

# Ultimate

# Skills and Drills

## Individual Drills

### #1. (Individual-Stationary) 5 Essential Components

- A. Tuck** (tuck frisbee across chest)
- B. Grip** (grip frisbee with water gun grip...thumb on top with index finger on side and middle, ring and pinky fingers curled underneath)
- C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- D. Foot Work** (slide left, slide right, slide forward, slide backward)...lateral and 45 degree angles
- E. Motor Skills Cues**

#### 1. Throwing Cues (step by step progression with frisbee but not throwing frisbee)

- A. Turn** (1/4 rotational turn towards non-dominant side of the body-pivot and drop-step...with frisbee across chest in far hip)
- B. Drop Hips** (lower center of gravity, bend knees, feet shoulder width apart)
- C. Step** (step with same foot of throwing hand towards target)
- D. Throw** (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...release frisbee towards target with appropriate force ....extend arm and snap wrist)
- E. Freeze Frame** (after releasing frisbee and following through, hold throwing arm out with index finger pointing straight at target)

## 2. Catching Cues (step by step progression with frisbee)

**A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**B. Window** (make a target with a sandwich by holding both hands out side by side, facing the ball, at chest level)

**OR**

(make a target with a gator by holding both hands out with dominant hand (palm down) at eye level facing non-dominant hand palm up at chest level)

**C. Catch** (look in your sandwich or gator to track and absorb the frisbee with both hands)

**D. Freeze Frame** (after catching frisbee, continue to hold frisbee at that location and keep eyes focused on the frisbee)

**E. Tuck** (look frisbee in to your body and secure across your chest)

**#2. (Individual-Stationary) Toss and catch** (backhand passes)

**#3. (Individual-On the move) Toss and catch** (backhand passes)

### Partner Drills

**\*Explain**

**F-Force** (light, medium, heavy)

**A-Angle** (45 degrees, 90 degrees, parallel, perpendicular)

**T-Trajectory** (flight path of the frisbee)

**#4. (Partner-Stationary) Throwing and catching cues** (backhand passes)...2 times each partner

(Throwing) Turn-Drop Hips-Step-Throw-Freeze Frame

(Catching) Stance-Window-Catch-Freeze Frame-Tuck

**#5. (Partner-Stationary) Throwing and catching** (backhand passes)

**#6. (Partner-Stationary) Throwing and catching** (backhand, forehand-side arm, and overhand passes)

**#7. (Partner-Increase Distance) Challenge throwing and catching (backhand passes)**

...1 partner takes 1 step back after both partners catch a pass

**#8. (Partner-On the move) Lead passing and catching (different passes)**

**Group of 3 Drills**

**#9. (Group of 3-Stationary) Triangle throwing and catching with a fake (different passes)**

**#10. (Group of 3-On the move) Monkey in the middle (different passes)**

**#11. (Group of 3-On the move) Give and go (backhand passes)**

**#12. (Group of 3-On the move) Three man weave (backhand passes)**

**Group of 4 Drill**

**#13. (Group of 4-On the move) 2v2 Keep away (different passes)**