

Ultimate Frisbee

"PLAY IT IN SCHOOLS"



Catching to score



Bringing it down under pressure



High grab

ULTIMATE FRISBEE

Teacher Resource Package

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Simple Rules of Ultimate

Ultimate is a fast, free flowing game that combines elements of netball, soccer, gridiron and touch footy. The basic idea of the game is very simple. The aim is for the team with the frisbee to pass it up the field without dropping it and catch it in an end zone, which scores a point. The other team tries to intercept the disc or knock it down. The sport is non-contact and teams are generally mixed - both men and women play on the same team. The other important aspect of Ultimate is that there are NO REFEREES. The players are trusted to make all decisions by themselves.



Field: Ultimate is usually played on an approximately half-width football field, with two teams of seven players (plus substitutes) lining up against each other. Any size field can be used, however, depending on space available, and a good game can be had with as few as four players a side. Cones are generally used to mark the corners of the endzones and the sidelines.

Scoring: To start a point, the defending team "pulls" (throws) the disc from their end zone to the offensive team, who stand in the opposite end-zone. The object of the game is for a team to connect passes down the field until the disc is caught in their opponents' end zone, scoring one point. Teams change ends at the end of each point. Games are usually to 15 or 21, with a time cap of around 90 minutes, but play as long or as short a game as you like.

Quick Rules:

1. There is no running with the frisbee. The frisbee can only be moved up the field by passing it. When a player catches the disc they must establish a "pivot" foot before throwing, a little like netball.
2. The person with the frisbee has 10 seconds to throw. A defensive team member marks them and counts out loud, "stalling...one...two...three..."
3. No physical contact is allowed between players. Contact results in a foul. In practice, small amounts of accidental contact are usually tolerated.
4. A "turnover" occurs when the frisbee hits the ground, goes out of bounds, is dropped or intercepted. Unlike touch footy, if the frisbee is knocked down, the team that last **held** the frisbee loses it, regardless of who knocks it down. The defensive team takes possession of the disc at that point and becomes the offensive team.
5. Unlimited substitutions are allowed between points, although none during points.

Fouls: *Players call their own fouls when rule violations or contact occurs - there are no referees. A player disagreeing with a foul call can usually "contest" (dispute) the call, in which case the play is redone and the disc returned to the thrower. Players endeavour to be fair in their calls, so calls are rarely contested.*

"Spirit of the Game": *Unique to Ultimate, and central to individual and team conduct, is the underlying "Spirit of the Game". "Spirit of the Game" embodies the sportsmanship which has sadly been lost from other sports. Players undertake to be competitive but fair and truthful, physical but careful, intense but friendly and courteous.*



Having fun at the first ever Schools Ultimate Gala Day 2002

Adapting Ultimate Frisbee to all ages

School Age Children ranging from years 1 – 12 (Primary school and Secondary school)

When introducing Ultimate Frisbee to a group of kids you have to remember that most of their acquired skills for the sport have only been practised in the back yard or on the beach. Most other sports are televised and a child is able to understand the basic concept of the game by just viewing it. As a coach for Ultimate Frisbee you must not only build their skills but also the knowledge of the game.

There are different levels and stages to playing Ultimate Frisbee. When a child or adult first starts to play Ultimate, they must first learn the basic throwing and catching skills. Those skills then progress by incorporating running and jumping actions. This can be applied using a variety of drills and games. Eventually the game of Ultimate is introduced and played to the learners who can use all the skills they have attained. Below in the Development Plan, we have arranged the age groups and level of play with the skills, drills, and games that should be played at that level. This is to help the teacher/instructor to know what skills and knowledge development is needed at each stage along the way.



PCYC Camp at Umina Beach in 2003

Skills to learn: 1. Basic throwing and catching skills at short distances (3-5 metres)

- Throwing a BACKHAND throw
- Using the PANCAKE catch technique
- Working on ACCURACY

Simple Drills: 2. These drills can be used in a P.E. lesson to apply the above skills. The students will develop simple throws, accuracy, catching ability and awareness of the frisbee.

- Throw in pairs
- Wheel Relay
- Diamond Drill
- Zig-zag Drill

Games: 3. Playing Ultimate at this level is quite difficult so it is recommended to start with simpler games to get the kids skills up then progress into modified Ultimate.



Lending a hand with the rules of ultimate

- Captain Disc
- Throwing Race
- Bottle Guts

**Years 1 –3 are recommended to play with a soft frisbee until their frisbee awareness is strong.*

News Skills to Learn: 1. *Throwing and catching at short and longer distances (3 – 7 metres)*

- *Refining the backhand throw and stance*
- *Introducing forehand throwing at short distances*
- *Focussing on accuracy of throws at short distances*
- *Introducing 'Rim' catching and continuing 'Pancake' catching*

2. *Learning the basic rules of Ultimate.*

Moderate Drills: 3. *These drills can be used in a PE lesson to apply the old and new skills.*

- *Pivot and Throw*
- *Piggy in the Middle*
- *Box Drill*
- *Flow Drill*

Moderate Games: 4. *This is the time to introduce **Ultimate** to the students with revised rules.*

Revised Rules: When the disc hits the ground, the first person to reach the disc and touch it, will gain possession. The defence must mark the thrower at 1 metre away. Make sure the students are only marking one player and there is no double-teaming (this will happen at the start.) The students will need to start to understand the concept of Self-refereeing and call a foul when it necessary.

Other games you can play:

- *Flutter Guts*
- *Frisbee Rounders*
- *500*
- *Frisbee Soccer*

New skills to learn: 1. These skills will be mostly an extension of the skills already introduced but now the children are expected to complete them at a higher level.

- Revising the Backhand and Forehand throws
- Long distance throwing (10 metres)
- Cutting in the game situation
- New Throws – Hammer, Inside-outs and Outside-ins

New Drills: 2. Intermediate drills can be revised. New drills can be introduced.

- Mirror Drill
- Cut and Clear

New Games: 3. At this stage you should be playing **Ultimate** mostly but can mix it up with a few different games. When playing Ultimate, the students should be self-refereeing the game as much as possible and the teacher should only help if it is completely necessary. The students need to understand to concept of self-refereeing and fair play.



The little guy sneaks in to take the D!

- Hot Box
- Indoor Ultimate (on a netball court with the goal circles at the "in goal" areas)
- **Ultimate** – with normal rules except the defender should be 1 metre away from their player

New Skills to Learn: 1. At this stage, students should be refining their skills and focusing on the strong parts of their own game such as learning to be a handler or a receiver and start playing that in the games.

- Competently throwing all types of throws in a short distance
- Throwing long distance backhands and forehands
- 'Laying Out' or what we call diving to defend or catch the frisbee
- Learning to stack on offence in a game situation
- Learning the "Dump, Swing, Score" offensive play

Advanced Drills: 2. These drills are to combine skills and the way you should be playing during the game. At this stage, the students should be competent with the rules of Ultimate and should understand the concepts of playing "offence" and "defence".

- Thrower/Marker Drill
- Triangle Drill
- Circle Drill
- Dump, Swing, Score Drill
- Kill Drill

Games: 3. At this stage, students should be playing **Ultimate** with the proper rules and being able to call their own fouls, strips, travels, and picks. The game should be completely self-refereed with no assistance from the teacher. This will promote spirit and fair play.

* All of these drills, skills, and games are described in full in the "List of Drills" and "List of Games" sections in this package.

Secondary School Lesson Plan

This curriculum is suitable for Ultimate players around the age of 14 & 15. The Drills and Games mentioned in this section are explained in detail in the "List of Drills" and "List of Games" sections in this Teaching Package. The Juniors page on the AFDA website (go to www.afda.com and click on the link to Juniors) has further information.

Equipment

It is essential to have the correct equipment available. For a class of 30 students, the following is a basic minimum to undertake this program of Ultimate:

- 15 ultimate sports discs
- 24 marker cones
- 30 coloured playing bibs

You may also find the following resources useful

- UPA (Ultimate Players Association) Teaching Video
- 1994 World Championships Finals Video (for rainy days)

Lesson Plans

Each lesson is designed to last about 40 minutes. These 10 lessons should take rank beginners to a stage where they are reasonably competent Ultimate players.

1. [Throwing](#)
2. [Catching & Forehand](#)
3. [Disc Control](#)
4. [Pivoting & Marking](#)
5. [Leading Passes & Cutting](#)
6. [Overhead & Jumping](#)
7. [The Stack](#)
8. [Defending](#)
9. [The Force](#)
10. [Mini-Tournament](#)

These lesson plans do not include a warm-up or stretching routine, which should be added onto the start of a session. Nor do they include a warm-down or post-session stretch.

1. Throwing

Introduction

Start the lesson with an introduction to Ultimate and the basic rules of the game. Hand out copies of the rules to every student. Explain the significance of Spirit of the Game and the idea of self-refereeing with example game situations:

Ultimate has traditionally relied upon a spirit of sportsmanship. This places the responsibility for fair play on the individual player. Highly competitive play is encouraged but never at the expense of mutual respect between players, adherence to the agreed-upon rules of the game or the basic joy of play. It is assumed that no ultimate player will intentionally violate the rules; there are no harsh penalties for inadvertent infractions but, rather, a method for resuming play in a manner which simulates what would most likely have occurred had there been no infraction.

Skill: Backhand (5 mins)

There are essentially two types of throws in Ultimate, the backhand and the forehand. The backhand is the basic throw that most people already know.

Tips for throwing backhand:

Grip: Grab the rim of the disk with a fist, the thumb being on top and the fingers wrapped underneath. Angle the fist so that the knuckle of the first finger points towards the target.

Body Position: Stand so that the throwing shoulder is pointed towards the target, looking over the shoulder with the back turned slightly. Step forward and out to that side. Place most body weight over the throwing foot.

Arm Motion: Keep the elbow and arm free of the upper body. Try to throw in a straight line (not curved) motion.

Release: Release the disc with a definite snap of the wrist to impart extra spin. Spin allows the disc to be more stable in flight. If the disc tends to turn over, angle the outside edge down. Avoid rolling the wrist on release.

Drill: Throwing in Pairs (10 mins)

Practice the backhand throw. Afterwards, review common mistakes.

Drill: Wheel Relay (5 mins)

Use backhand only.

Game: Captain Disc (15 mins)

Allow teams to practice for a while before having a competition.

2. Forehand & Catching

Skill: Pancake Catch (5 mins)

There are two basic methods of catching the disc: Pancake Catch and Rim Catch. The Pancake Catch is much safer and should be used whenever possible. Demonstrate both types of catching.

Skill: Forehand Throw (5 mins)

The forehand is needed to allow people to throw to both sides of the field, much in the same way that a backhand and forehand are required in tennis. The forehand generally is more difficult to master than the backhand.

Tips for throwing forehand:

Grip: Thumb on top, first and second fingers inside the rim with the pad of the middle finger against the rim. The index finger may be pointed towards the centre of the disc for stability.

Body Position: Stand facing the target so that the throwing shoulder is pointed towards the target. Step forward and out to that side. Place most body weight over the throwing foot.

Arm Motion: Keep the elbow and arm free of the upper body. Try to throw in a straight line (not curved) motion. Lead with the elbow.

Release: Release the disc with a definite snap of the wrist to impart extra spin, like snapping a towel. Spin allows the disc to be more stable in flight. If the disc tends to turn over, angle the outside edge down. Avoid rolling the wrist on release - many players will do this when learning forehand.

You may try having players throw the disc under their leg to help them get it right..

Drill: Throwing in Pairs (10 mins)

Practice using the forehand release and the pancake catch. Walk around and help those who are struggling.

Game: Captain Disc (10 mins)

Play once using backhands, then forehands. Then have a race using only forehands throws.

Game: Frisbee Tennis (10 mins)

Split up into at least two games. It is not important to have even team numbers in this game. Stress the need to advance the disc to the front of the court before attempting to score on the other team.

3. Disc Control

Skill: Banked Throws (5 mins)

By altering the angle of the disc, the disc can be made to curve in flight. By raising the outside edge, it will bank "outside-in". By lowering the outside edge, it will bank "inside-out". These throws will be easier on the backhand side than the forehand side.

Drill: Throwing in Pairs (5 mins)

Practice throwing banked throws on both the forehand and backhand side.

Drill: Piggy in the Middle (5 mins)

Use banked throws to get the disc around the Piggy.

Skill: Rollers (5 mins)

By angling the outside edge of the disc up and landing the disc just in front of the thrower (say 10m), the disc can be made to roll. Changing the angle, speed and spin will affect where the disc goes and how far it rolls.

Drill: Throwing in Pairs (5 mins)

Stand at least 30m apart and practice throwing rollers. There will probably be a lot of chasing after the disc as accuracy will be very poor initially.

Game: Disc Golf (15mins)

Make at least one hole each of all forehands and all rollers.

4. Pivoting & Marking

Skill: Pivoting (5 mins)

The rules of ultimate require that throwers establish a pivot foot. The pivot foot will be opposite to the throwing arm, to allow a wide throwing range to get around the marker. It will take a while for the pivoting motion to feel natural.

Drill: Pivot & Throw (10 mins)

Practice combining the pivoting and throwing motions. Do both backhand and forehand sides.

Rule: Marking & Stalling (5 mins)

Only one defender is allowed within 3m of the thrower. That person is called the marker. The marker must stand at least 1m from the thrower, and may stall the thrower in 1 second intervals "stalling...1...2...3...". If the marker reaches 10 then there is a change of possession at that point.

Game: Frisbee Soccer (20 mins)

Allow marking and stalling. There is not much emphasis on accuracy or completing passes in this game, so players can concentrate on the mechanics of throwing and marking. Use a stall count of 5. Better to have two small games going rather than one big game, so that everyone gets involved.

5. Leading Passes & Cutting

Skill: Leading Passes (5 mins)

In order to hit a running receiver, the thrower must throw the disc out in front of them so that disc and receiver meet.

Drill: Diamond Drill (10 mins)

Practice leading passes on the backhand and then forehand side.

Drill: Zig-Zag Drill (5 mins)

Get the players to turn hard and get their weight down low as they round the cones. Try getting them to touch the ground at each cone, and turn in three deliberate steps rather than shuffling around the cone.

Skill: Cutting (5 mins)

The purpose of cutting is to get clear of the defence and run into open space. It requires a hard change of direction and often a fake to throw the defence off.

Drill: Cut & Clear (5 mins)

Emphasise the need to fake as part of a cut.

Game: Keepings Off (10 mins)

Create as many games as needed, have no more than four or five per team. Use leading passes to get free. Remember, no more than one defender is allowed within 3m of the thrower.

6. Overhead & Jumping

Skill: Overhead Pass

The overhead is useful for throwing over defenders. It is a lot less common than the backhand or forehand, but is often used as a get-out-of-trouble throw by beginners.

Tips for throwing the Overhead

Grip: Same as for the forehand.

Body Position: Face the target.

Arm Motion: Start with the arm behind the head, then extend it forwards and upwards.

Release: Release the disc with a wrist snap. It should initially be tilted slightly upside down of vertical and will turn over flat upside-down during flight.

Drill: Throwing in Pairs (10 mins)

Practise the overhead pass.

Skill: Jumping

In order to get to a floating disc, it will often be necessary to jump to the disc. Even when the disc is not beyond reach it is usually better to jump to bring the disc to chest height rather than sticking a hand up to try to catch it.

Drill: Throwing in Pairs (5 mins)

Practice throwing high passes that the receiver can jump to.

Game: Five Hundred (15 mins)

Split into groups of similar physical build for this game.

7. The Stack

Skill: The Stack (5 mins)

The standard offensive tactic in Ultimate is to have the receivers line up downfield from the thrower and have the players cut one at a time to the thrower. This creates open areas in front of the thrower for the receivers to cut into. It is common for players to number off in the stack so they know the order of cutting.

Other players in the stack should anticipate when a receiver is about to catch the disc and start their cut to receive the next pass. When this works, it is called flow.

Drill: Flow Drill (10 mins)

Practice the flow drill using both forehands and backhands. Concentrate on the timing of the cuts, cutters should start just as their thrower is catching the disc.

Rule: Starting a Point (5 mins)

Review the rules of Ultimate before their first game. To start a point, both teams line up on their front endzone line. The defense has the disc and matches up its players. The offence must remain in position. The defence holds the disc up when they are ready, and the offence returns the hand signal. The defence then pulls the disc to the other team. If the disc lands out of bounds on the full, the offence has the option of calling "middle" and starting the disc from the middle of the field across from where it left the field.

Game: 5-on-5 Ultimate (20 mins)

Play a game, emphasising the use of a stack on offence. Encourage the offence to walk to the disc and stack up after a turnover. Get players to call out numbers to indicate who will cut first from the stack etc.

8. Defending

Game: 5-on-5 Ultimate (10 mins)

Start off with a game to warm up.

Skill: Defending (5 mins)

The aim of defending is to try to stop the receiver from getting the disc. To do this the defender is positioned between the receiver and the thrower and tries to maintain that position by shadowing the cutter. Remember that Ultimate is non-contact, so body-checking is strictly forbidden.

Drill: Mirror Drill (5 mins)

This drill concentrates on shadowing an offensive player.

Drill: Defender Drill (10 mins)

This is an opportunity for players to practice their cuts, as well as defensive skills.

Rule: Pick Rule (5 mins)

Shepherding, whether intentional or not, is not allowed in Ultimate. It is called a pick. Offensive players cannot make a cut by running their defender into another player. In fact this practice can be dangerous.

Game: 4-on-4 Double Box (10 mins)

This game is good for emphasising man-on-man defence. The rules are the same as Ultimate except there is no pull. Play restarts immediately after a score.

9. The Force

Drill: Box Drill (10 mins)

Use this drill to warm up.

Skill: The Force (5 mins)

Forcing is when the marker stands slightly to one side, forcing the throw to the other side. Now the defensive players can guard the receivers more effectively by over-defending the "forced" parts of the field. Usually, the force is kept the same the whole way down the field.

The thrower can also be forced to throw to the middle ("force middle") of the field always, so that the force keeps changing. To be effective, the defense should agree on the force before the throw-off.

Drill: Defender Drill with Marker (10 mins)

A new role in the defender drill. Force to the right-hand backhand side for half the time and then switch over. Receivers should try to get open on the forced side.

Game: 6-on-6 Ultimate (15mins)

With more players on the field, there will be slightly more congestion, but the play should also be maturing and the offence should be more disciplined. Teams should practice using a consistent force on defence.

Rule: Overview

Hand out the Take Home Exam (see end of Teaching Package) for the players to test their knowledge of the game.

10. Mini-Tournament

Split the class into 4 even teams. Set up two fields and play two games of 6 on 6 Ultimate. Have the winners play each other and the losers play each other. Supervise these games and offer guidance when needed.

Rule: Spirit of the Game (5 mins)

Revise this rule in particular and the importance of playing with spirit. Also explain how to start the game with a representative from each team flipping a disc and someone calling "same" or "different". The winner gets to choose an end to start from or whether to pull or receive. The loser gets the remaining choice.

Drill: Dump, Swing, Score (5 mins)

Have each team warm up for the game with this drill.

Game: Ultimate (15mins)

First round games.

Game: Ultimate (15 mins)

Have the winners play each other and the losers play each other.

Grips

1. Introduction

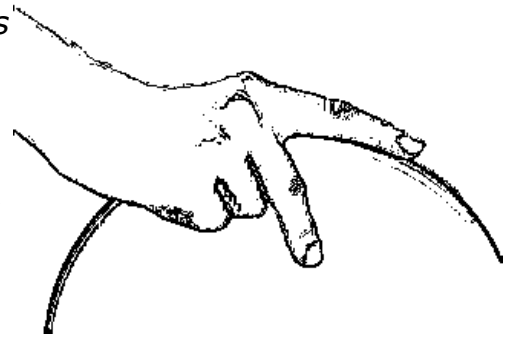
The topic of grips is one often overlooked in ultimate, apart from when a new player is first learning. Even if it is noticed, it may be derided, spoken in the same way as many ultimate players say "disc golf". Despite this, very few players actually think about what grip they use for various throws, and even less about why they use a particular grip. This is surprising, as grip plays a significant part in whether a throw is a good one or not.

2. Backhand Grips

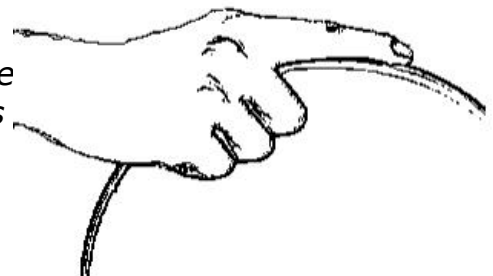
2.1. Basic (Beginner's) Grip

Shown are a couple of different versions of this grip. It is characterised by the index finger of the throwing hand being placed along the outside rim of the disc.

The first version has the middle finger of the throwing hand extended towards the centre of the disc. This version gives a high degree of control and stability, since the index finger along the rim helps with direction and the middle finger supporting the disc supplies stability. On the down side, there are only two fingers gripping the rim, and this leads to much less power than most of the other grips. Most of the power in a grip comes from the ripping of the disc off the end of the index finger.

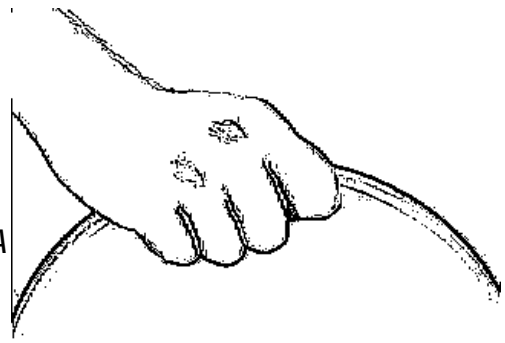


The second version is one rarely seen. It has the index finger on the rim but not the middle finger support. It gives a little more power as more fingers are gripping the rim, but the power gain is fairly insignificant compared to the loss of control. Bigger power gains are obtained by having the index finger gripping the rim.



2.2. Power Grip

This is the most popular grip among experienced throwers, and is the one used by almost all disc golfers. All fingers are gripping the rim tightly, and there are no fingers supporting the disc. This means there is a considerable loss of control, since the release point is much harder to judge. A fair degree of control can be regained through practice, and the loss is offset in some ways by the large power gain

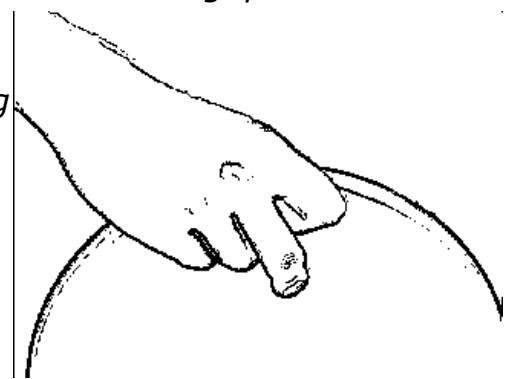


produced by the disc ripping off the end of the index finger. This grip does however make it harder to throw the high backhand as there is no support for the sharp upward push on the disc just prior to release.

A certain amount of control also depends on the position of the thumb, and how tight the grip is on the disc. In general, the tighter the grip, the more spin which is able to be imparted to the disc, and hence better control in the wind. The thumb can also be placed anywhere from along the rim of the disc to pointing towards the centre of the disc. The best control, particularly with respect to air bounces, is to have the thumb pointing towards the centre of the disc, and this also aids a tight grip. A tight grip also keeps the disc steady and makes high backhands easier to throw. On the down side, it seems a little harder to get as much distance with the thumb pointing toward the middle. This is because of the tendency to drag the thumb across the back edge of the disc on release.

2.3. Hybrid Grip

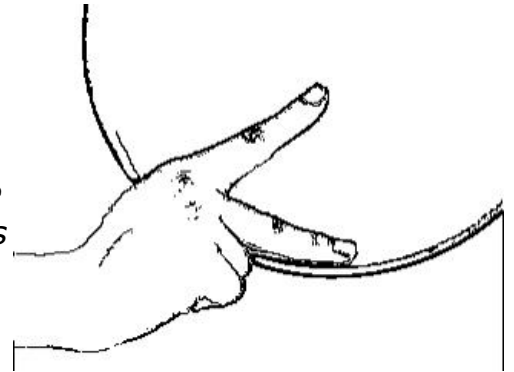
As its name suggests, this grip is a combination of the two grips shown above. It provides power with the index finger gripping the rim. It also gives support in an unusual way. The middle finger of the throwing hand is slightly extended so that the disc is supported by it. This grip makes it possible to throw all throws easily, including high backhands, without the need to change grips. The drawback is a slight loss of power in the throw, in the order of 5m over a 60m throw relative to a power grip. The comments with regard to thumb position apply equally to the hybrid grip as well as the power grip.



3. Forehand Grips

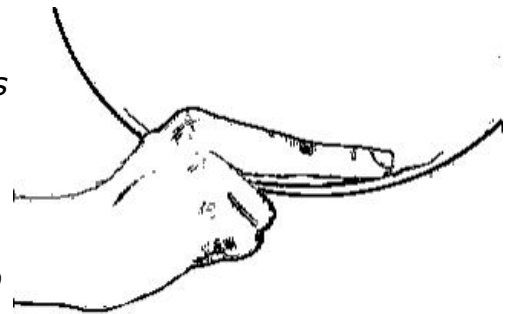
3.1. Basic (Beginner's) Grip

This grip is in principle very similar to the corresponding backhand grip. The middle finger of the throwing hand is inside the rim and the index finger is extended towards the centre of the disc for support. The advantage of this method is control. The disadvantage is a corresponding loss of power, because the spreading of the fingers makes it impossible to cock the wrist back as far just before release.



3.2. Power Grip

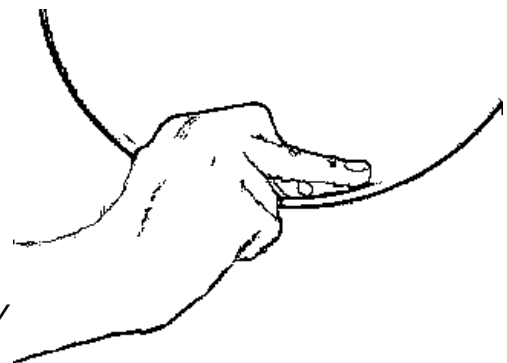
There are a couple of different versions of this grip. The first has the index finger next to the middle finger and hard up against the rim. This grip increases power since the wrist can now be cocked back further and more snap imparted to the disc. As expected, there is a loss of control as there is no finger to support the disc. The disc has a tendency to wobble up and down, and this can reduce distance if the disc and the wrist are not at the same angle at release.



The second is a slight improvement (not pictured), where the index and middle fingers are slightly curled, and the disc can balance on these two fingers prior to the throw. This grip is more like the hybrid grip below in the way it provides support. It also makes it easier to throw the high forehand. Like the backhand, the thumb should be used to grip the disc tightly. This will give better spin and more control in the wind, since the disc has less tendency to wobble during the wind-up and throw.

3.3. Hybrid Grip

This grip is analogous to the hybrid backhand grip, although it does seem to be more popular and widely used. Instead of the index finger and middle fingers being parallel, the index finger is slightly bent. This is exaggerated a little in the diagram. The pad of the index finger is pressed firmly on the rim, as is the pad of the middle

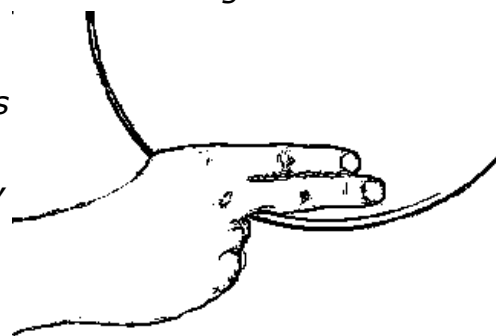


finger. The bend in the index finger can then be used to support the disc, while the wrist can still be cocked well back for a power throw. The disc can be held out flat and ready to throw, which makes it a good grip for throwing the high forehand.

3.4. Other Grips

The grip shown at right is an interesting way of helping improve forehand throws in weaker players. Instead of the pads of the fingers being against the rim, the side of the middle finger is against the rim. This grip promotes a palm-up follow through, and helps stop people from turning their forehands over on release. The down side of this grip is that the snap puts lateral pressure on the finger joints, and persistent hard throws using this grip can damage the joints. It is therefore only recommended as a teaching aid, and not for use by experienced players.

Endless variety is possible, particularly with fine-tuning. Most people use one of the above basic grips, but with their own minor adjustments. With regard to radical differences, few are of practical use. The only alternate grip to those above which is sometimes seen is the use of one, three or even four fingers inside the rim instead of two. Fewer fingers for some reason seems to give better control and accuracy, but using only the index finger puts a lot of pressure on just the one finger, and this is probably why it is not commonly used.



4. Hammer Grips

These are essentially the same as for the forehand, and so there are no separate diagrams for them. The significant difference is that the hammer throw is released upside-down, so that support underneath the disc is not as important as for the forehand. A tight grip with the thumb is important, since it is the digit which is doing the supporting. This makes the power and hybrid grips the better choices for the hammer.

List of Drills

These drills are designed for Juniors but could be used by any players who are at various stages of learning how to play Ultimate..

- ▲ Cone
- × Player
- ▶ Player's path
- ▶ Disc's path

Beginner

- *Throwing in Pairs*
- *Wheel Relay*
- *Diamond Drill*
- *Zig-Zag Relay*

Intermediate

- *Pivot and Throw*
- *Piggy in the Middle*
- *Box Drill*
- *Flow Drill*
- *Mirror Drill*
- *Cut and Clear*

Advanced

- *Thrower/Marker Drill*
- *Kill Drill*
- *Triangle Drill*
- *Defender Drill*
- *Circle Drill*
- *Dump, Swing and Score*
- *Swing Drill*
- *Unarousal*

Throwing in Pairs

2 players, 1 disc

Each pair stands a comfortable distance apart and completes passes between each other to practise the basic techniques of throwing a forehand and backhand. This is used as a basic warm-up and practise at all levels of play.

Throwing in Pairs



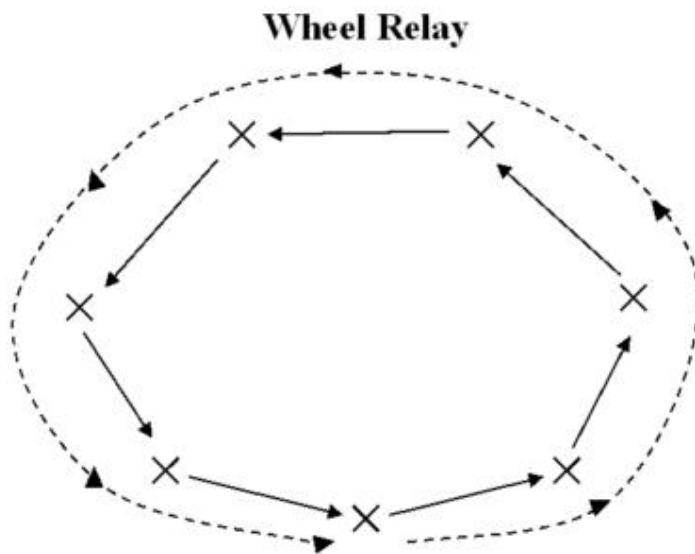
Variations

- *Get the throwers to throw high, floating passes to practise high catches.*
- *Increase the distance between the throwers to practise longer passes.*

Wheel Relay

6+ players, 1 disc

Form a well-spaced circle facing inwards with one person holding a disc. The first person passes the disc to their right and then runs around the outside of the circle in the opposite direction (clockwise). The disc is passed around the circle and meets the thrower as they arrive back in place. They pass it on to the next player (on the right) who then does the same thing. The relay continues until it is the original thrower's turn. Try to get players to throw backhands if right-handed and forehands if left-handed.



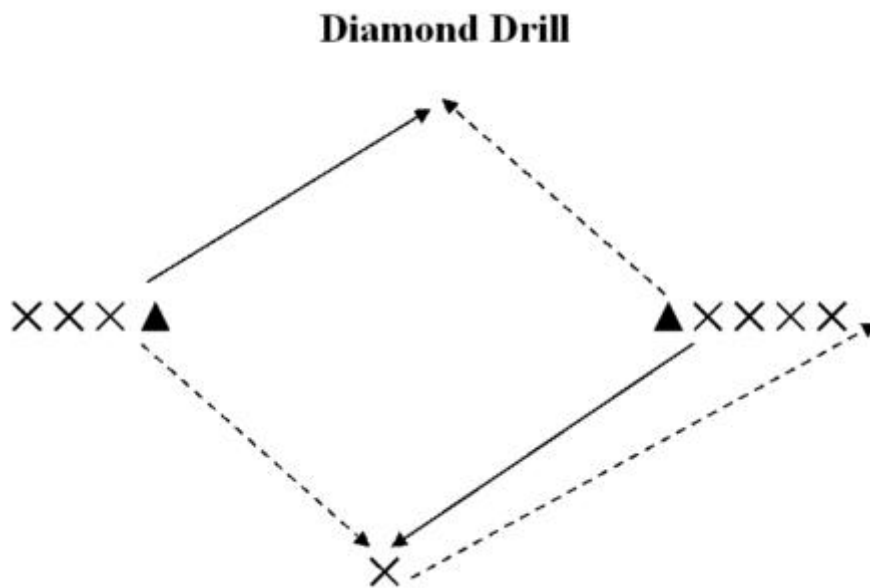
Variations

Change the directions of passing and running so that both forehands and backhands are practised.

Diamond Drill

6+ players, 4+ discs, 2 cones

Form two stacks (lines) of at least three players each, facing each other behind cones about 15m apart. The first player from one line cuts to their right and is thrown the disc by the first player in the other line. The thrower then makes the next cut to the other line, while the receiver continues through to join the end of the opposite line from which they came. Two extra cones may be used to provide a cutting and throwing target. After a while change the direction of cuts so that both backhands and forehands are practised.



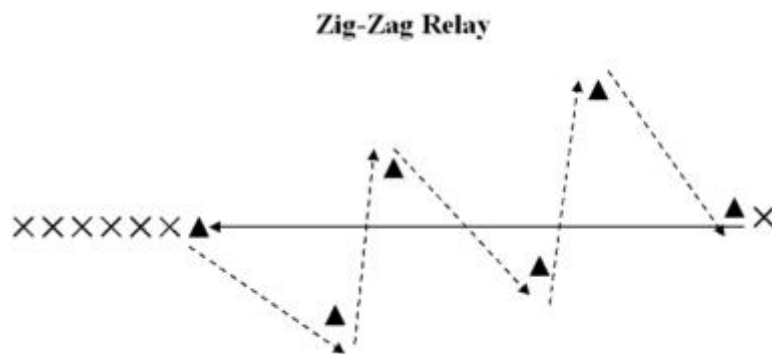
Variations

- Challenge the players to get 10 connections in a row.
- Have the receivers stop and return the disc to the line before joining the end of the line.

Zig-Zag Relay

6 players; 1 disc; 6 cones

Place the six cones in a zig-zag pattern about 5m apart, with the furthest cone about 15m from the first. The players stack behind the first cone. The first person has the disc, on "go" they run around all of the cones as fast as possible, carrying the disc with them. When they get to the last cone, they turn around and throw it to the second person who does the same thing. Eventually, the whole team is stacked up behind the last cone.



Variations

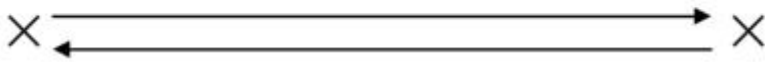
Form two teams and have a race.

Pivot and Throw

2 players; 1 disc

This drill combines the pivoting and throwing motions, and gets the players used to using their correct pivot foot. Throwing in pairs, have the thrower pivot across before throwing. Repeat 10 times on backhand and forehand sides.

Pivot and throw

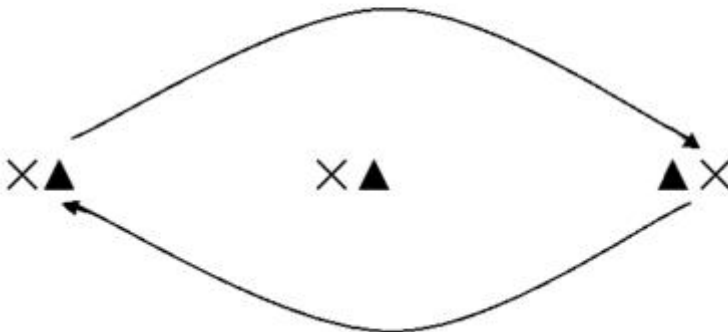


Piggy in the Middle

3 players, 1 disc, 3 cones

This drill practises banked throws. Split into groups of three. Have the thrower and receiver stand at cones 10m apart with the "piggy" in between them. The aim is to connect passes without the piggy getting the disc. The players are not allowed to move. The thrower must throw inside-out or outside-in throws by altering the outside angle of the disc.

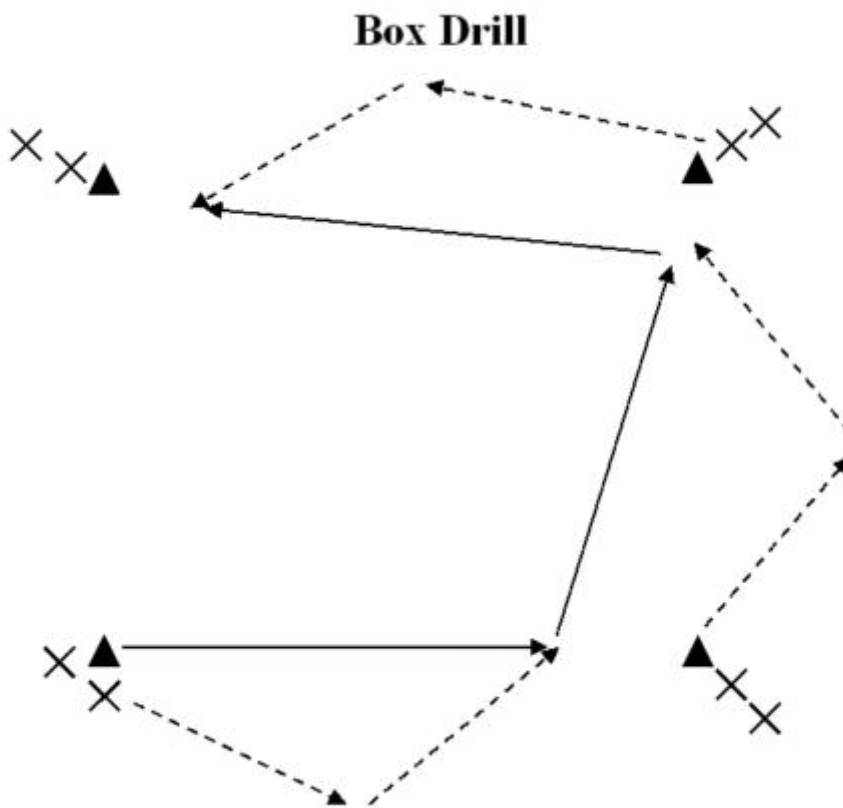
Piggy in the Middle



Box Drill

8+ players, 1 disc, 4 cones

Form a 10m square with the 4 cones. Start with even stacks behind the cones facing the centre of the square. The disc is at the front of one line. A player cuts from the next line to the right in a counter-clockwise direction and is thrown the disc. They throw it to a similar cut from the next line and so on. Each thrower joins the next line around the square after throwing. After a while, change the direction.



Variations

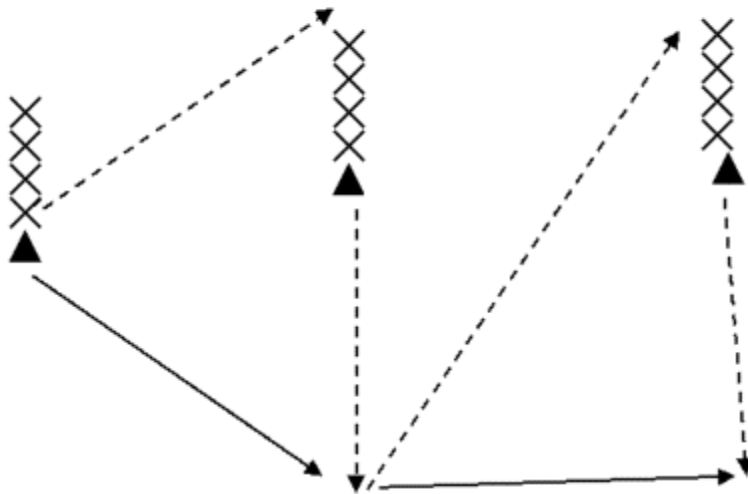
After this drill has been mastered, try introducing a second disc going around the square.

Flow Drill

12+ players, 4+ discs, 4 cones

Form four stacks down the centre of the field behind cones. The front stack holds the discs and faces the other three stacks which are lined up away from the first stack. The first cutter from the second stack cuts to one side and is thrown the disc. A player from the next stack then cuts to the same side to receive the flow pass, and the last cutter does the same. The final receiver take the disc and joins the front stack of throwers. The other players rotate to the next stack in the sequence.

Flow Drill



Variations

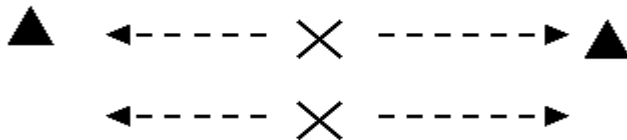
Challenge the team to complete 5 sequences without mistake.

Mirror Drill

2 players, 2 cones

Set the two cones about 5m apart. The players stand facing each other, one is offence and one is defence. The offence moves from side to side between the cones and tries to get away from the defender. The defender tries to stay with the offensive player. Do this for 10 seconds then rest and switch roles.

Mirror Drill

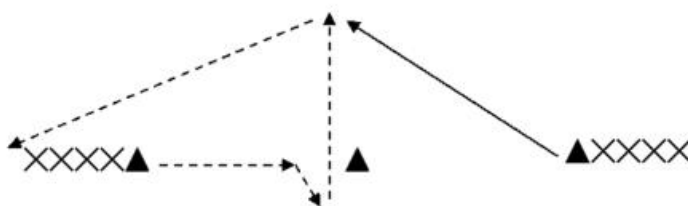


Cut & Clear

8+ players; 4+ discs; 3 cones

Place the three cones in a line 10-15m apart. Form two stacks behind the end cones facing each other, with an even number of discs and players in each. The first player from one stack runs towards the central cone, fakes one way and cuts the other way to receive a pass from the opposite stack. The receiver then throws the disc back to the next player in that stack and clears quickly to the back of their original stack. Concentrate on the mechanics of faking and cutting and encourage players to clear wide and fast.

Cut and Clear

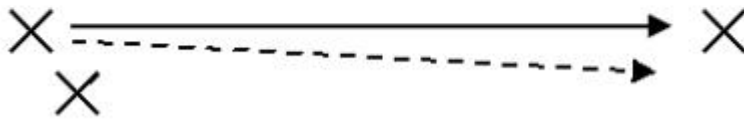


Thrower/Marker Drill

3 players, 1 disc

In the thrower/marker drill, groups of three practice throwing and marking in rotation. Player A throws with Player B marking. Player C is the receiver about 10m away. After the pass is completed, C becomes the thrower, A runs to C to become the marker and B becomes the receiver. The marker should force one side or the other. Repeat until each person has thrown 10 times. You may also reverse the rotation so that the throwers get different markers.

Thrower/Marker Drill



Variations

For strong throwers, allow the marker to mark more straight up rather than forcing to one side.

Kill Drill

2 players, 1 disc

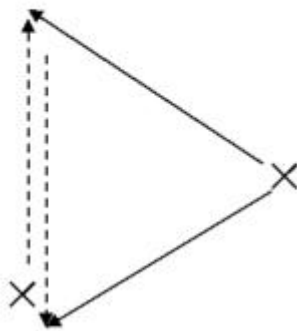
2 players stand 10m apart. The thrower is stationary, the cutter runs back and forth in front of the thrower, receiving passes, stopping, returning the pass, then turning and running the other way.

Complete a set of 10 passes, then reverse roles. Do 3 sets each. This is generally used as a high-intensity warm-up drill and practises throwing when fatigued.

Variations

Try doing five sets of 8 passes at higher intensity

Kill Drill



Triangle Drill

9+ player, 7+ discs

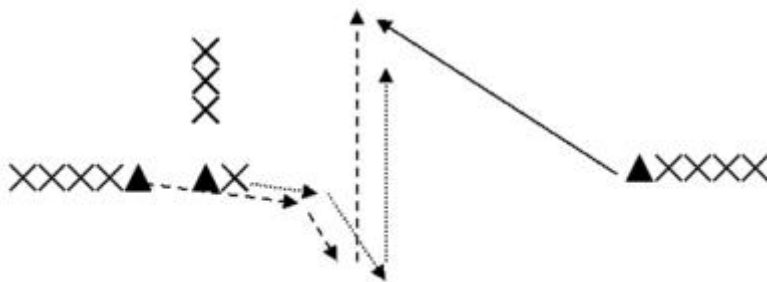
Form three stacks in a 20m triangle all facing the centre of the triangle. The first player cuts to their right (counter-clockwise) along one side of the triangle and receives a pass from the thrower at the opposite corner of the triangle. The receiver joins the stack they were running towards. The thrower then makes a similar cut in the same direction to receive the next pass, and so on.

Defender Drill

12+ players, 4+ discs, 2 cones

This drill practices both cutting and defending. It is helpful to talk about different approaches to cutting and defending before and during the drill where appropriate. There is one stack of 4 throwers all with discs. Facing that is a stack of 8 cutters and defenders at least 20m away. Take turns cutting and defending. The cutter cuts toward the thrower, trying to get free from the defender to receive a pass. Note that there is no marker so it should be easy for the cutter to get free eventually. The receiver takes the disc and joins the throwing stack. The thrower clears to the back of the cutter/defender stack and becomes a defender, the defender also rejoins that stack but should be a receiver next.

Defender Drill



Variations

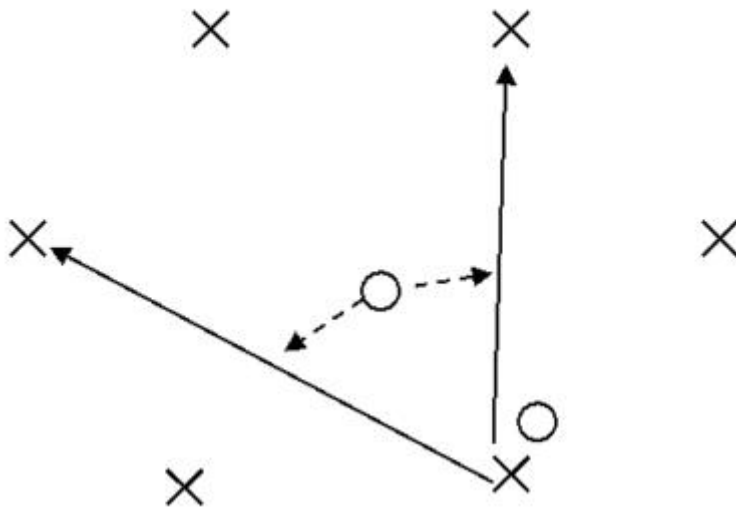
Have the person who is second in the throwing line put a mark on the thrower.

Circle Drill

8+ player, 1 disc

6 players stand in a circle about 10m radius, with two defenders in the middle of the circle. One defender may mark the disc, the other tries to anticipate and intercept passes. The thrower may not pass to the people directly next to them. The receivers may not move to catch the disc. After three turnovers, new defenders are chosen and the old defenders join the circle.

Circle Drill



Variations

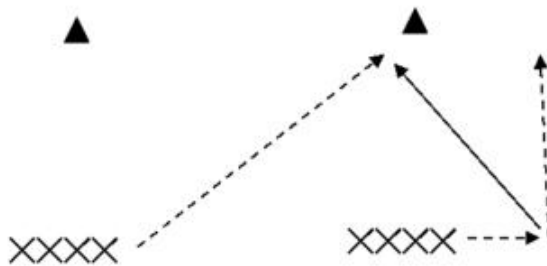
- If too many turnovers occur, relax the rule about throwing to adjacent players or require each pair to stay in longer (say five turnovers).
- With more players of a higher skill, put three defenders in the centre and practice zone defence.

Dump, Swing, Score

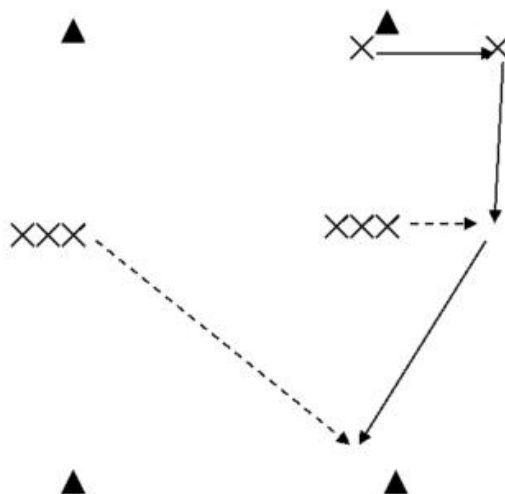
6+ players, 1 disc, 4 cones

Set up an endzone. Form two even stacks of players at the front and back centre of the endzone. A player steps out of the front stack and throws to a receiver from the back stack cutting to one of the front cones for a "score". The thrower then runs across for a "dump" and "swings" the disc to the next thrower cutting out of the front stack. That thrower completes a "score" to a receiver cutting to the opposite cone and so on. Players alternate between the front and back stacks.

Dump, Swing, Score (1)



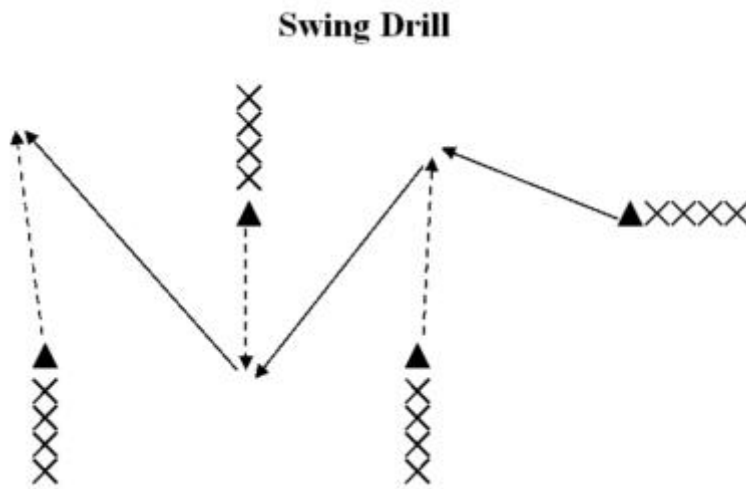
Dump, Swing, Score (2)



Swing Drill

12+ players, 4+ discs, 4 cones

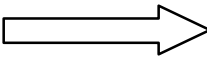
Form 4 stacks of at least 3 players in each. The stacks line up in an alternating zig-zag pattern each behind a cone about 15m apart. Players in the first stack each have a disc. The first player from the second stack cuts across to receive the disc, then fakes the flow pass, pivots and swings the disc to a player cutting out of the third stack. Do the same thing for the cutter out of the fourth stack. Each player continues on to the next stack after throwing and the receiver from the fourth stack bring the disc to the front line of throwers.



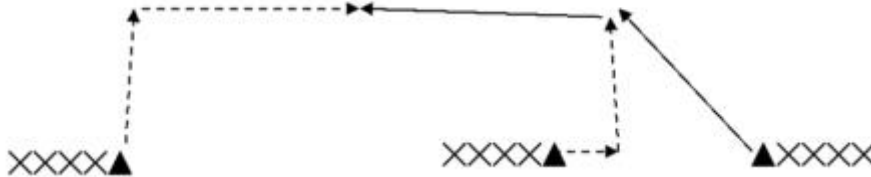
Unarousal

10+ players, 4+ discs, 3 cones

Form three stacks down the centre of the field, each behind a cone. The throwing stack has all the discs and faces the other two (the front and back stacks). A player from the front stack cuts out to one side to receive the disc from the first thrower. A player from the back stack then cuts out to that side and then runs straight towards the thrower. The aim is to catch the disc coming head-on to the receiver without slowing down. This is quit difficult. The receiver takes the disc and joins the throwing stack, the throwing stack rotates to the front stack and the front stack rotates to the back stack.

Note: Direction of field 

Unarousal



List of Frisbee Games

This resource is intended as a collection of games which can be used with Junior teams to add variety to coaching sessions while still concentrating on the basic disc skills needed for Ultimate. Many of these games are actually played by senior players and some even have international competitions.

Beginners

- *Throwing Race*
- *Captain Disc*
- *Disc Golf*
- *Bottle Guts*

Intermediate

- *Frisbee Rounders*
- *Discathon*
- *Flutter Guts*
- *Frisbee Tennis*
- *Five Hundred*
- *Frisbee Soccer*
- *Keepings off*

Advanced

- *Goaltimate*
- *Double Box*
- *Indoor Ultimate*
- *Hot Box*
- *Double Disc Court*

Throwing Race (beginner)

12 players (6 teams of 2); 6 discs; 4 cones

Split up into pairs. Each pair is competing against the other pairs of players. Stand 10 metres apart and all pairs commence throwing at the same time. The aim is to complete (ie catch) as many passes as possible in pairs.

If the disc has to be retrieved, then the receiver must return to their original position before the return throw.

Score 1 point for a completed backhand pass, 2 points for a forehand, the first pair to reach 20 wins. Alternatively, give the pairs a limited time (like 2 minutes) to maximise their points.

Variations

For more advanced players, try these variations:

- Increase the distance apart
- Award 3 points for a hammer
- The receiver may not move their feet to catch the disc

Captain Disc (beginner)

6 players; 1 disc; 3 cones

Line up in groups of six, have a disc placed 5 metres in front of the line, with the players facing it. The players need to be well-spaced, at least arms length apart. On "go!", the leftmost player runs out and picks up the disc. They pass it to the first (rightmost) player, who passes it back. Then to the second player and so forth until the end of the line is reached. When the last player catches the disc, they run out the front to become the captain and the previous captain runs to the right-hand end of the line to become the first receiver.

If a player has to retrieve a disc, they must return to their place before throwing the return pass. Continue until the original captain runs out the front again and the whole team sits down to finish.

Variations

Make all throws forehand.

Disc Golf (beginner)

2 players; 1 disc

Canadian Pairs - 3 pairs in each group

Disc golf is played just like ball & stick golf, except the targets or "holes" can be whatever is available. Each shot must be taken from behind where the disc comes to rest, and the object is to minimise the number of shots to hit the target. An innovative aspect of disc golf is to include mandatories, such as requiring the disc to go around a tree before hitting the hole. If a tree is the hole, it is usual to make the target the trunk below the first branch, so that branches and leaves do not count.

Form into pairs, taking alternate shots. After each hole have someone new choose what the next hole will be. Encourage imaginative holes, eg "through the fork in the tree and hit the rubbish bin," but keep it simple.

Bottle Guts (beginner)

12 players; 6 discs; 12 cones

Bottle Guts involves two teams of six facing each other in a line, with each player having a cone in front of them (the bottle). Give each team three discs. The object is to knock over the opposition's bottles. Players must throw from behind their bottle, and may only throw when their bottle is upright. Each player starts with three lives. Each time a player's bottle is knocked over, they lose a life. When they have no lives left, they are out of the game and must sit down. Any player may retrieve a disc from the "no-man's land" between the teams, but cannot go behind enemy lines. No goal-tending is allowed, a receiver cannot touch a moving disc until it passes the line of bottles.

Variation

For more advanced players, throwers lose a life if their throw is caught one-handed on the full.

Frisbee Rounders (Frisbee Baseball)

(intermediate)

18 players (2 teams of 9); 1 disc; 7 cones

Set up a diamond, similar to baseball. There is no pitcher (like teeball), otherwise the fielding positions are similar. The "batter" simply throws the disc from homebase, and must rethrow if it is a foul or doesn't travel at least 5m. The batter may run up to throw, but if they release too late, then it is also a foul. Three fouls mean the batter is out.. The batter is also out if their throw is caught on the full. Runners are out if the disc reaches the base they are running towards before they do. Only the fielders on a base (the basemen) may run with the disc; everyone else must throw it to a baseman. The batting team gets a run each time a runner reaches home base, when they get 3 outs the teams switch roles. For safety reasons, the fielders should be required to be at least 5m away from the batter.

Discathon (intermediate)

4 players; 4 discs; cones; arrow signs

Use cones or (better) natural obstacles such as trees to mark out a course. A park is the ideal setting. Use arrow signs to indicate which side of trees etc the course runs. Each player starts behind the start line with a disc. The players must run around the course, making their disc follow the course exactly. The players can run anywhere they like. Each successive throw must be taken from behind where the disc last stopped. If a throw misses a turn, the player must go back around that turn. The winner is the player whose disc first crosses the finish line.

Variations

With older children, put the winners into a final. Make the course difficulty match the throwing ability of the players.

Flutter Guts *(intermediate)*

6 players (2 teams of 3); 1 disc; 4 cones

This game can be used to increase eye-hand co-ordination. Two teams of three players stand facing each other about 2 metres apart. One team "serves" a slow, wobbly throw to the other team which must try to catch it with one hand. The disc must pass between the head and the knees and must be soft or it is a no-throw and must be thrown again.

The disc may be bobbled and touched by any team member before it is caught, but no two hands or players may touch it at the same time. Also, "trapping" is not allowed, where the disc is trapped between the hand and another part of the body. The disc may be kept alive by hitting it with any body part as long as it is not a trap, and the receiving team may move anywhere they like to make a play on the disc.

After the disc hits the ground or is caught, the receiving team then serves the disc. Score a point for a successful catch. The first team to 11 wins.

Frisbee Tennis *(intermediate)*

12 players (2 teams of 6); 1 disc; 8 cones

This is really played similar to newcombe ball, with six players a side on either side of a tennis net. There is a "dead zone" 2 metres either side of the net, which is out-of-bounds. The receiving team scores a point if the disc lands out-of-bounds. Dropping the disc, or taking more than three passes to get it over the net, scores a point for the opposition. The game is to 15 points. Use a cone to mark where the server serves from, making this the back of the court for advanced throwers. This game can be played without a tennis court or net by setting up your own playing area.

Five Hundred *(intermediate)*

6 players; 1 disc

Two groups of three are separated by a distance of about 20m. One group throws a high disc above the other group. If someone catches it, that person scores 100 points. That group then throws another high, floaty throw back and they get a chance to score points. The winner is the first person to score 500 points. The game is non-contact; no pushing or holding is allowed. This game is very good for practising positioning, jumping and reading the flight of the disc.

Frisbee Soccer *(intermediate)*

12 players (2 teams of 6); 1 disc; 8 cones

In frisbee soccer, you are not allowed to run with the disc, but the disc is allowed to touch the ground, or roll along the ground. Once the disc is on the ground, either team may pick it up, but maintain the non-contact rules, so once a player has picked it up, their marker must retire 1m away. If two players pick up the disc simultaneously, then the offence retains possession.

The game can be played on a soccer or football field, or a similar field set out with cones. Score by throwing the disc through the goalmouth. Modify the number of players to suit the field size.

Keepings Off *(intermediate)*

8 players (2 teams of 4); 1 disc; 4 cones

Form a 20m square with the 4 cones. The aim of the game is to retain possession of the disc by passing to teammates for as long as possible. As in ultimate, players may not run with the disc and have a stall count of 10.

Variations

- For more of a challenge, reduce the stall count to 7 or even 5.*
- Use a scoring system where a team scores a point each time everyone on the team touches the disc.*

Goaltimate *(advanced)*

8 players (2 teams of 4); 1 disc; 6 cones

Goaltimate is played just like ultimate, but with the aim being to throw the disc into a goal (football or hockey) rather than catch it in an endzone. A simple goal could be made between two cones.

Variations

A variation is to play half-court goaltimate, requiring a team to pass the disc outside a box before attempting to score (eg the penalty box around a soccer goal).

Double Box *(advanced)*

10 players (2 teams of 5); 1 disc; 8 cones

This is a miniature game of ultimate, and more fast-paced. There are 2 scoring goals, 5m x 5m boxes, separated by about 20m. One team starts with the disc in their box and is attacking the opponent's box. Each time a team scores, they immediately are attacking the other box. Otherwise, the rules are the same as Ultimate.

Play games to 3 or 5. Unlimited substitutions are allowed at any time.

Indoor Ultimate *(advanced)*

8 players (2 teams of 4); 1 disc

Indoor ultimate is played on a netball or basketball court. The endzone is the goal circle (netball) or keyhole (basketball). Each team has four players. After a player catches a goal, they touch the disc to the ground and start again, attacking the opposite goal. Each team has two substitutes. Substitution can happen at any time by tagging the player on the sideline. A game is usually played for 15 minutes.

Hot Box *(advanced)*

10 players (2 teams of 5); 1 disc; 8 cones

Hot Box is like the half-court version of double box. The field can be much more congested with both teams attacking the same goal. The goal is a 5m x 5m square in the centre of a 20m x 20m square. Teams are 5-a-side on the court with unlimited subs. The aim is to catch the disc in the goal to score a point. When a team gains possession of the disc, they must complete a pass outside the outer box before they can attack the goal. Otherwise, the rules are the same as for regular Ultimate.

After scoring, the scoring team retains possession of the disc and must move the disc out of the outer box before they can score again. Unlimited subs are allowed during play. Play games to 3 or 5.

Variations

For more advanced players, reduce the size of the box to 3m-a-side and the number of players to 3 or 4 per team.

Double Disc Court (DDC) – *(advanced)*

4 players (2 teams of 2); 2 discs; 8 cones

The court is two 10m x 10m boxes separated by a 5m wide no-man's land. The court can be outdoor or indoor. A pair of players stand in each box, each pair with one disc. Each team serves simultaneously and aim to land the disc in the other team's court. If the disc lands out or rolls out then the receiving team gets a point. If the disc lands in and stays in then the throwing team gets a point. If the receiving team catches the disc, then they can throw it back. If the receiving team drops the disc, the throwing team gets a point. If a team is touching both discs at once, that is a "double", and the other team scores two points.

After a point is scored, the discs are returned to each end and the other players serve. Change ends every 5 points. The winning team is the first to reach 11.

Variations

Increase the size of the courts and spacing between them. A full size court is 14m squares separated by 14m. See the WFDF Rules for comprehensive rules.

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Ultimate Players Association – www.upa.org

Glossary

This section will clarify some of the Ultimate lingo coaches or teams may encounter during competitions. This will hopefully avoid any misunderstandings or untoward reactions to the more colourful language of Ultimate. This glossary is part of the Developmental Coaching Manual produced by the Manitoba Organisation of Disc Sports.

Air Bounce: *A type of throw that flies downward and then is pushed upward on a cushion of air. It is useful in getting underneath the mark, and in slowing the forward movement of the disc if the pass is intended for a delayed cut.*

Away Force: *Established by the marker to force the handler to throw the disc away from the side of the field selected as the defensive team's home base.*

Banana Cut: *A cut which does not follow a straight line, but rather curves like a banana. This cut is easy to defend against and should be discouraged.*

Blade: *A disc which flies vertically instead of flat. Usually in reference to a poorly thrown hammer.*

Break-force Pass: *When a handler throws a pass to the side of the field which the marker attempted to cover. Usually achieved by throwing an inside-out pass.*

Break-side: *The side of the field which the marker covers by setting a force. Usually refers to the side toward which a receiver will cut if expecting a break-force pass.*

Broken: *Called aloud when the handler has broken the force set by the marker. The marker notifies his/her teammates to increase the ability of the defense to react to cuts to the now undefended side of the field.*

Check Disc: *Called to stop play if the condition of the disc is questioned. Also, the act of putting a disc into play after play has been stopped for any reason. The handler holds the disc toward the marker to be tapped while the marker calls: "Disc in" or "Disc in play".*

Check Feet: *A phrase used by an opposing player to clarify whether the disc was caught in-bounds or out-of-bounds. Defense usually asks the player who caught the disc, assuming they are the player with the best vantage point to know the point of initial contact at the time the disc was caught.*

Clear Out: A phrase used to remind offensive players to vacate the cutting zone after making a cut. Often used when players forget to complete the cut by returning to the end of the stack via the sidelines.

Clogging: When the player who has just cut does not clear out of the cutting zone. This causes congestion in the cutting zone (because the receiver usually has a defender with him/her).

Contest: A term used to indicate disagreement on a call made by an opposing player. Contested calls usually revert back to the thrower.

Cut: An offensive play in which a receiver accelerates straight toward an open space with the intent of losing the defender long enough to receive a pass. Most effective if preceded by faking a movement toward a different direction.

Disc: The flying disc used in the game of Ultimate and in other sports.

Dump: A short pass to a player in the opposite direction of the intended end zone. Used when the handler is unable to make an upfield pass or to allow the stall count to be reset.

Equipment Time-out: (Also known as "Equipment") Called to stop play if a player experiences a problem with apparel, footwear, etc.

Flick: Another term for a forehand pass. Also: the action of snapping the wrist to increase the spin of the disc.

Flow: The movement of the disc upfield from successive cutter to successive cutter. An ideal situation for the offensive team.

Foot Block: When a marker successfully blocks a disc with his/her foot after it is released by the thrower.

Force: When a defender establishes position in such a way as to prevent the handler from throwing to a section of the field. The handler is not permitted to pivot into the marker and must try to break the force through faking, throwing an inside-out pass, or throwing under the mark.

Force Backhand: The marker forces the handler to throw a backhand pass. The marker stands on the side of the non-pivot foot.

Force Forehand: The marker forces the handler to throw a forehand pass. The marker stands on the side of the handler's pivot foot.

Foul: An infraction of the rules involving physical contact between an offensive player and a defensive player.

Give and Go: When a handler passes to a receiver, then cuts and receives the next pass.

Hammer: An overhand pass.

Hand Block: When a marker successfully blocks a disc with his/her hand after it is released by the thrower.

Handler: The player in possession of the disc. Also, a position established in higher levels of Ultimate play which designates certain players to be the main disc handlers of the team.

Home Force: Established by the marker to force the handler to throw the disc toward the side of the field selected as the defensive team's home base.

Huck: A long throw.

Injury Time-out: Called to indicate a stop in play to allow care for an injured player. Also shortened to "Injury".

Inside-Out: ("I.O.") When a disc is thrown on an angle to curve across the handler's body outward to the field. Usually used to break a force.

Lay Out: Diving to catch the disc.

Leading a Throw/Pass: Throwing the pass in front of the receiver.

Long/Deep: A long pass. Also, a position established in higher levels of Ultimate play which designates offensive players to primarily cut away from the handler toward the end zone.

Mack: When the disc is touched but not caught; the flight path is altered slightly, allowing another player to catch the disc.

Man-on-Man: A defensive strategy in which players defend one specific opponent throughout an entire point. Defense selects the matches while on their own end zone line before the pull is made.

Outside-In: ("O.I.") When a disc is thrown on an angle to curve away from the handler, then in toward the field. Usually thrown when forced with a side-trap.

Pancake: A catch made with two hands: one above the disc, the other below the disc.

Pick: An infraction of the rules in which a marker is prevented from

following the path of the receiver because there are players in between the defender and the marker. Called loudly to stop the play. Intended to limit the danger of collisions on the field.

Poach: *When a marker does not defend the assigned receiver directly, but rather a loose zone around the area that the marker is in.*

Pull: *The throw-off. Used to start play to begin a game and after a point has been scored.*

Scoober: *A variation of the hammer in which the disc flies horizontally and inverted, throughout the flight.*

Side Trap: *Forcing the handler toward the sideline.*

Spike: *Throwing the disc to the ground after a point. Not in keeping with the Spirit of the Game.*

Stack: *An organized offensive strategy used to establish ordered cuts.*

Straight up: *When defense marks the handler face-to-face, usually Anticipating a successful hand block by defense.*

Swill: *A bad throw.*

Swing: *A pass made laterally across the field.*

Taco: *A disc which is no longer flat.*

Trap: *Another term for a side trap.*

Turntable: *A pass similar to the forehand but rolled off the thumb instead of the middle finger.*

Uncontested: *A term used by a player when there is no disagreement on a call made against him/her.*

Up: *The marker's call to indicate that the handler has passed the disc.*

World's Greatest: *An offensive play: leaving the ground in-bounds, leaping into the air to catch a disc as it flies out-of-bounds, and throwing the disc to a teammate who remains in-bounds before the feet contact the ground.*

Zone: *A defensive strategy in which players defend areas rather than individual players. Zone defense is not covered in the Level I Coaching Manual.*