

Ultimate Frisbee Skills & Strategies



The Backhand: The backhand is the throw that most people know.

- Grip the disc with a closed fist, your fingers wrapped around the rim and the thumb on top (but not straight out).
- Your feet should be about shoulder width apart in line with your target.
- Rotate your upper body away from you target while putting your weight on your back foot.
- Then, shifting your weight forward with a step, rotate your upper body toward your target, while swinging your arm and the disc forward in a smooth, level motion.
- Snap your wrist as you release the disc at your target to put more spin on it. This motion is the same as snapping a towel.

The Forehand: The forehand is a necessity in Ultimate Frisbee.

- Grip the disc in your hand between your thumb and your index finger. Your thumb should be on top of the disc. Your middle and index fingers should be on the inside rim of the disc. For more stability extend your index finger toward the middle of the disc.
- Your feet should be shoulder width apart and you should be facing your receiver.
- Begin with your weight shifted to your pivot foot.
- Draw your forearm and the disc back slightly.
- Smoothly shift your weight to your non-pivot foot and turn your body, shoulders, and forearm forward as you snap your wrist, releasing the disc at your target.
- Be sure to keep your arm parallel to the ground and your palm faced up while practicing this throw.

Catching: Along with throwing, catching is one of the two most important skills in Ultimate Frisbee. Make sure to always keep your eyes on the disc until you have possession.

- **On handed rim catch:** One-hand should only be used when you cannot get two hands on the disc. Examples include very high throws, very low throws, and throws behind you.
- **Two handed rim catch:** For throws below the waist and above the chin. With throws above the chin, the thumbs should be pointed down. For throws below the waist, the thumbs should be pointed up.
- **Pancake:** The pancake is the most “sure” catch and should be used whenever possible. It is best used for throws waist and chin level. Try to get your body in front of the disc. If you can jump or slide to pancake the disc, it is preferable to catching it by the rim.

Cutting: Cutting is an essential Ultimate Frisbee skill. If you can create separation between you and your defender, you are much more likely to get the disc. Cutting is what will give you that separation. The most essential element of a cut is a sharp change

in direction. There are different ways to set up your defender on a cut. The two most common ways are:

1. Drive at your defender to get them off balance and then cut to your desired location.
2. Drive away from your defender. Once they commit to following you, cut underneath or behind them.

Tips for cutting:

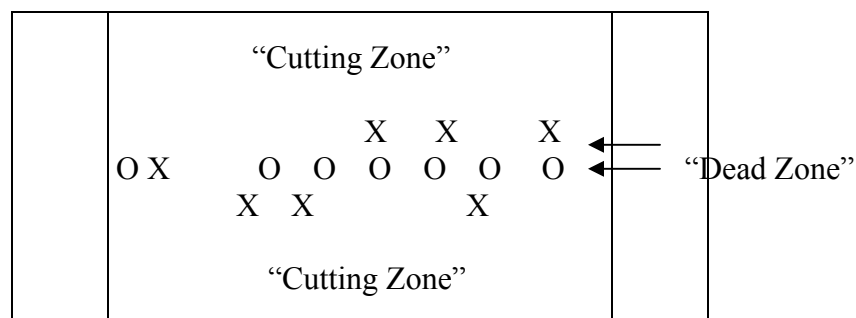
- “Sell” your cut – make your cut look like a real option.
- Don’t “round” your cuts – make sure your cuts are sharp.
- Cut on your outside foot – if your cut is to the right, cut off of your left foot. This will make your cut faster.

Marking and Stall Counting: The marker’s responsibility is to prevent the thrower from throwing in one direction and count the stall. Initiate the stall by saying, “stalling 1.” Proceed to ten at one second intervals. If you begin the word “ten” before the thrower releases the disc, it is a stall, which results in a turnover.

In order to maximize the area that you are covering:

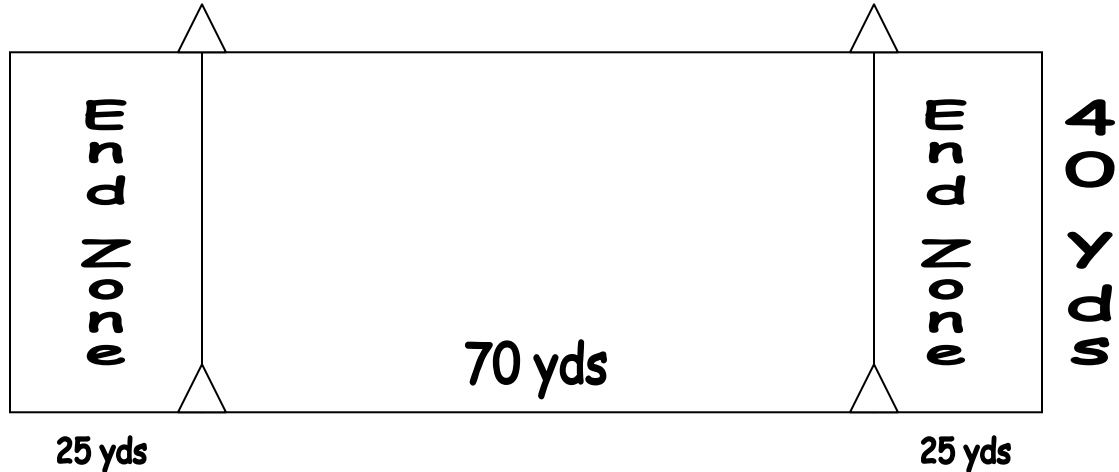
- Stay balanced.
- Do not lunge.
- Do not cross your feet over.
- Keep your feet shoulder width apart, your knees bend and your butt low to the ground.
- As the thrower fakes and pivots, shuffle over to block the throw.
- Learn what throws and what release points the thrower likes to use and mark accordingly.

The Stack: There are several offensive sets in Ultimate Frisbee. Offensive sets are designed to create space so that players can cut into open areas. The most basic and popular offensive set is the Stack. In a stack, all the offensive players are lined up in the middle of the field. The closest player should start about 8-10 yards up field of the throwers. Every player in the stack should be separated by 3-5 yards, giving everyone enough space to cut without causing picks. This should create space on either side of the stack for cutting. The stack is in the “dead zone” while the spaces on the sides are called the “cutting zones.” After you make a cut, be sure to clear hard back into the stack to give the next cutter space to cut.



ULTIMATE IN 10 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 the disc to the offense. A regulation game has seven players per team.
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.
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 (out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Non-contact** — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
7. **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 redone.
8. **Self-Refereeing** — Players are responsible for their own foul and line calls. Players resolve their own disputes.

9. **Spirit of the game** — Ultimate Frisbee 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.

10. A disc is like a pair of scissors. You're not supposed to run with either!



What Happens During a Game

Captains from each team flip a disc simultaneously (at the same time). A captain or third player calls “Same” or “Different” before the discs hit the ground. If the player’s call correct then his/her team has the choice to throw or receive the first “pull”, to choose which end zone they would like to defend for the first point.

When the pulling team (team that is throwing first) is ready to begin play, the puller (the one throwing the disc) holds the disc above his/her head. When a member of the receiving team holds their hands above their heads to signal readiness, the pull can be thrown.

On the pull, the receiving team does not have to catch the disc to take possession. It can simply be allowed to land. However, whoever touches the disc first (either by catching it or picking it up from the ground) must be the first “handler”. Usually the receiving team will designate a player to be the handler before the pull, to minimize confusion. If the disc hits the ground and begins rolling, any player on the receiving team can stop its progress without having to become the handler.

The Stall Count

Every player has 10 seconds to throw the disc. If your check (i.e., the player defending you when you have the disc) is not counting, please remind them to count out loud to 10; often-newer players forget. If someone is counting too fast, you may call fast count; at this point they must go back 2 in the stall count. If they continue to count too fast and you call it again within the same stall count, the play stops and the count goes back to 0.

Picks

If any player on the field impedes the progress of a defensive player trying to check their offensive counterpart, the defensive player should call pick very loudly so play does not continue. If play continues and the disc is turned over, the turnover stands. The defensive player must be within 10 feet (3 meters) of their check to call a pick.

Fouls

Fouls are the result of physical contact between opposing players. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or

immediately after the catching attempt is often unavoidable and is not a foul. If a player contacts an opponent before the disc arrives and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a foul. If a player's attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, before or after the disc arrives, it is considered "harmful endangerment" and is a foul.

If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If an uncontested foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

Throwing fouls are when the thrower's passing motion is impeded by a moving marker prior to releasing the disc. If the marker is stationary, the thrower may not step into them to complete a pass.

Strips

A defensive player may not knock the disc from the hands of an offensive player.

Traveling

The offensive player may not drag their pivot foot or run with the disc. A player who is running and catching must try to stop as quickly as possible (3 steps maximum) prior to throwing to a teammate.

These are the most common rules. If someone is constantly breaking a rule, it may not be because they are un-spirited; it may be because they don't know the rules.

DANGEROUS, AGGRESSIVE BEHAVIOUR OR RECKLESS DISREGARD FOR THE SAFETY OF FELLOW PLAYERS IS ALWAYS A FOUL.

Great resource: <http://www.ultimatehandbook.com> for drills, teaching cues, rules, etc.

