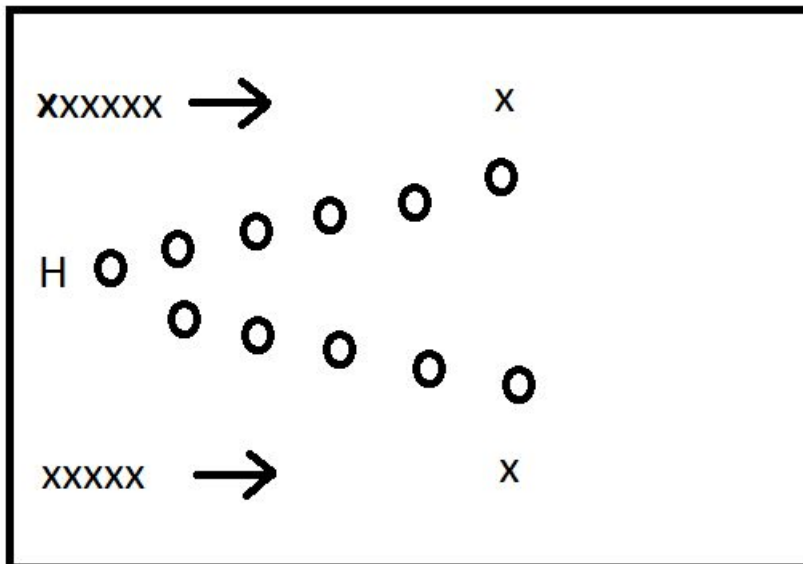
Points to Emphasize:

- Coaches should communicate the direction from where the disc will come
- Teach cutters techniques for reading the disc
- Know your receivers! Put discs that are catchable (completions build confidence)

Variations:

- Cut from both forehand and backhand sides
- Add another line: one defense, one offense and then alternate lines
- Encourage strong throwers to practice handling

Huck and Run



Down the Lane

Number of players: Ten or more works best

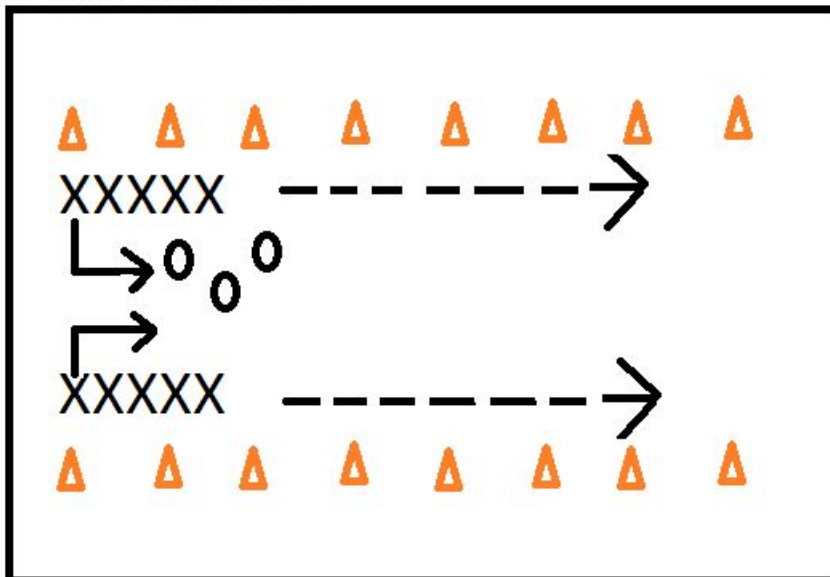
Equipment: One disc for every two players

Method: Form two stacks parallel to each other starting at one end of the field. The first pair will start by moving the disc down the lane with give-and-go passes until they reach the end of the stack (must complete at least three passes). If they drop the disc they then must run down the lane around the stack and start over. As each pair finishes, the stack will move down the field. Once concept has been grasped, compete against other team to move the disc down the field.

Points to Emphasize:

- Focus on making completions and don't rush throws
- Steady accurate passing will be the focus of this drill
- Encourage lots of positive cheering (Ultimate can be noisy at times!)

Down the Lane



Flow (Three Line Drill)

Number of players: Minimum 7, but 10 or more is ideal

Equipment: As many discs as players, plus 4 cones

Method: Set up 3 lines roughly 5 yards apart for beginners. Place cones at the beginning of each line so the players know where to line up. The coach or handler will have all discs in order to initiate the drill. Player from line 1 will make a 90 degree cut toward the handler, receive a pass and then turn and put it to the first player from line 2 who has just mirrored the first cut. This player will then receive the disc, turn and put the disc downfield to the player from line 3 who has just made a 45 degree cut (a 'strike') and receives the disc down field. Each player will then move to the next line and players from line 3 will return to line 1.

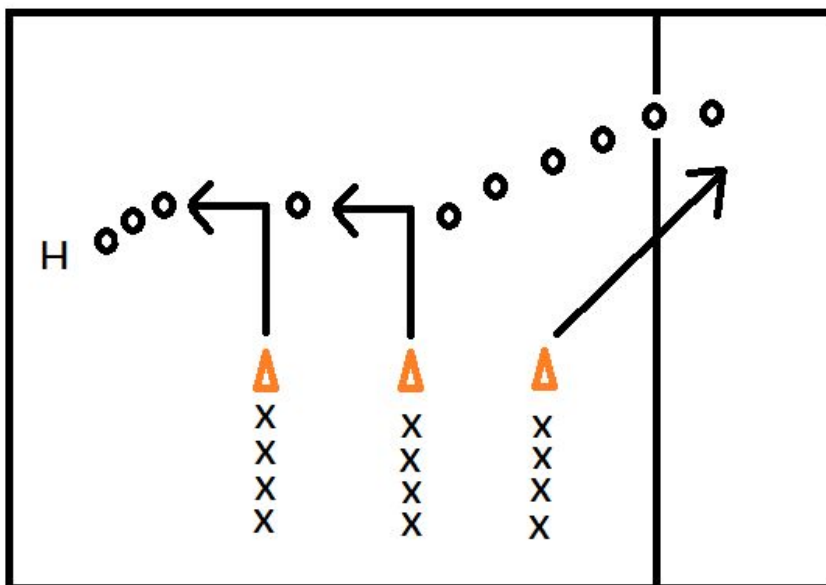
Points to Emphasize:

- This drill is designed around the most basic and fundamental offense in Ultimate (stack and flow)
- Focus on completions and timing of cuts
- Cutters from line 2 lead cutters from line 3 with a throw to space (put the disc where the cutters are going, not where they are)
- When 3 completions are made celebrate the flow; this is a key play in Ultimate!

Variations:

- Switch up backhand or forehand sides
- For more advanced players: introduce concept of force-side cuts v. break-side cuts (knowing direction of force allows you to make the appropriate cut)

Three Line or Flow Drill



Box

Number of players: Minimum 4

Equipment: One disc and 4-8 cones

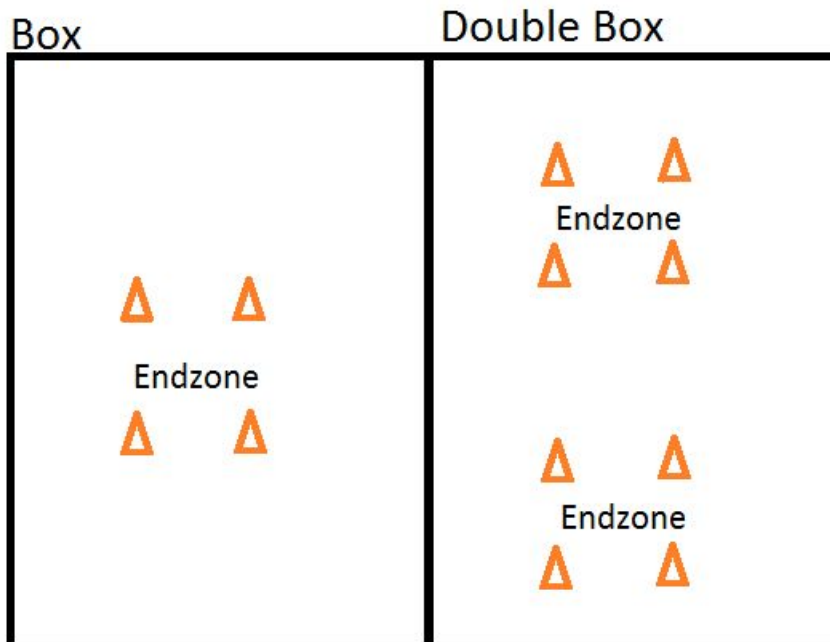
Method: Box, sometimes referred to as half court Ultimate, shares many of the same rules as Ultimate but can be played on a much smaller field space. Similar to Ultimate, scoring can be achieved by receiving the disc in the end zone but it's unique in that a small box shaped end zone is set up, typically in the middle of the playing field. Unlike Ultimate, scoring can be achieved from 360 degrees around the Box or end zone. If a point is scored, the scoring team retains possession and clears the disc (a predetermined distance from the box) to reset play. If a turnover occurs, the offensive team must clear the disc.

Points to Emphasize:

- For coaches, this drill provides excellent opportunities to teach the basic concepts of Ultimate (ie: disc movement, defense, offense)
- Focusing on basic rules here will be helpful in developing a well-rounded Ultimate player

Variations:

- All touch points - all players on the team must touch the disc before making a scoring attempt
- Double Box - similar to Box but with 2 end zones where any team can score from the same 360 degree playing area (chaotic, but lots of fun!)



Player in the Middle

Number of Players: 3

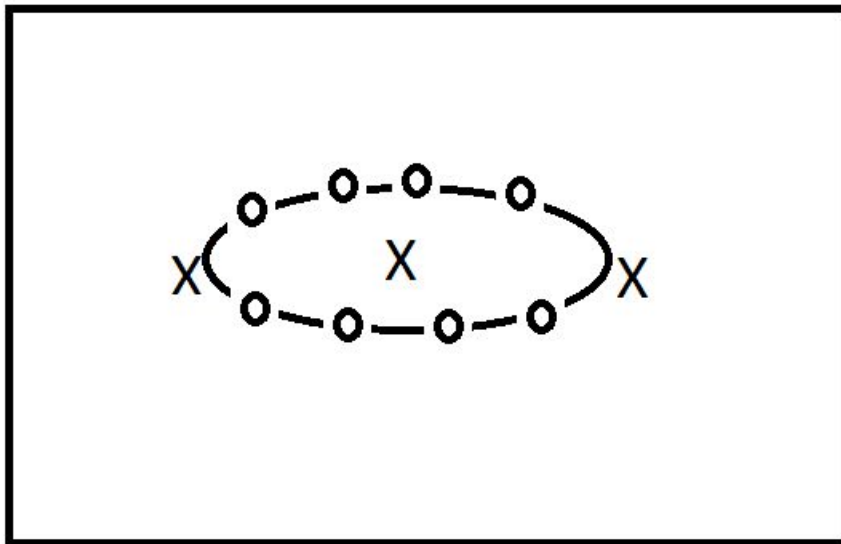
Equipment: 1 disc

Method: 2 players will line up 5-10 yards apart with the 3rd player in the middle. The objective is to make as many completions as possible while avoiding a D-block. The job of the player in the middle is to work hard at attempting to block the throws. If a turnover is achieved, switch positions and continue.

Points to Emphasize:

- Once the basic concept is achieved, focus on getting players to learn how to throw around the middle player
- Introduce stall counts as a way to simulate game situation
- This drill should become a key part of every Ultimate player's warm-up

Player in the Middle



Wheel Relay (Duck-Duck-Goose for Ulli)

Number of players: Minimum 5, but 10 is better

Equipment: 1 disc and multiple cones (not necessary but helps keep the drill spacing)

Method: Form a large circle of players facing inward, with one person holding the disc. Ensuring everyone is first spaced well apart (about 2-3 yards between each), the first person passes the disc to person on their right and then runs around the circle in the opposite direction. Short passes are completed person-to-person around the circle so the disc should meet the original thrower just as they arrive back in place. The next player (to the right of the first) takes a turn, and so on.

Points to Emphasize:

- For beginners, encourage short passes
- Focus on completions
- Cheer and encourage cutters to run as fast as possible (Ultimate is fast paced)

Variation:

- Change direction so both forehand and backhand are practiced

Wheel Relay

