

Ultimate 101 - HPEC 2011

Presenter: Rob McLeod

This handout is meant to serve as a reminder of the main points covered in the 2011 HPEC for ultimate Frisbee. Each main points has the key touch points which I will attempt to cover in the allotted time. My contact information is at the end of this handout if you have any questions after the session.

Forehand

- Grip - power grip – fingers in the shape of a gun, 2 fingers along the inside of the rim and thumb squeezes on top of the disc
- Wrist snap - spin on the disc is super important which is mostly generated from having a good wrist snap
- Pivot foot – in order to throw around a defender, step in a lunge motion, leaving the pivot foot stationary
- Palm up - when snapping the disc and releasing the disc, ensure that the palm is facing up

Backhand

- Grip - power grip – 4 fingers underneath gripping the disc like you're shaking someone's hand and then the thumb squeezes the disc on top
- Wrist snap – make sure you get a lot of snap on the disc as you want spin on the disc which is a direct result of wrist snap. This is like snapping a towel
- Pivot foot – in order to get around the defender, step in a lunge motion to get around the person so you can get a clean throw off
- Follow through – to help the accuracy of the throw, make sure to follow through at the target

Catching

- 2 types – rim catch (or hamburger) and pancake
- Pancake catch is good when you can get your body squared behind the disc and control the disc in your hands

- Rim catch is good when the disc is to either side of your body, when the disc is high or low and for diving catches

Starter Drills

- Apple – either 1 or 2 people run, someone throws, and the runners try to catch the Frisbee
- 3 versus 1 – One person stands with 3 people in a line across from them and 2 discs. Work on catching, quick throwing and making eye contact
- Box drill – You can do inner or outer box. This drill works on leading the receiver, timing of cuts, making eye contact on the throw, catching and cutting
- 500 – Two people catching and one person throwing. Switch when one of the catchers makes 10 catches total

Starter Games

- Box – 2 on 2, 3 on 3. Make a small box for the endzone and a larger box for the boundaries. Work on short passes, getting the disc moving quickly and using everyone on your team
- 3 on 3 – this is basically a mini ultimate field and only 3 on 3. Very fun and great for learning the game from the ground up.

For many more drills, visit: http://www.menalto.com/ultimate/play_list.php

For articles & videos on ultimate, visit: <http://www.ultimaterob.com>

If you have any questions, email me at rob@ultimaterob.com