

ULTIMATE

FUNDAMENTALS OF THE SPORT

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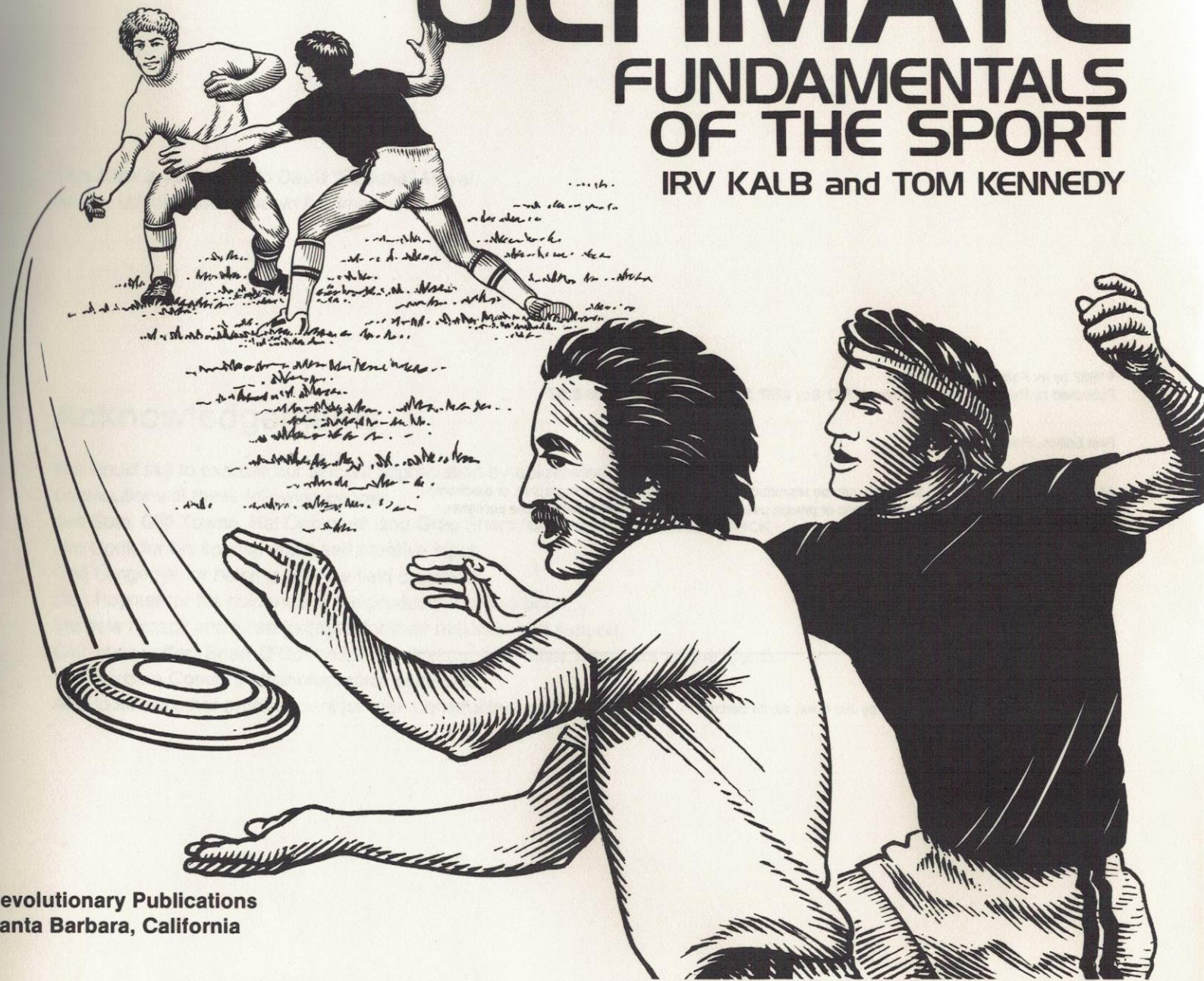


IRV KALB and TOM KENNEDY

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Revolutionary Publications
Santa Barbara, California

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BY Irv KALB and Tom KENNEDY

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*This book is dedicated to David "Buddha" Meyer,
whose Ultimate spirit should live in all of us.*

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Contents

Foreword	ix
About This Book	xi
1. THE BASICS	1
Flight Dynamics	2
Throwing	2
Catching	16
2. INTRODUCTION TO ULTIMATE	19
3. INDIVIDUAL OFFENSIVE SKILLS	21
Thrower	21
Pivoting	24
Throwing Awareness	27
Applicability to the Game Situation	27
Deception	28
Pass Selection	28
Timing	30
Transition from Thrower to Receiver	31
Rules of the Thrower	31
Receiver	33
Maneuvering	33
Reading and Reacting to the Flight	36
Application of Catching to Ultimate	38
Transition from Receiver to Thrower	40
Rules of the Receiver	41
4. INDIVIDUAL DEFENSIVE SKILLS	41
Marker	41
Transition from Marker to Defender	45
Rules of the Marker	45
Defender	47
Man-to-Man Defender	48
Zone Defender	50
Interceptions and Knockdowns	50
Transition from the Defender to the Marker	51
Rules of the Defender	52

5. TEAM DEFENSIVE STRATEGY	
Man-to-Man	
Zone	
General Considerations	
Transition from Defense to Offense	
6. TEAM OFFENSIVE STRATEGY	
Offensive Positions	
Offensive Strategy	
Offense Against a Man-to-Man	
Offense Against a Zone	
Styles of Play	
Developing a Style	
Transition from Offense to Defense	
Transition to a Man-to-Man Defense	
Transition to a Zone Defense	
Afterword	
Appendices	
i. Drills and Tests	
ii. Educational Lesson Plans	
iii. History	
Glossary	

Introduction	53
Objectives	54
Methods	55
Equipment	59
Safety	59
References	61
Appendix A	62
Appendix B	63
Appendix C	63
Appendix D	67
Appendix E	69
Appendix F	71
Appendix G	71
Appendix H	71
Appendix I	71
Appendix J	73
Appendix K	74
Appendix L	74
Appendix M	85
Appendix N	97
Appendix O	102
Appendix P	
Appendix Q	
Appendix R	
Appendix S	
Appendix T	
Appendix U	
Appendix V	
Appendix W	
Appendix X	
Appendix Y	
Appendix Z	

About This Book

Chapter 1 is intended to be an introductory chapter for those who are new to the sport of Ultimate. It covers the history of the sport, the basic rules, and the basic techniques of play. Chapter 2 is intended to be a chapter for those who are already familiar with the sport of Ultimate. It covers the advanced rules, the advanced techniques of play, and the advanced strategies of play.

Chapter 3 is intended to be a chapter for those who are already familiar with the sport of Ultimate. It covers the advanced rules, the advanced techniques of play, and the advanced strategies of play. Chapter 4 is intended to be a chapter for those who are already familiar with the sport of Ultimate. It covers the advanced rules, the advanced techniques of play, and the advanced strategies of play.

Chapter 5 is intended to be a chapter for those who are already familiar with the sport of Ultimate. It covers the advanced rules, the advanced techniques of play, and the advanced strategies of play. Chapter 6 is intended to be a chapter for those who are already familiar with the sport of Ultimate. It covers the advanced rules, the advanced techniques of play, and the advanced strategies of play.

Foreward

This book is written to explain and teach the fundamentals of the sport of Ultimate. As this is the first book which covers the subject, we have found it necessary to introduce some new terminology. Wherever possible, we have used the generally agreed-upon jargon. In cases where terms may not exist, we have chosen new ones we hope convey the proper thoughts. Such words are shown in bold type when first introduced, and a full definition appears in the *Glossary*.

Because the English language has no set of non-sex-specific pronouns (*i.e.*, he/she, his/her, and him/her), we have decided for simplicity to use only male gender pronouns (he, his, and him) throughout. The sport of Ultimate is well suited to be played by men, women, or both as a coeducational activity.

About This Book

Chapter 1 is intended for the novice who has had little or no introduction to flying discs. It provides the basics of flight dynamics and an introduction to throwing and catching.

Chapter 2 is an introduction to the sport of Ultimate.

Our approach to the main portion of this book is to break down the sport into the four basic positions: the **thrower*** who throws the passes, the **marker** (derived from the British word "mark," meaning to defend) who guards the thrower, the **receiver** who catches the passes, and the **defender** who guards the receiver.


Chapters 3 and 4 discuss the individual skills required for each position, while chapters 5 and 6 discuss the interaction of these players in developing team play.


The *Afterword* supplies some general thoughts about playing the game.


Appendix 1 provides a set of eight drills and two skills tests. Appendix 2 is specially designed for educators who may be interested in introducing Ultimate into a physical education program. Appendix 3 gives a brief history of the sport and a discussion of the Ultimate Players Association.


All descriptions are presented from a right-handed thrower's point of view. Left-handed players should simply reverse all left and right references.

Key to the Diagrams

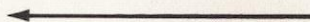
Thrower 

Marker 

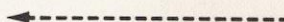
Receiver 

Defender 

Movement of Player



Flight of Disc



*Words which appear in boldface can be found in the Glossary at the end of the book.

The Basics

An expert in any sport will make the skills involved look effortless, natural, and easy. When the beginner attempts to duplicate those skills, he usually finds it's not as easy as it looks. Most novices are confronted with this condition when they first try to throw or catch a flying disc. Knowing and applying the basics will improve a player's skills and open the door for the enjoyment of Ultimate.

Flight Dynamics

Understanding the flight dynamics of the flying disc is essential to the development of sound throwing skills. The disc can be thrown in an endless variety of flight **trajectories**. The subtle flight dynamics of the flying disc clearly distinguish it from the ball as an object of play. Few, if any, claim to fully understand the dynamics which allow the disc to fly. It is accepted, however, that the disc needs both **velocity** and **spin**.

Velocity is the forward rate of motion. It is generated by combining hip and upper-body rotation with arm swing. Velocity is the primary component which determines how far the disc flies.

Spin is the rotational rate of motion of the disc. It is generated by snapping the wrist at the point of release. Spin is the element which stabilizes the disc in flight. As spin decreases, the disc becomes unstable and tends to turn over.

There is an unequal relationship between spin and velocity. Too much velocity can overpower insufficient spin and cause the disc to turn over prematurely in flight. Contrarily, it is impossible to throw a disc with too much spin, at any velocity. Excess spin only increases stability. This concept, if understood, can speed up learning time since it allows throwers to diagnose and—hopefully—correct execution errors.

Throwing

In Ultimate many types of passes are available to the thrower. The three deliveries most commonly used are the backhand, side arm, and upside down. All deliveries consist of four basic elements: grip, body movements, wrist snappage, and follow through.

The first step toward learning any delivery is the development of an efficient grip. There is no single “proper” grip for any of these three deliveries. The best grip for each delivery can only be determined through experimentation. In general, however, a firmer grip allows more powerful throws with more control.

The next step toward executing any delivery is the coordination of a series of body movements. This series of movements includes transferring the weight from the

back to the front foot, rotating the upper body toward the intended target, and swinging the arm forward.

Most important is the action of the wrist. In the end, the wrist movement dictates the amount of spin imparted to the disc and the angle of the disc at the moment of release. The snapping motion is achieved by quickly moving the wrist from a cocked position to an uncocked position. The quickness of the snap and firmness of the grip combine to determine the amount of spin. The combination of spin and the angle of the disc at the moment of release determines the flight trajectory.

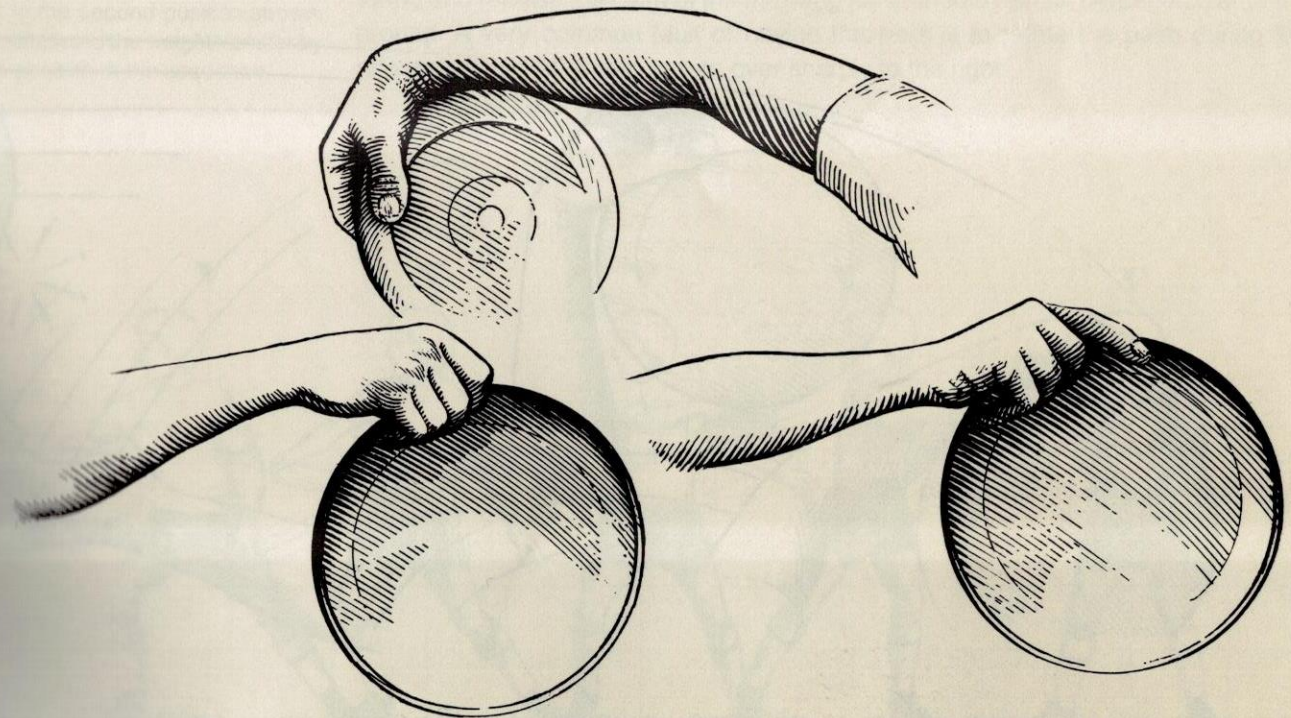
The thrower should follow through by continuing the arm swing after the point of release. To execute a full, smooth delivery, the thrower should use a natural follow through.



Fist grip for the backhand delivery. Top illustration shows the position of the thumb on the top of the disc. The lower left illustration is the standard fist grip; the grip shown on the right is a modified version.

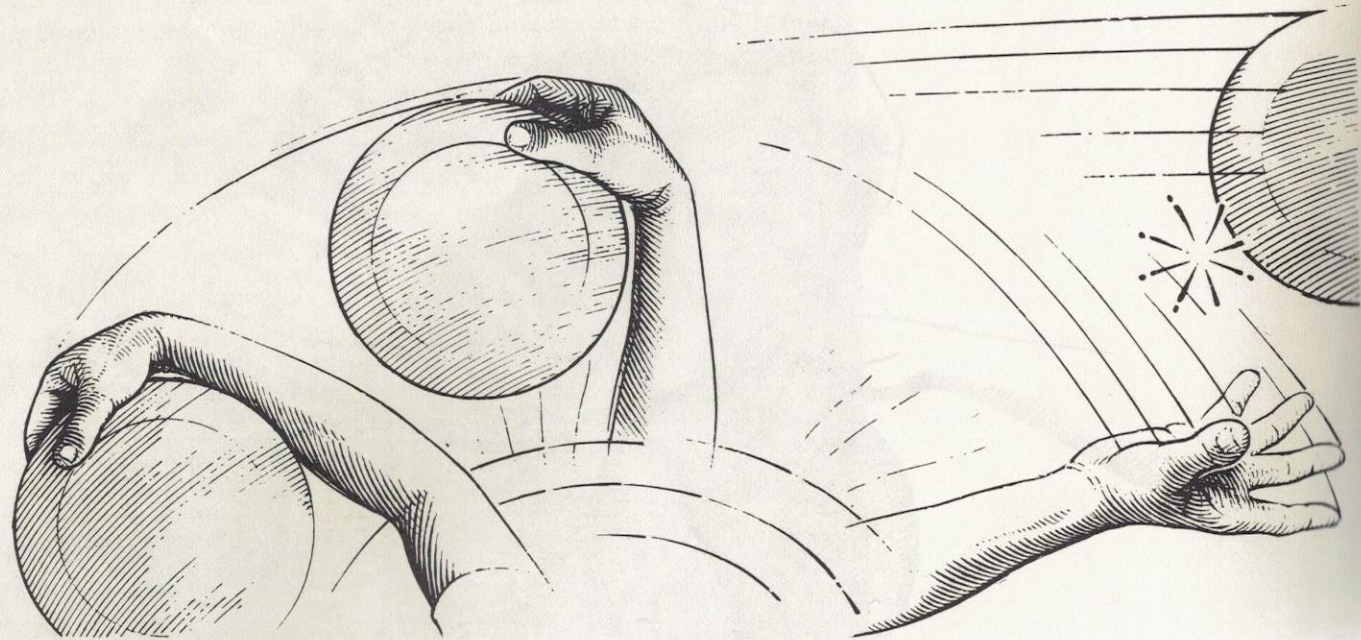
In the backhand delivery, the **fist grip** is used. Grasp the rim of the disc in the palm of the throwing hand. With the thumb on top, make a soft fist curling the fingers under the rim. Adjust the thumb and fingers so there is a firm yet comfortable grip with fingertip control. The fingertip control is critical to the precise relaxation of the grip on release, which is needed for accurate throwing.

BACKHAND DELIVERY

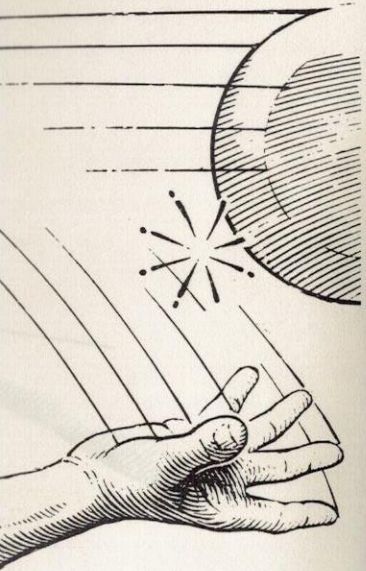


Assume a stance with the balls of the feet shoulder-width apart in line with the target. The direction in which the feet point is up to the individual. The body should face in a direction perpendicular to the target (ninety degrees to the left), with the weight distributed evenly on both feet. Next, swing the arm across the body, rotating the right shoulder away from the target while shifting most of the weight to the left foot. The upper body rotation, forward arm swing, and cocking of the wrist should all begin just as the weight is shifted to the right foot. Body rotation is initiated by turning the hips then shoulders to the right. The arm should swing forward in a smooth continuous movement. In the cocked position for the backhand, the wrist is curled in toward the body.

Position of the arm and wrist in the cocked and uncocked position in the backhand delivery. Note: Left-handed players can simply reverse the sequence.

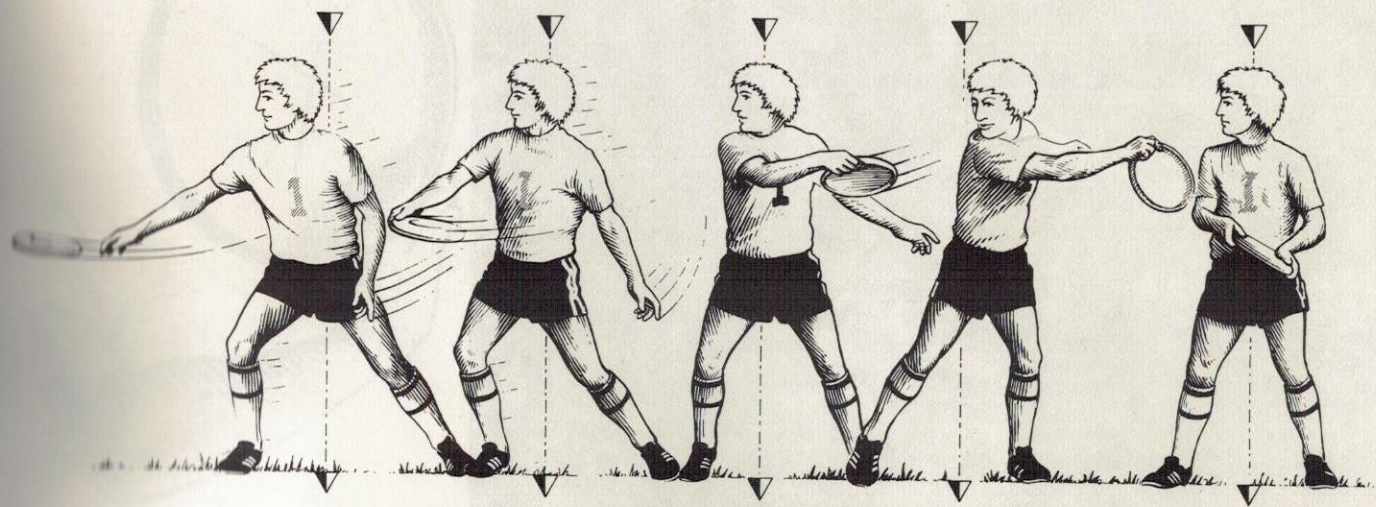


of the arm and wrist in the
and uncocked position in the
d delivery. Note: Left-handed
an simply reverse the sequence.



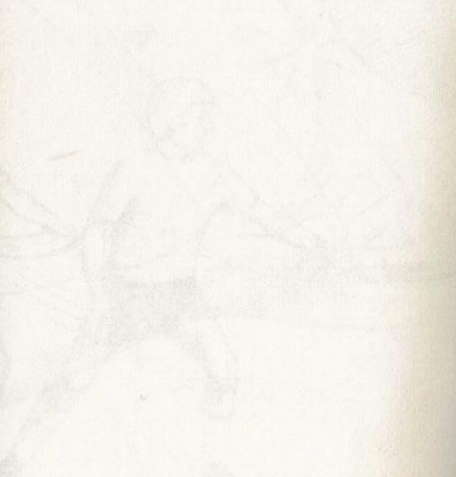
Standard backhand delivery sequence. This sequence begins on the right and works left. Note the thrower begins transferring the weight from the left foot to the right foot in the second position shown, and has completed the weight transfer by the fourth position in the sequence.

The standard backhand is thrown so that the rim of the disc farthest away from the hand is lower than the portion of the rim in the hand. The resulting angle of release, below the horizontal plane, is called **negative angle**. Throughout the forward arm swing and release the palm of the throwing hand should remain perpendicular to the ground. A very common fault of novice throwers is to rotate the palm during the release, causing the disc to turn over sharply to the right.





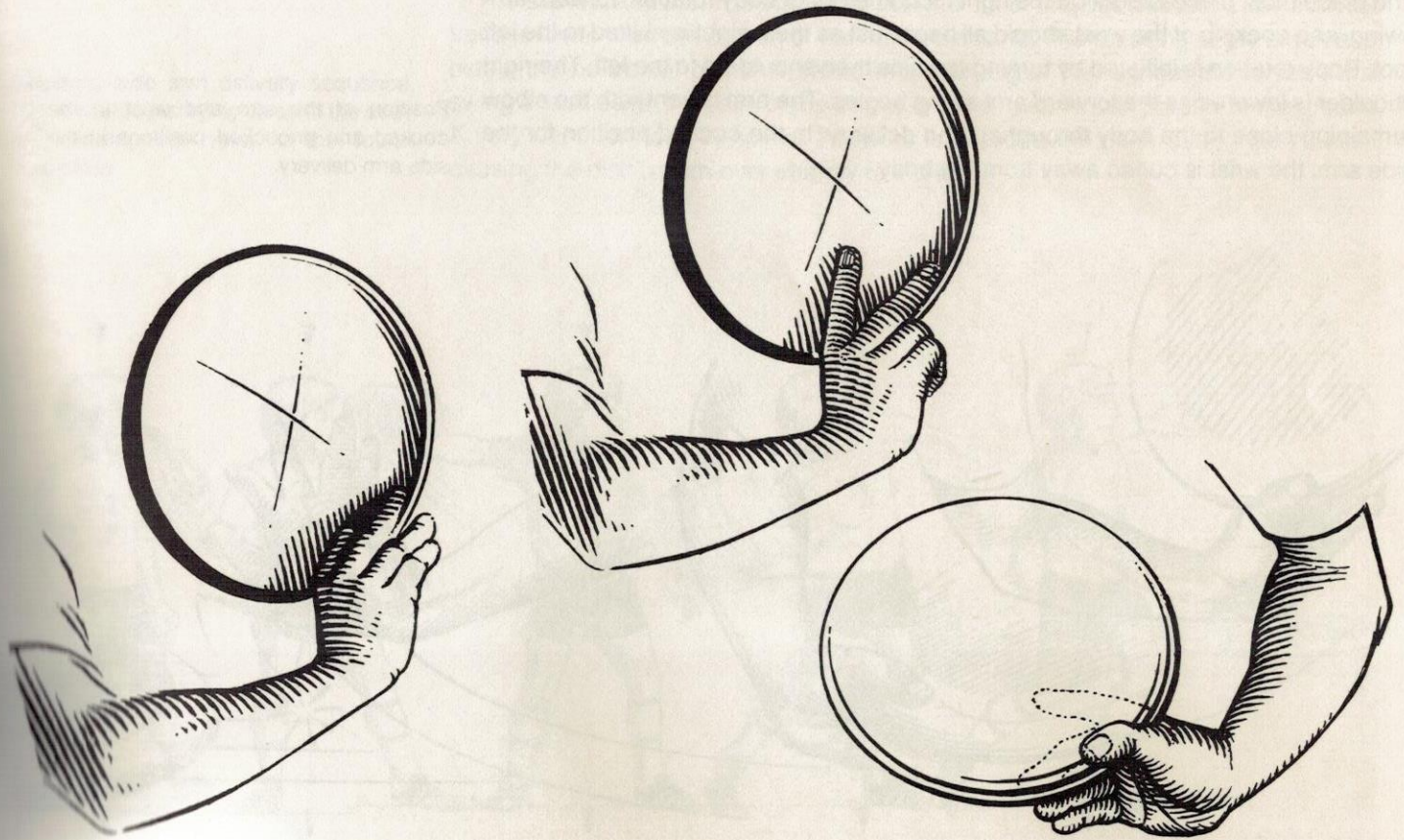
Fundamentals of the sport and how to play it. The book covers the basics of the game, including the rules, the equipment, and the techniques for playing. It is a comprehensive guide for anyone interested in learning the sport.



SIDE ARM DELIVERY

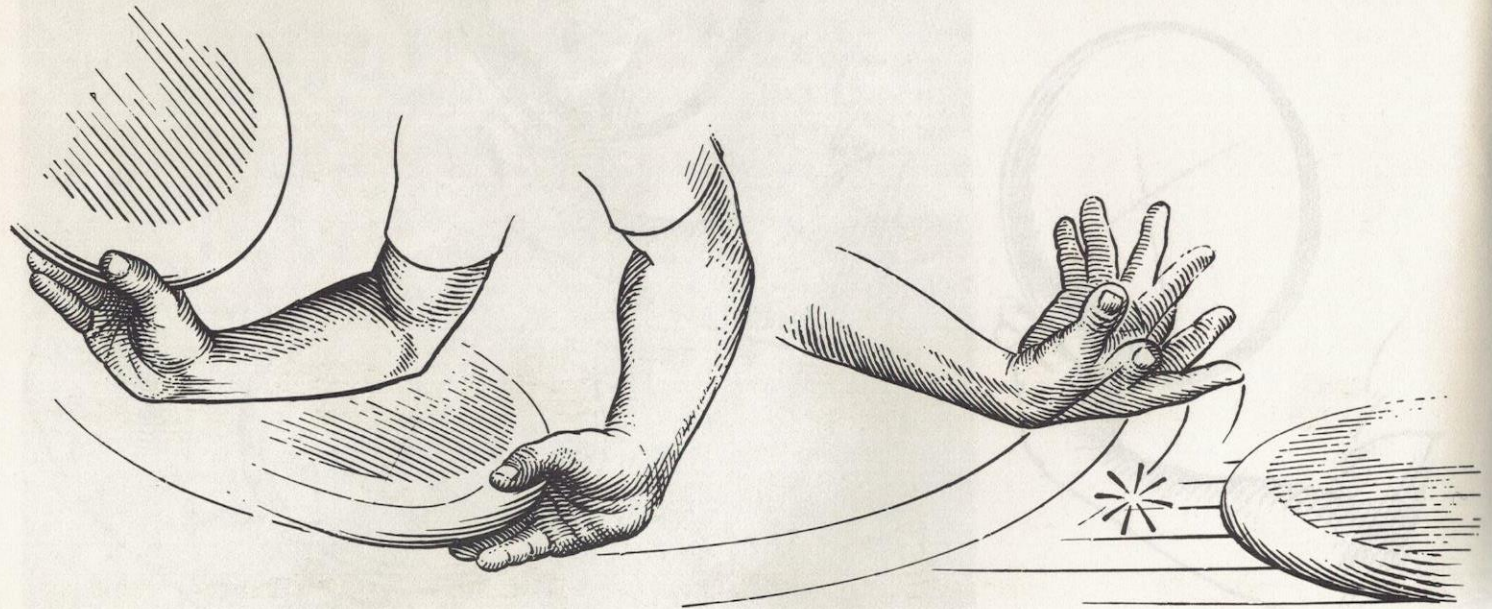
Two-finger grip for the side arm delivery, left-to-right: standard two-finger grip; modified two-finger grip; two-finger grip showing placement of the thumb on top of the disc.

In the side-arm delivery, the **two finger grip** is used. Grasp the disc in the throwing hand with the thumb on top so that the rim of the disc makes contact with the web between the thumb and index finger. While maintaining contact with the web, rotate the disc clockwise until the pad of the middle finger makes full contact with the inside of the rim. Place the index finger along side the middle finger for support. Pinch the disc with the thumb in such a manner that the grip is firm yet comfortable. The top of the disc may bend slightly under the pressure of the thumb.



Assume a stance with the balls of the feet shoulder-width apart in line with the target. The direction in which the feet point is up to the individual. The body should face in a direction perpendicular to the target (ninety degrees to the right), with the weight distributed evenly on both feet. Next, bring the arm back away from the target and place most of the weight on the right foot. The upper body rotation, forward arm swing, and cocking of the wrist should all begin just as the weight is shifted to the left foot. Body rotation is initiated by turning the hips then shoulders to the left. The right shoulder is lowered as the forward arm swing begins. The arm is bent with the elbow remaining close to the body throughout the delivery. In the cocked position for the side arm, the wrist is curled away from the body.

Position of the arm and wrist in the cocked and uncocked positions in the side arm delivery.

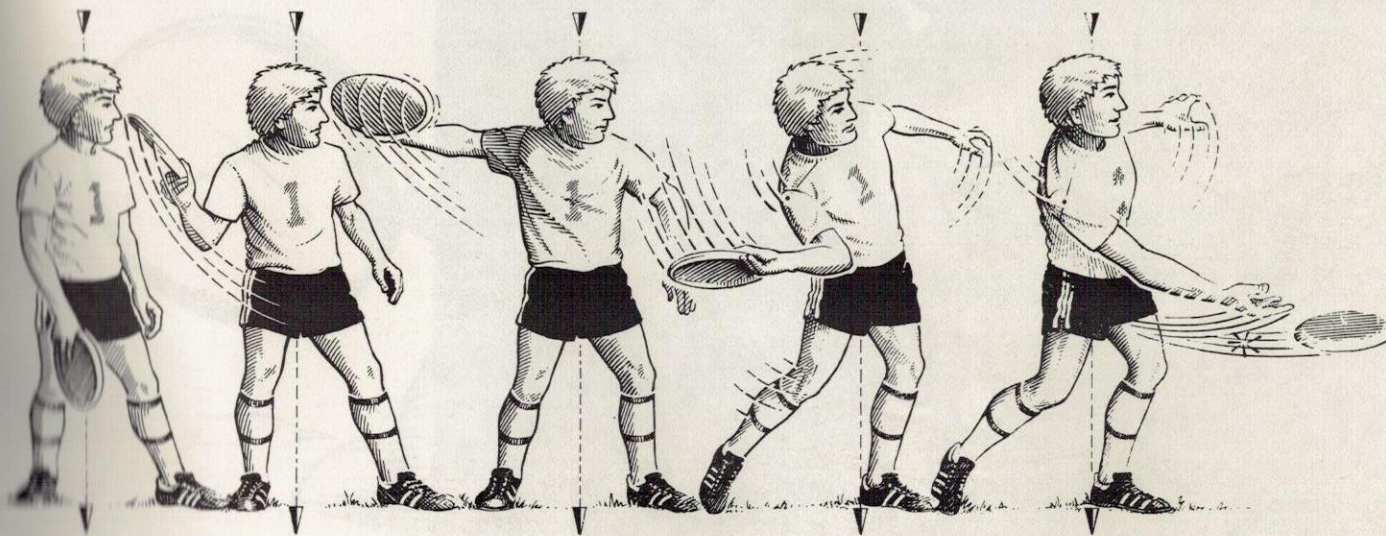


of the arm and wrist in the
and uncocked positions in the
delivery.



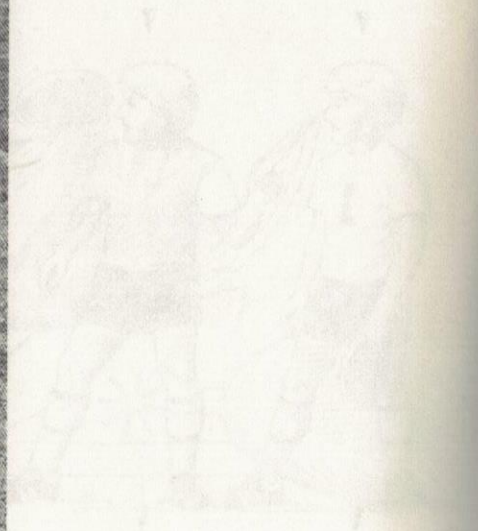
Standard side arm delivery sequence.
Note the elbow staying close to the body
and leading the wrist in the fourth
illustration.

The standard side arm is thrown so that the rim of the disc farthest away from the hand is lower than the portion of the rim in the hand. The resulting angle of release, below the horizontal plane, is called negative angle. Throughout the forward arm swing and release, the palm of the throwing hand must remain parallel to the ground. A very common fault of novice throwers is to rotate the palm during the release, causing the disc to turn over sharply to the left.





A player shows the top hand
position at catch, preparing for the
return of the disc. The player is
looking for the disc.

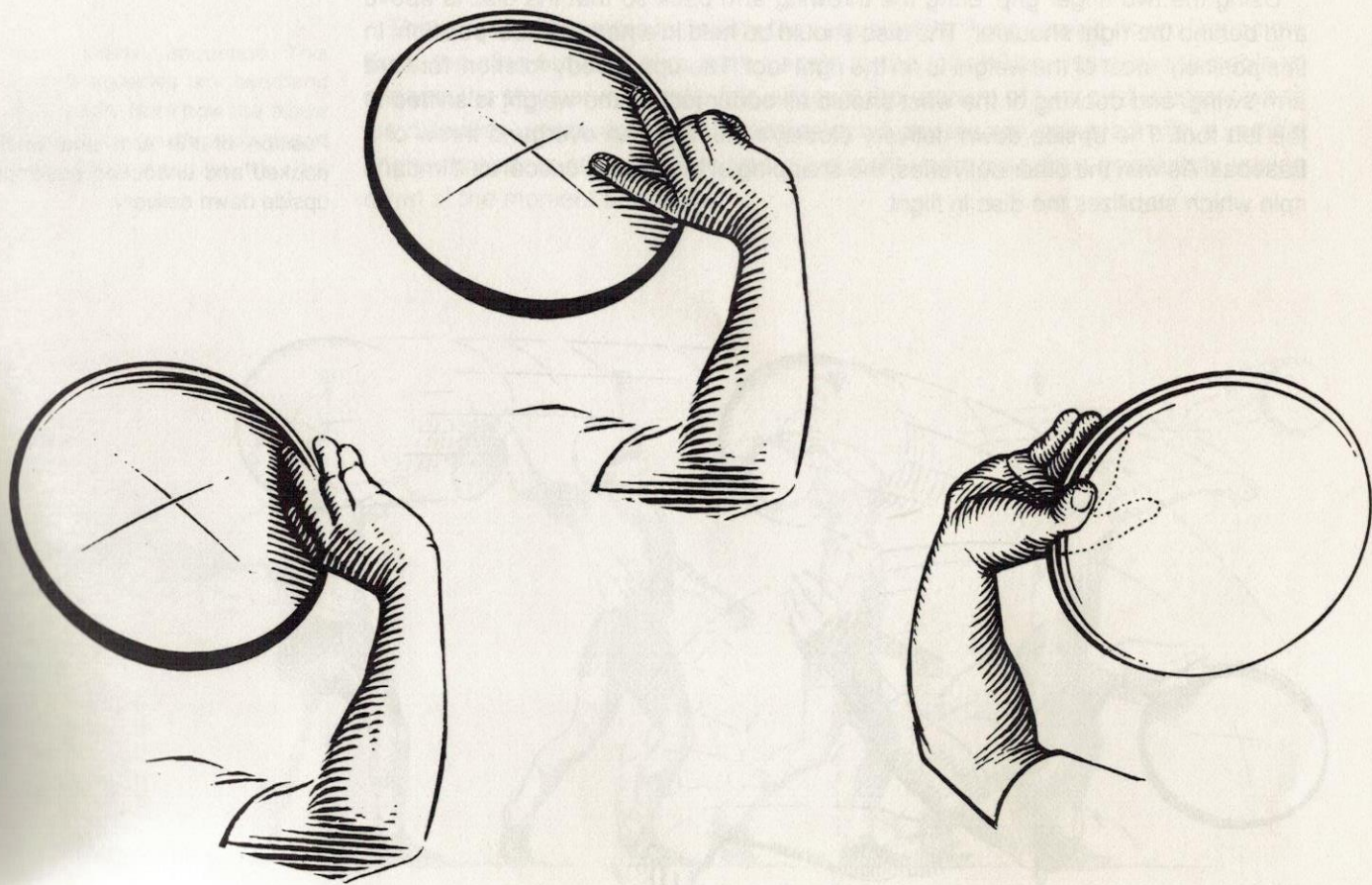


UPSIDE DOWN DELIVERY

Upside down delivery, left to right: standard two-finger grip; modified two-finger grip; two-finger grip showing placement of the thumb on top of the disc.

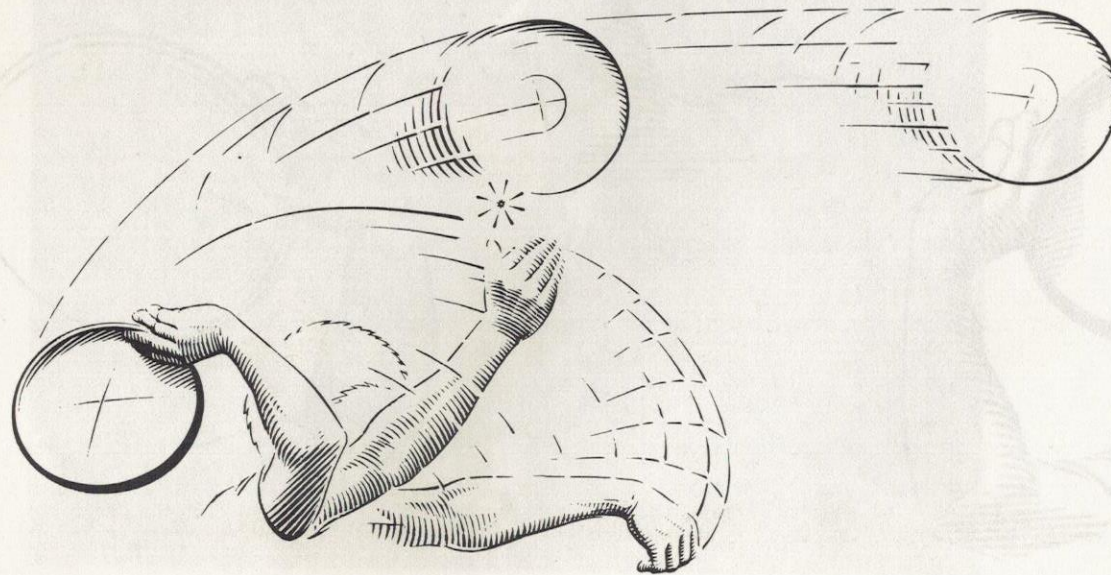
The two finger grip used for the side arm delivery is also used in the upside down delivery. (For a description of the two-finger grip, see the side arm delivery.)

Assume a stance with the balls of the feet shoulder-width apart approximately in line with the target. The direction in which the feet point is up to the individual. The body should face slightly to the right of the target with the weight evenly distributed on both feet.



Using the two finger grip, bring the throwing arm back so that the disc is above and behind the right shoulder. The disc should be held in a near vertical position. In this position, most of the weight is on the right foot. The upper body rotation, forward arm swing, and cocking of the wrist should all occur just as the weight is shifted to the left foot. The upside down delivery closely resembles an overhand throw of a baseball. As with the other deliveries, the snapping of the wrist is critical as it imparts spin which stabilizes the disc in flight.

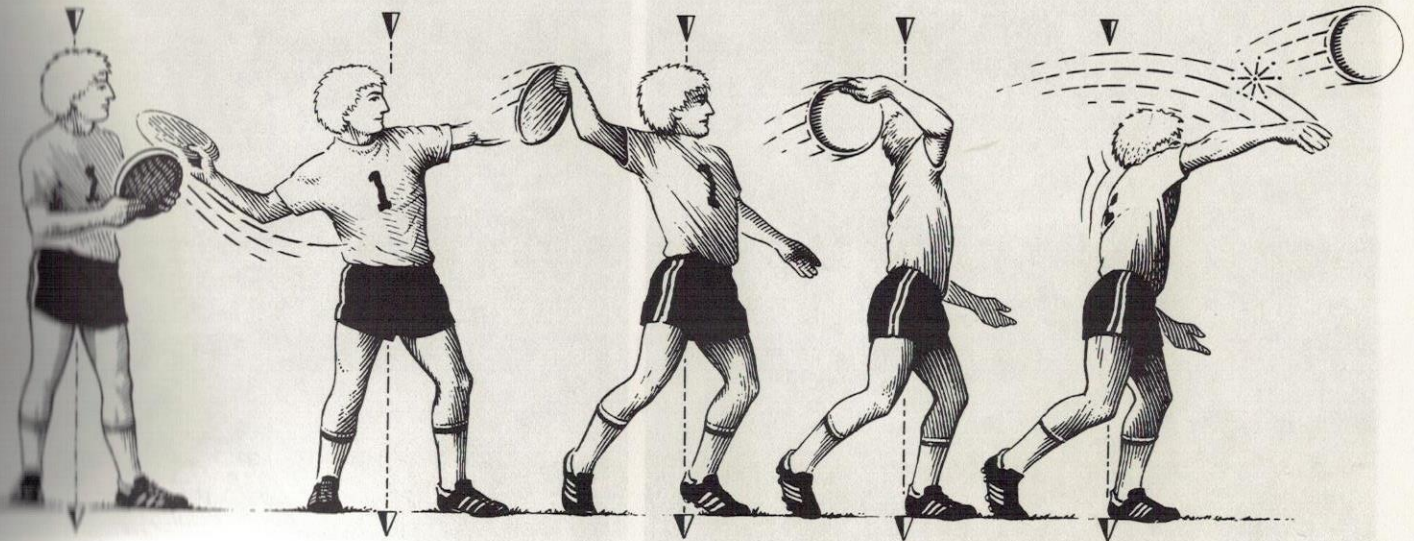
Position of the arm and wrist in the cocked and uncocked positions of the upside down delivery.



position of the arm and wrist in the
 cocked and uncocked positions of the
 upside down delivery.

Upside down delivery sequence. This motion most resembles an overhand throw in ball sports. Note how the elbow leads the wrist in the fourth position, and the near-vertical release in the last position.

The disc exhibits more instability than usual while flying upside down. During the flight, the disc tends to turn over quickly to the left. When deciding the angle of release, the thrower must take into account the amount of turn over inherent when the disc flies upside down. Many upside down passes are delivered with a vertical angle of release; others are delivered just past vertical so they are slightly upside down at the moment of release.



Catching

All catching involves proper hand positioning, precise timing, and concentration. The disc can be caught in many ways using one hand, two hands, or by trapping against the body.

One-handed catches can be made with the hand positioned in one of two ways: thumb-up or thumb-down. There is a simple rule for determining which positioning to use. If the disc arrives above the chest, it should be caught with the thumb-down; below the chest, thumb-up. Whenever possible, the body should be moved in line with the flight of the disc. The hand is opened with the fingers slightly curled such that it forms a "c" shape. The actual catch is made by **clamping** with the thumb on one side and four fingers on the other at the same moment that the disc contacts the palm of the hand.

One-handed catches are significantly affected by the direction of spin. When a throw with clockwise spin (e.g. a right-handed backhand) contacts the hand, it hits and spins to the right. A throw with counter-clockwise spin (e.g. a right-handed side arm) spins to the left. When making a one-handed catch, the hand must be positioned to account for the direction of spin.

Position of the thumb in catching. If the disc comes to the catcher below the chest, the catch is made thumb-up; if the disc comes above the chest, the catch is made thumb-down. Note that the body is lowered in the thumb-up catch in order to get directly in front of the disc.



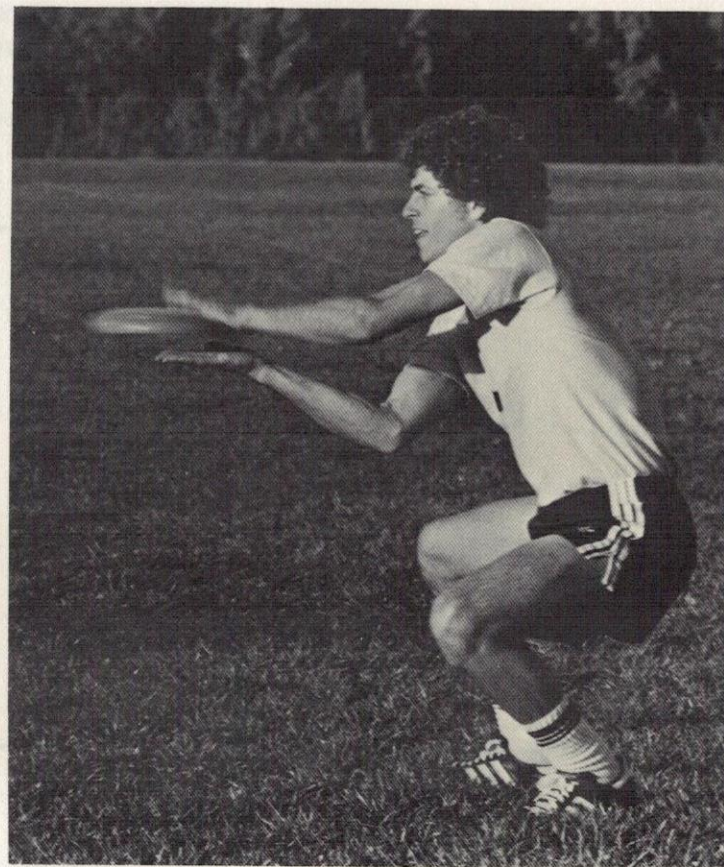
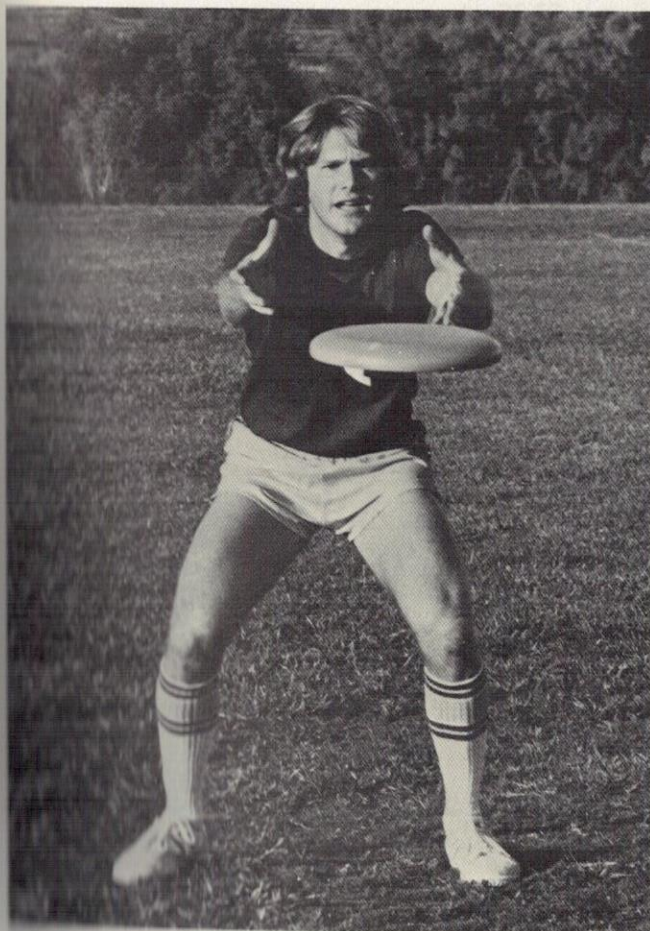
position of the thumb in catching. If the disc comes to the catcher below the chest, the catch is made thumb-up; if the disc comes above the chest, the catch is made thumb-down. Note that the body is lowered in the thumb-up catch in order to get directly in front of the disc.



Two-handed catching techniques. On the left is the standard two-handed catch, involving clapping. On the right is the sandwich catch. This is the only catch where the catcher's attention is on the center of the disc.

When using two hands, there is another basic catching motion involved. **Clapping** is the action of bringing the palms of the hands toward each other and trapping the disc between them. The clapping motion can be done either horizontally or vertically. The standard two-handed catch is made by clapping and clamping on opposite rims of the disc at the same time.

Another type of two-handed catch is called the **sandwich**. The fingers are extended and the hands contact the disc, one on top and one underneath. The sandwich is made using only the clapping motion. There is no clamping involved since the center of the disc is the focal point.

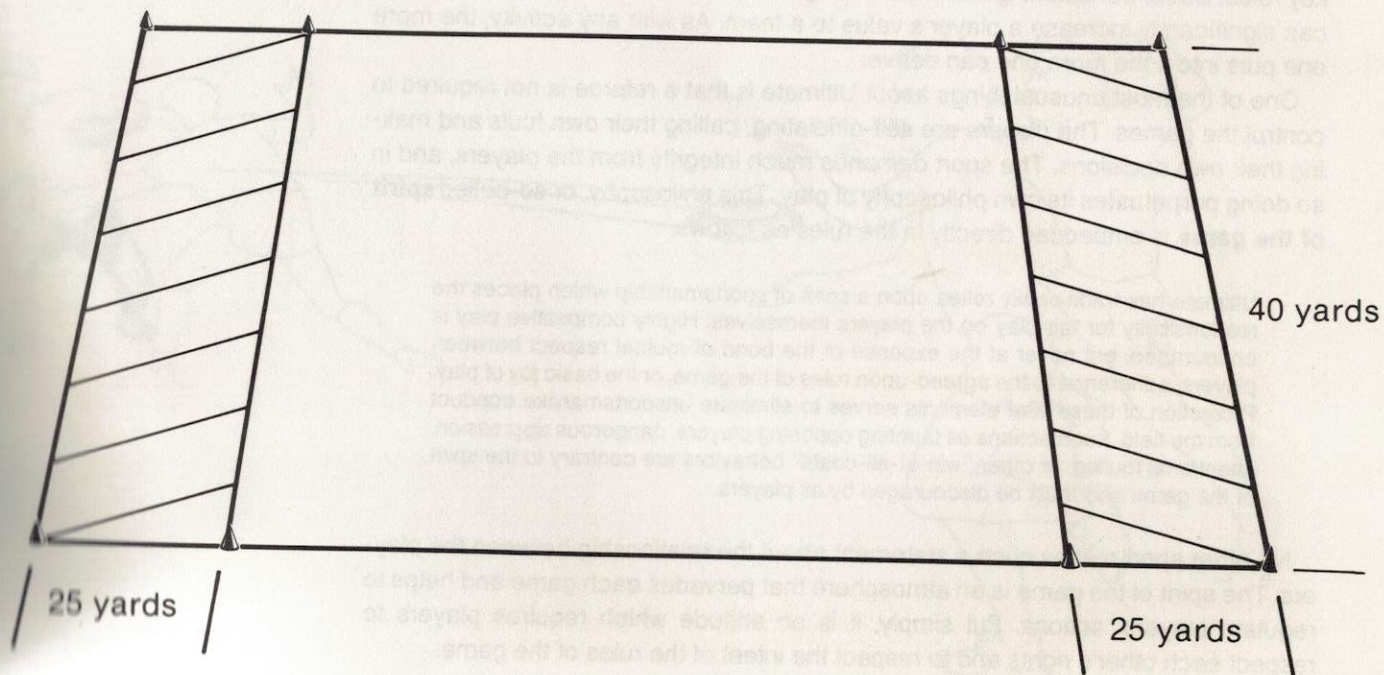


Introduction to Ultimate

In 1968, students at Columbia High School in Maplewood, New Jersey combined the pure fun of throwing and catching a disc with the excitement of team sports and developed a sport called Ultimate. It is a fast-moving, non-contact team field sport which requires good throwing and catching skills, elusive running tactics, stamina, and the ability to play defense. The real beauty of the sport, however, lies in the simplicity of the rules.

Ultimate is played by two seven-person teams. The main playing field is rectangular, 70 yards long and 40 yards wide, with two 25 yard end zones (or metrically, 64 by 36.57 meters and 22.86 meter end zones). The object of the game is to score goals by completing a pass from a player to a teammate in the end zone. The disc can only be moved by passing. Once a player catches the disc, he must stop, establish a **pivot foot**, and attempt to throw. After establishing a pivot foot, the player in possession may not take any steps before passing. His teammates maneuver to get themselves open to receive a pass. The defense tries to stop the offense from

The regulation field layout for Ultimate.



completing passes by guarding the thrower, and covering all the receivers. The defensive team gains possession of the disc whenever the offensive team's pass is incomplete, intercepted, knocked-down, or contacts an out of bounds area. When a turn over occurs, the offense immediately becomes the defense, and vice versa. Play is continuous until a goal is scored. A **throw off**, similar to a football kick-off restarts play after each goal.

The action of the sport combines certain elements of other sports. The interplay between quarterback and receivers in football; the cutting, guarding, and pivoting in basketball; and the field movement and strategy of soccer or hockey are all present, yet Ultimate has a flavor all its own. The disc, as an object of play, is unique to the world of sports and deserves special attention. The use of a disc adds a dimension not seen in sports played with a ball. In the hands of a skilled thrower, the disc can be made to curve around or literally float over defenders. Because of its aerodynamics, high leaping catches, full field-length throws, and diving blocks and catches are commonplace during play.

Ultimate can be played at many levels. It can be played in a friendly pick-up game, in a city league, on an intramural basis, or at a level which could lead to a national or world championship. Regardless of the level of play, conditioning and hustle play key roles. Better conditioning eliminates "fatigue" errors, while the element of hustle can significantly increase a player's value to a team. As with any activity, the more one puts into it the more one can derive.

One of the most unusual things about Ultimate is that a referee is not required to control the games. The players are self-officiating, calling their own fouls and making their own decisions. The sport demands much integrity from the players, and in so doing perpetuates its own philosophy of play. This philosophy, or so-called **spirit of the game** is embedded directly in the rules as follows:

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the players themselves. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the field. Such actions as taunting opposing players, dangerous aggression, intentional fouling, or other "win-at-all-costs" behaviors are contrary to the spirit of the game and must be discouraged by all players.

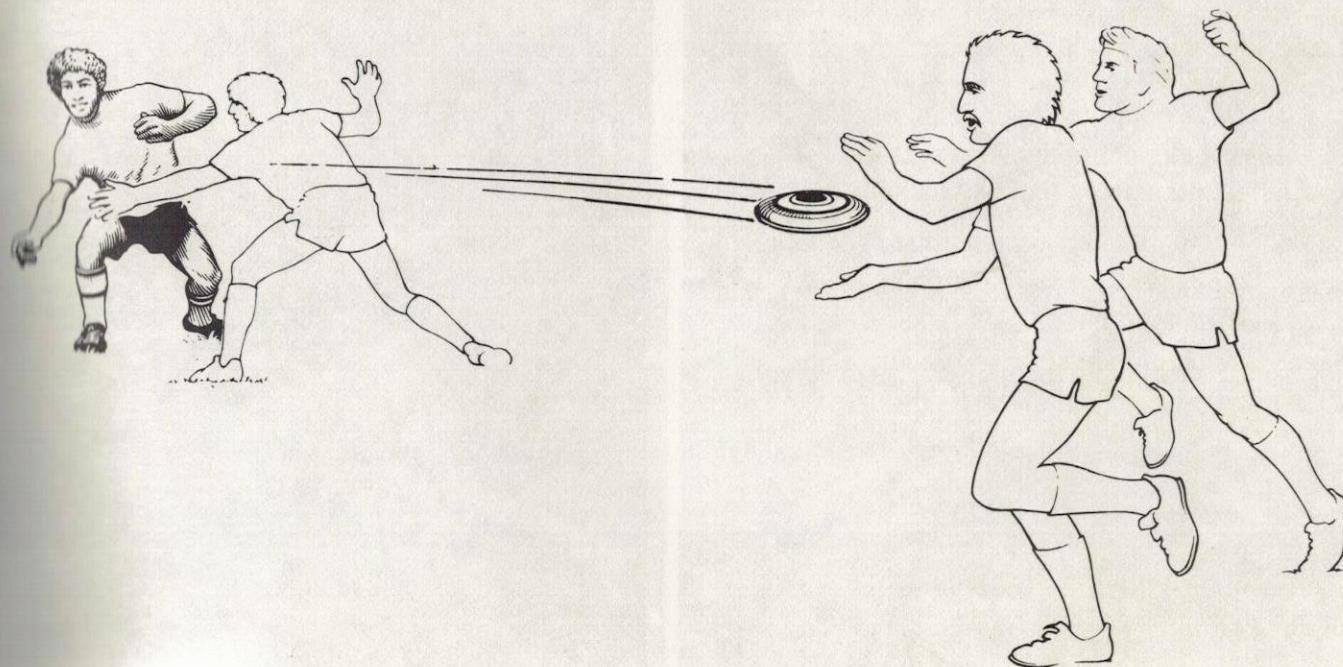
No other sport makes such a statement about the relationship between the players. The spirit of the game is an atmosphere that pervades each game and helps to regulate players' actions. Put simply, it is an attitude which requires players to respect each other's rights and to respect the intent of the rules of the game.

Individual Offensive Skills

The nature of offensive play is to initiate action. The offensive team is comprised of players who occupy one of two basic positions: the thrower who throws the passes and the receivers who catch them.

Thrower

The thrower is the key to the offense. While he is in possession of the disc he controls the tempo of the game.



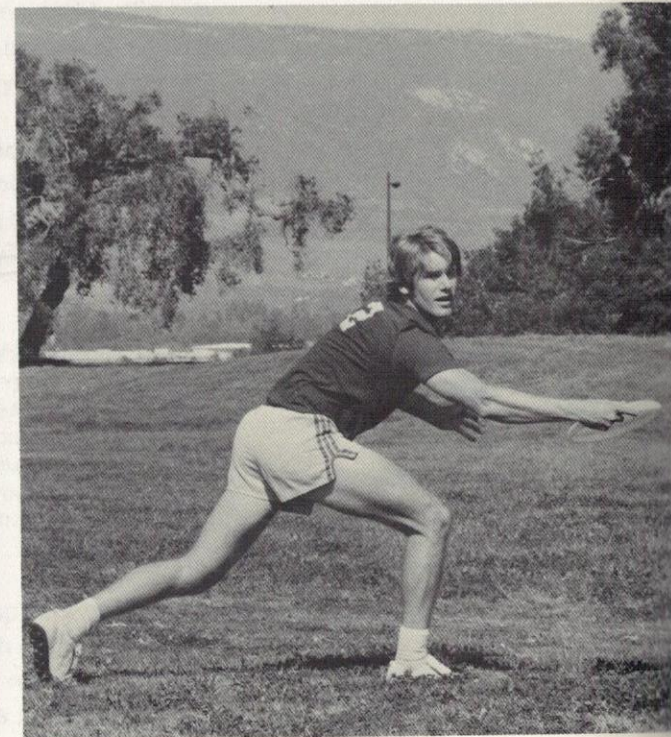
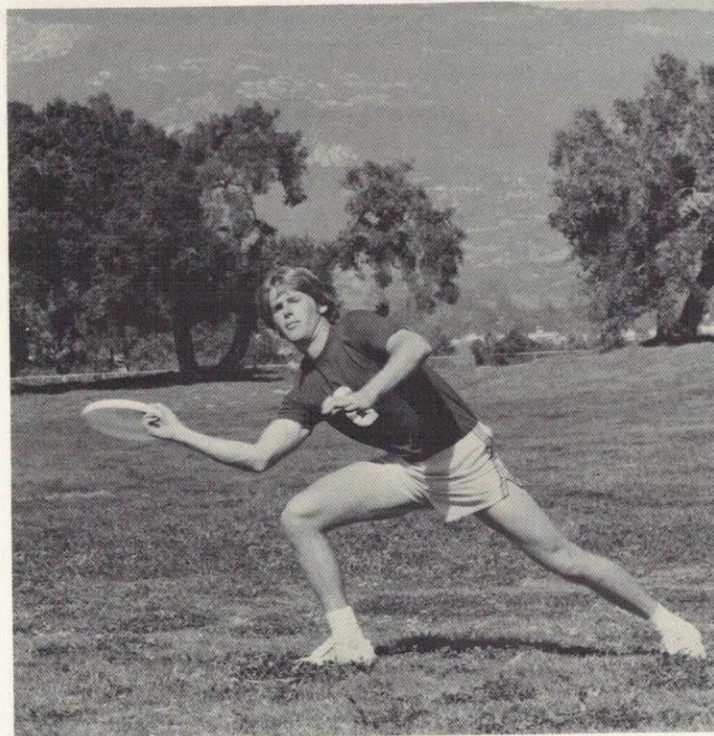
APPLICATIONS OF THE DELIVERIES TO ULTIMATE

Throwing a disc accurately is a hard enough task in itself; throwing while guarded can be particularly difficult. To play Ultimate, the thrower must develop the ability to throw passes around the marker. This requires modifying the standard deliveries. Modifications of the stance, arm swing, angle of release, and follow through are almost always necessary.

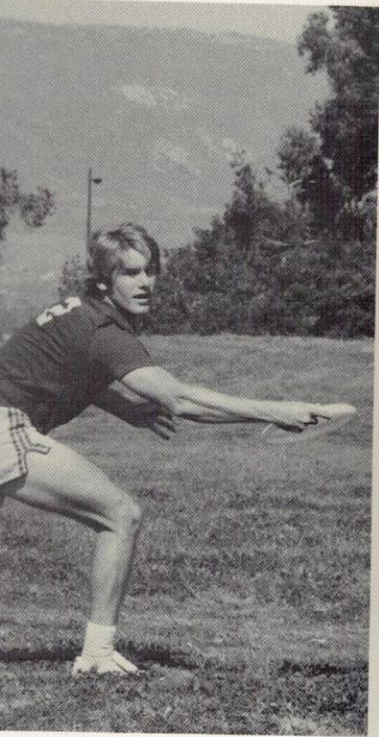
While being guarded for a backhand delivery, the thrower usually stands with his back to the marker while looking **downfield** over his right shoulder. For the side arm delivery, the stance is modified so that the thrower usually faces the marker. To obtain the maximum side to side range for the backhand and side arm, the thrower keeps the left leg nearly straight while bending the right leg and leaning to the side.

These modified stances enable the thrower to deliver passes using primarily arm swing and wrist snap, with minimal weight transfer and upper body rotation. In actual

Modified stances for the side arm and backhand delivery. Note how the left leg is nearly straight in both positions.



modified stances for the side arm and backhand delivery. Note how the left leg is nearly straight in both positions.

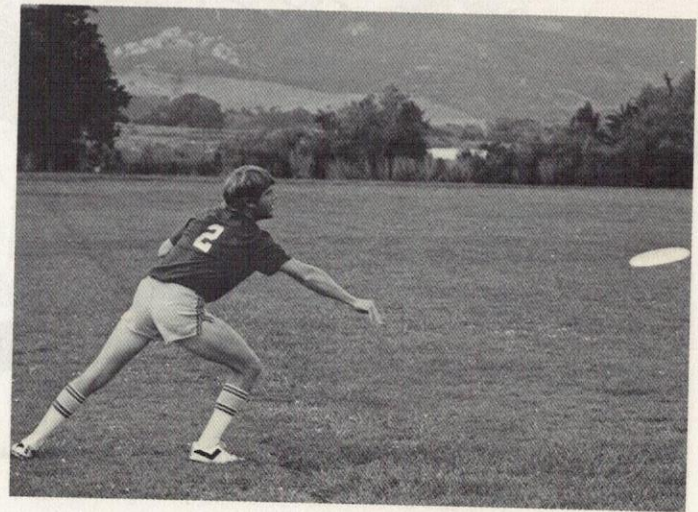
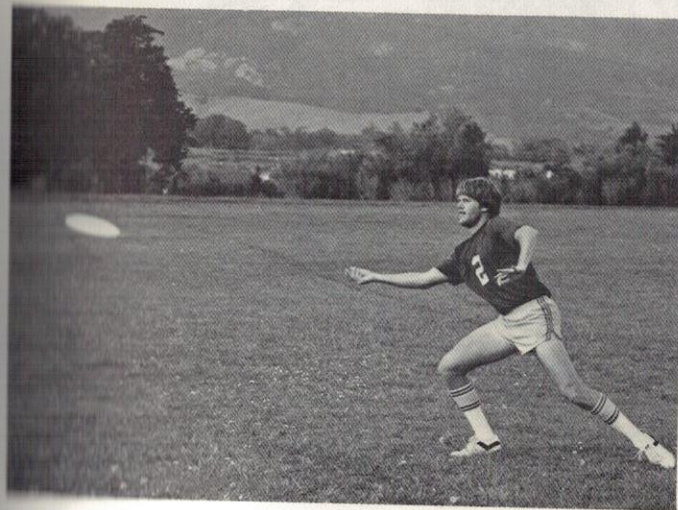


Positive-angle passes for the modified side arm and backhand delivery.

Ultimate play, a great percentage of passes, regardless of the type of delivery, are released with only a flick of the wrist. The position of the marker usually inhibits a complete follow through.

For the backhand and side arm, the positive angle release is used more frequently than the standard negative angle release. A positive angle release is where the rim away from the hand is higher than the portion of the rim in the hand. The positive angle release allows the thrower to more easily curve the pass around the marker. In addition, positive angle passes tend to hang longer, allowing receivers time to move into proper position to make the catch.

Advanced throwers sometimes throw radically angled, near vertical passes, or knives, using either the backhand or side arm delivery. With a knife, the thrower can pass directly over defenders with pinpoint accuracy. This flight trajectory most resembles the ball's two dimensional flight path, going directly from one point to another with minimal hang time.



PIVOTING

According to the rules, once a player gains possession of the disc, he must establish a pivot foot. This means that he must keep a part of one foot in contact with a spot on the ground, while his other foot is allowed to move freely. Pivoting is a technique used by the thrower where he rotates on the ball or toe of his pivot foot in order to change his body position. Pivoting is used to make the transition from one delivery position to another while attempting to elude the defense. The pivot is an integral part of the game and must be second nature to the thrower.

A right-handed player should always use the left foot as the pivot foot. Once the pivot foot is established, the pivoting process can begin. Keeping the free foot close to the ground helps to maintain good body balance. The pivot gives the thrower a side-to-side range of approximately ten feet from which he can deliver a pass.

The modified stances—side arm, upside down, and backhand delivery—showing the thrower's range of movement from a pivot.

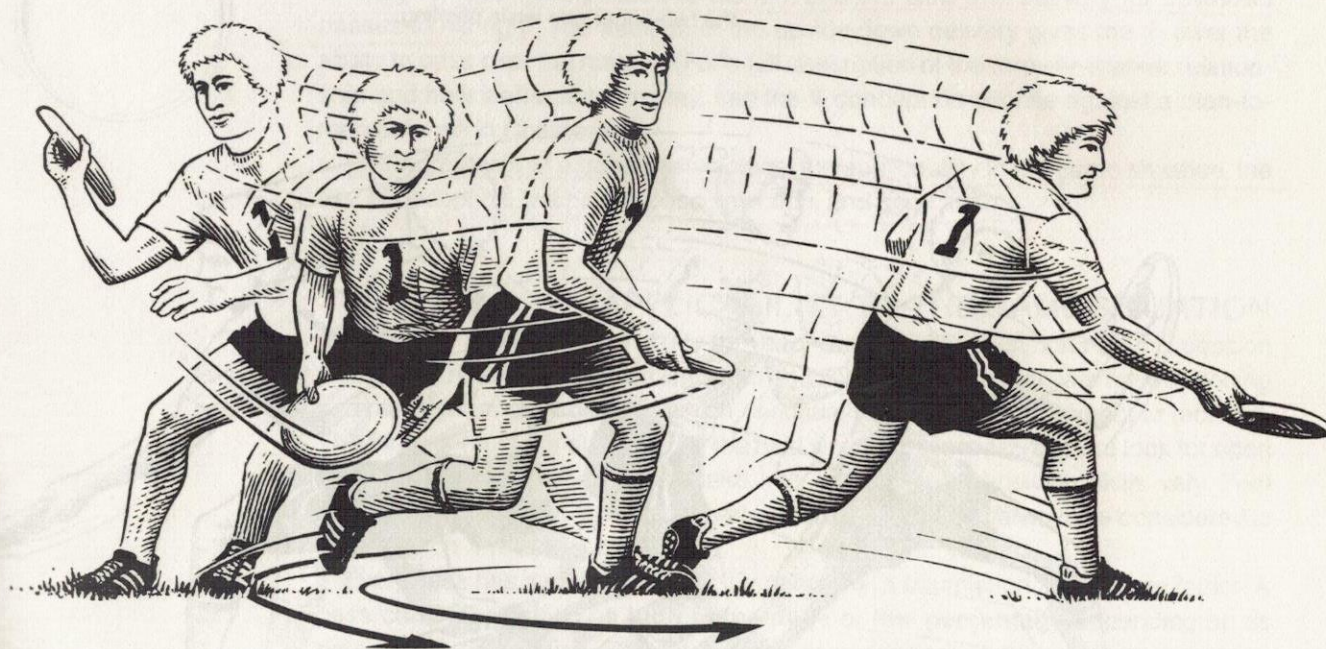


The modified stances—side arm, upside down, and backhand delivery—showing the thrower's range of movement from a pivot.



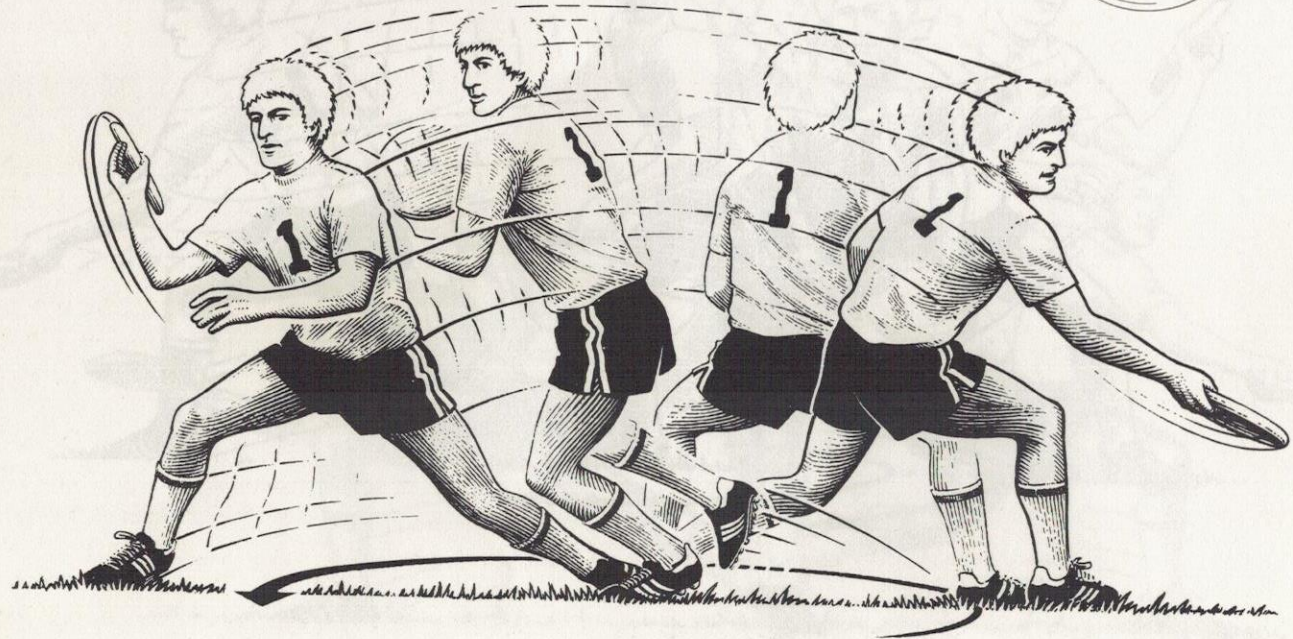
The full pivot. The thrower uses an inside pivot to change from a side arm to a backhand delivery.

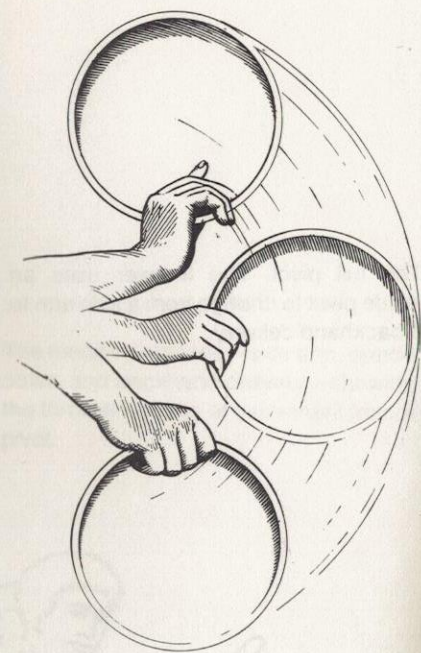
The **full pivot** involves a 180-degree rotation. This rotation can be done with either an inside or outside motion. The inside pivot involves turning in toward the marker; the outside pivot involves turning away from the marker. A right-handed thrower usually pivots in a counter-clockwise direction. That is, the side arm to backhand pivot is an inside pivot, while the backhand to side arm is an outside pivot. The full pivot allows the thrower to use his ten-foot range more effectively. However, during play, situations sometimes arise which call for use of pivots which are less than 180 degrees. Partial or full pivots are sometimes used solely to fake the marker.



During the full pivot the disc itself must be switched from one grip to another. The quickest, most effective method for changing from the backhand to the side arm grip, or vice versa, is to rotate the inside rim of the disc around the tip of the middle finger of the throwing hand.

The full pivot. Pictured below, the thrower uses an outside pivot to change from a backhand to a side arm delivery. Pictured on the right, by rotating the rim around the tip of the middle finger, the thrower can switch from the fist grip to the two-finger grip while pivoting.





THROWING AWARENESS

The thrower must develop confidence in his throwing and faking abilities. The thrower should recognize that he is at a distinct advantage; through his fakes he can dictate the movements of the marker. He must never be intimidated by the presence of the marker. While looking for a receiver, the thrower should assume a composed, tall, head-up stance.

The thrower is faced with a number of difficult decisions which he must make in a limited amount of time, often instantaneously. The decisions include selecting a receiver, finding the correct moment to throw, choosing the flight path, and delivering the pass without being blocked. The number of potentially successful passes is virtually unlimited, given the infinite variety of flight trajectories.

The positioning of the marker limits the areas open to the thrower. The combination of the backhand and side arm deliveries allows the thrower to release a pass from either side of the body. A right-handed thrower should use the backhand delivery for downfield passes to his left, and the side arm delivery for downfield passes to his right. The addition of the upside down delivery gives the thrower the ability to pass over the marker. (For a full description of the thrower-marker relationship and how it affects team play, see the **V** concept on offense against a man-to-man defense in Chapter 6.)

The ingredients of a good pass include: the applicability to the game situation, the use of deception, the proper pass selection, and good timing.

APPLICABILITY TO THE GAME SITUATION

The thrower must have the ability to "read" the field. He must first note his position on the field relative to the side lines and end zones. He must consider the positioning and momentum of all players, which continually changes from moment to moment. The thrower must constantly scan the field watching his receivers and look for open throwing lanes. He should also take into account that receiving skills vary from individual to individual. Another important factor which must always be considered is the direction and speed of the wind.

Every pass has a risk potential or, more clearly, a completion percentage factor. A pass can be classified as **high percentage** or **low percentage** depending on its potential for completion. The risk potential is dependant on the situation and varies with the skill level of the individual thrower. A pass which is high percentage for one may be too risky for someone else. Passes should always feel natural to the thrower and should never be forced. As a general rule, throwers should only attempt high percentage passes. Passes which are forced are almost always low percentage.

DECEPTION

While waiting for the proper moment to throw, the thrower should attempt to disguise his intentions from the defensive team. He is most concerned with the marker. The positioning of the marker, most importantly the location of his hands and body, limits certain passing lanes while leaving others open.

While scanning the field looking for a receiver, the thrower should use a combination of his peripheral vision and a "distant stare." This makes it difficult for the marker to guess the thrower's intentions. The thrower should watch the entire field for possibilities rather than focusing on a particular receiver and waiting for him to get open.

The thrower should use fake throws and pivoting to "set up" the marker. This is done to put the marker out of position so he is unable to block the intended pass. For example, if the thrower sees that a receiver will soon be open for a low backhand pass, he may fake a high side arm, pivot, and deliver the low backhand. The thrower can usually pivot faster than the marker can adjust his coverage.

The thrower should avoid any "wind up" or other actions which might telegraph the pass. The single most effective means of deception is the ability to throw instantaneously from any position by means of a quick release. Also, whenever possible, the thrower should attempt to vary his throwing style. A marker will catch on quickly if he sees the thrower repeatedly using the same passing style or faking motions.

PASS SELECTION

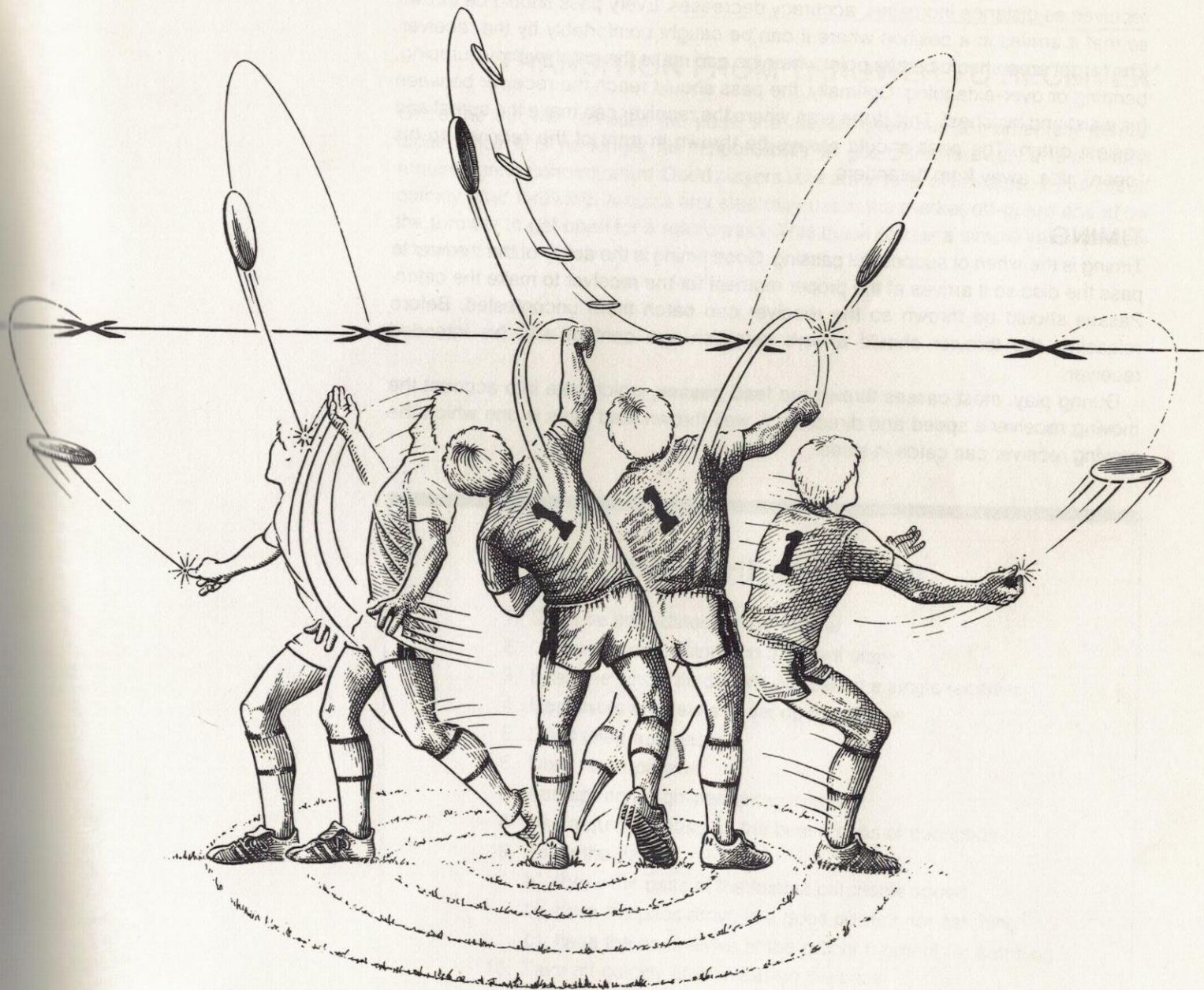
Having decided on which receiver to throw to, the thrower must then choose the intended flight path. Every pass should be thrown so that it is easy for the receiver to make the catch. The unique ability to curve the disc around or float the disc over defenders distinguishes Ultimate from similar passing situations in other sports. The phrase "tailor the pass" sums up the concept that it is the responsibility of the thrower to deliver a pass which is ideal for the existing circumstances. The pass must get by the marker, avoid defensive traffic, and wind up in an easily catchable spot. The elements of a well-thrown pass are speed and accuracy.

The disc can be thrown at a wide range of speeds. At one extreme the disc can be thrown so slowly that defenders will have enough time to move in and make the play. Conversely, it can be thrown so fast that a receiver might not be able to catch it. To increase the potential for completion, the pass should be thrown at the fastest speed which still allows the disc to be caught by the intended receiver. The time that the pass is in the air is a function of the speed of the disc, its flight path, and the distance between the thrower and the receiver. The longer it stays in the air, the greater the chance of an interception or knock down.

Accuracy is generally proportional to the distance between the thrower and the

(Opposite) The full range of deliveries (from left to right): a positive-angle backhand; a backhand knife; an upside down; a side arm knife; and a positive-angle side arm. Notice the change of angle in the trajectory of the upside down flight.

(opposite) The full range of deliveries (from left to right): a positive-angle backhand; a backhand knife; an upside down; a side arm knife; and a positive-angle side arm. Notice the change of angle in the trajectory of the upside down flight.

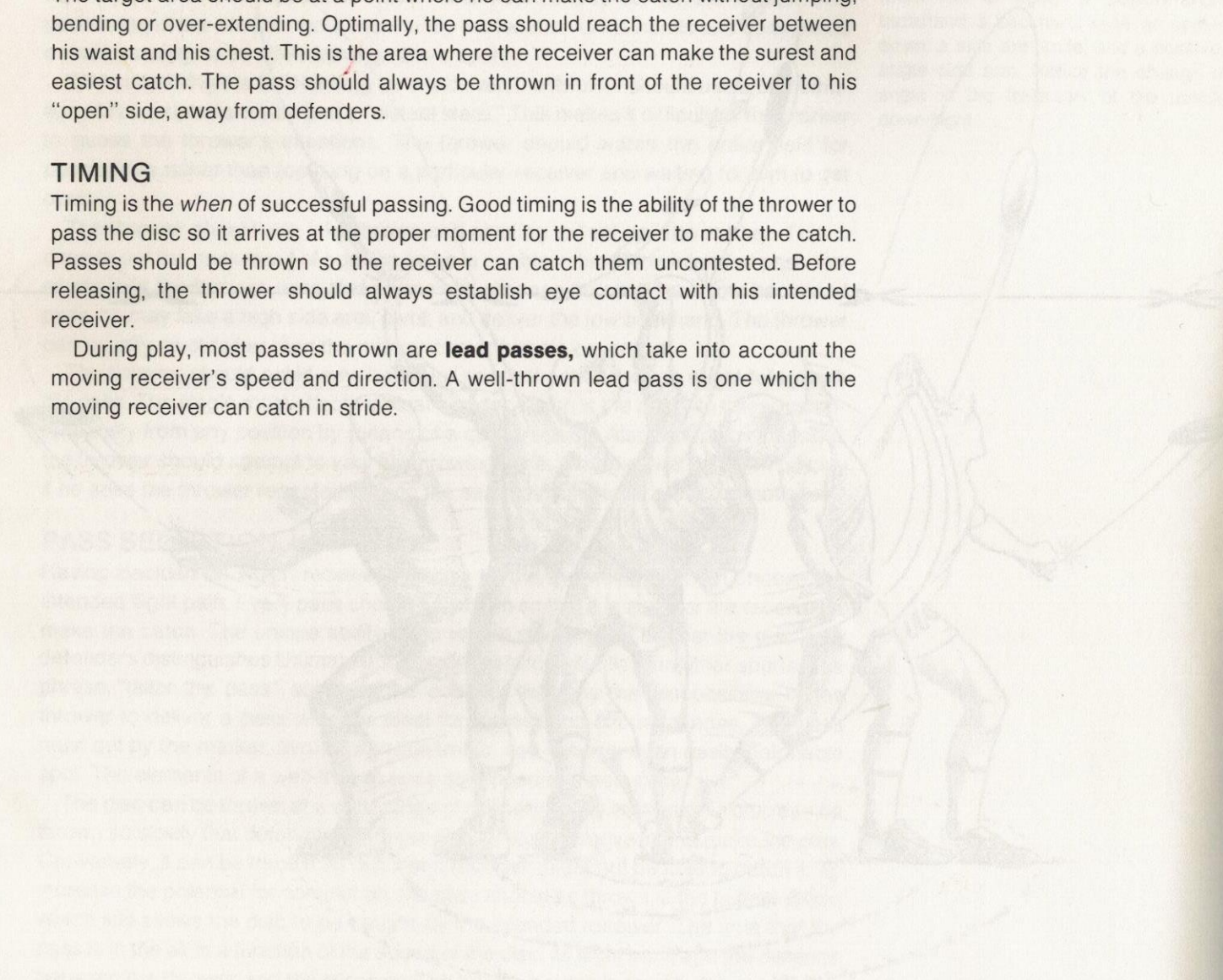


receiver; as distance increases, accuracy decreases. Every pass should be thrown so that it arrives in a position where it can be caught comfortably by the receiver. The target area should be at a point where he can make the catch without jumping, bending or over-extending. Optimally, the pass should reach the receiver between his waist and his chest. This is the area where the receiver can make the surest and easiest catch. The pass should always be thrown in front of the receiver to his "open" side, away from defenders.

TIMING

Timing is the *when* of successful passing. Good timing is the ability of the thrower to pass the disc so it arrives at the proper moment for the receiver to make the catch. Passes should be thrown so the receiver can catch them uncontested. Before releasing, the thrower should always establish eye contact with his intended receiver.

During play, most passes thrown are **lead passes**, which take into account the moving receiver's speed and direction. A well-thrown lead pass is one which the moving receiver can catch in stride.



Receiver

TRANSITION FROM THROWER TO RECEIVER

Once the thrower releases the pass, the marker often has a momentary mental lapse since it is no longer his responsibility to guard the thrower, a task which requires great concentration. Good players take advantage of this lapse by taking off quickly after throwing. A quick first step may catch the marker off-guard and allow the thrower to get open for a return pass. This quick start is a simple yet extremely important tactic.

MANEUVERING

RULES OF THE THROWER

1. Don't be intimidated by the marker
2. Use peripheral vision and a distant stare
3. Scan the whole field, don't pre-select a single receiver
4. Use pivots and fakes to set up the marker
5. Don't telegraph passes
6. Don't force passes
7. Attempt only high-percentage passes
8. Use a quick release as the best means of deception
9. Tailor the pass:
 - a) throw the pass at the fastest catchable speed
 - b) have the pass arrive in a good position for catching
 - c) have the pass arrive at the proper moment for catching
10. Take off quickly after releasing the pass

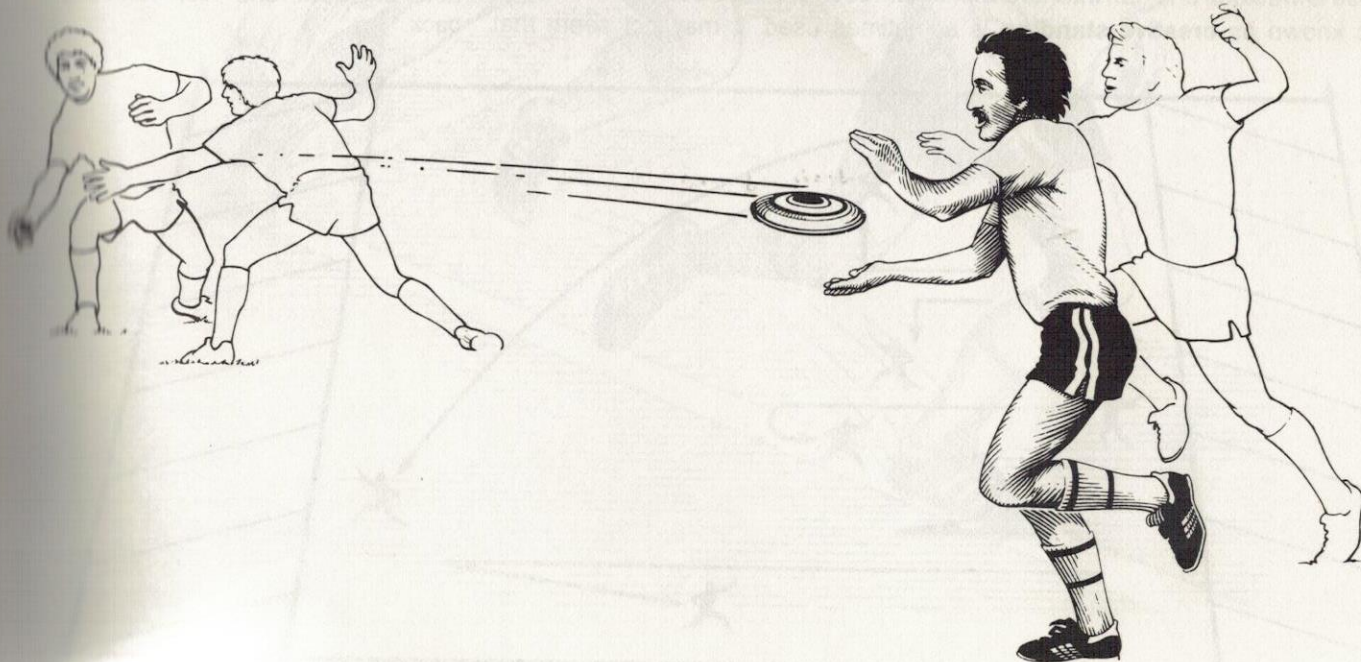
Receiver

The offensive team in Ultimate is made up of one thrower and six receivers. Therefore, most of offensive play (over 85 per cent) is as a receiver. The only way to advance the disc during play is to complete passes. Completing passes involves both a thrower and a receiver. Consequently, receiving skills are equally as important as throwing skills.

Receiving is a threefold process combining deceptive maneuvering, reading and reacting to the flight, and finally catching. Therefore, the job of the receiver consists of three tasks: freeing himself from defenders and positioning himself where the thrower can pass to him; moving to the airborne disc; and making the catch.

MANEUVERING

The most important quality for a receiver to have is **field sense.** This is the ability at all times to know his distance from the goal and side lines, and his location on the field relative to all other players, especially the thrower. The use of this field sense allows him to decide when and where to move on the field to escape coverage. The



receiver, as an offensive player, has the distinct advantage of being able to dictate his own actions. The receiver must be acutely aware of the defensive player closest to him and evaluate his strengths and weaknesses. In order to free himself of defenders, the receiver uses **fakes, cuts, and patterns**. Fakes can be made with the head, shoulders, eyes, or the entire body. In order to be effective, the fake must be executed convincingly. The idea is to get the defender off balance and make him react to a supposed move, so the receiver can do something else freely. However, a fake is only useful when the defender is close enough to be outmaneuvered.

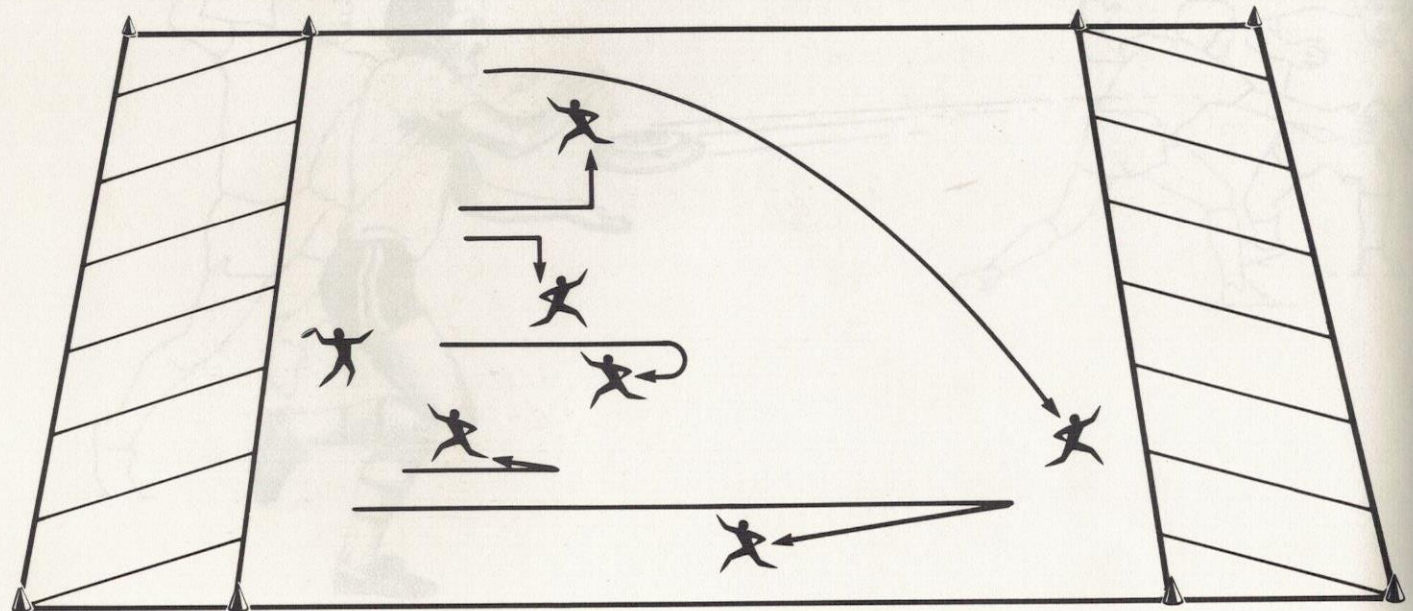
While moving there are many techniques the receiver can use to get open. Pure speed, of course, is a great natural asset which can be used simply to outrun defenders. However, receivers primarily rely on deceptive running, utilizing cuts. A cut is accomplished by shifting the entire body weight onto one foot (called the **plant foot**), turning on the ball of that foot, and pushing off in a new direction.

A pattern run is different from a cut in that it involves a more elongated change in direction rather than a sharp turn. A pattern is generally executed over a longer distance, sometimes all the way across or down the field.

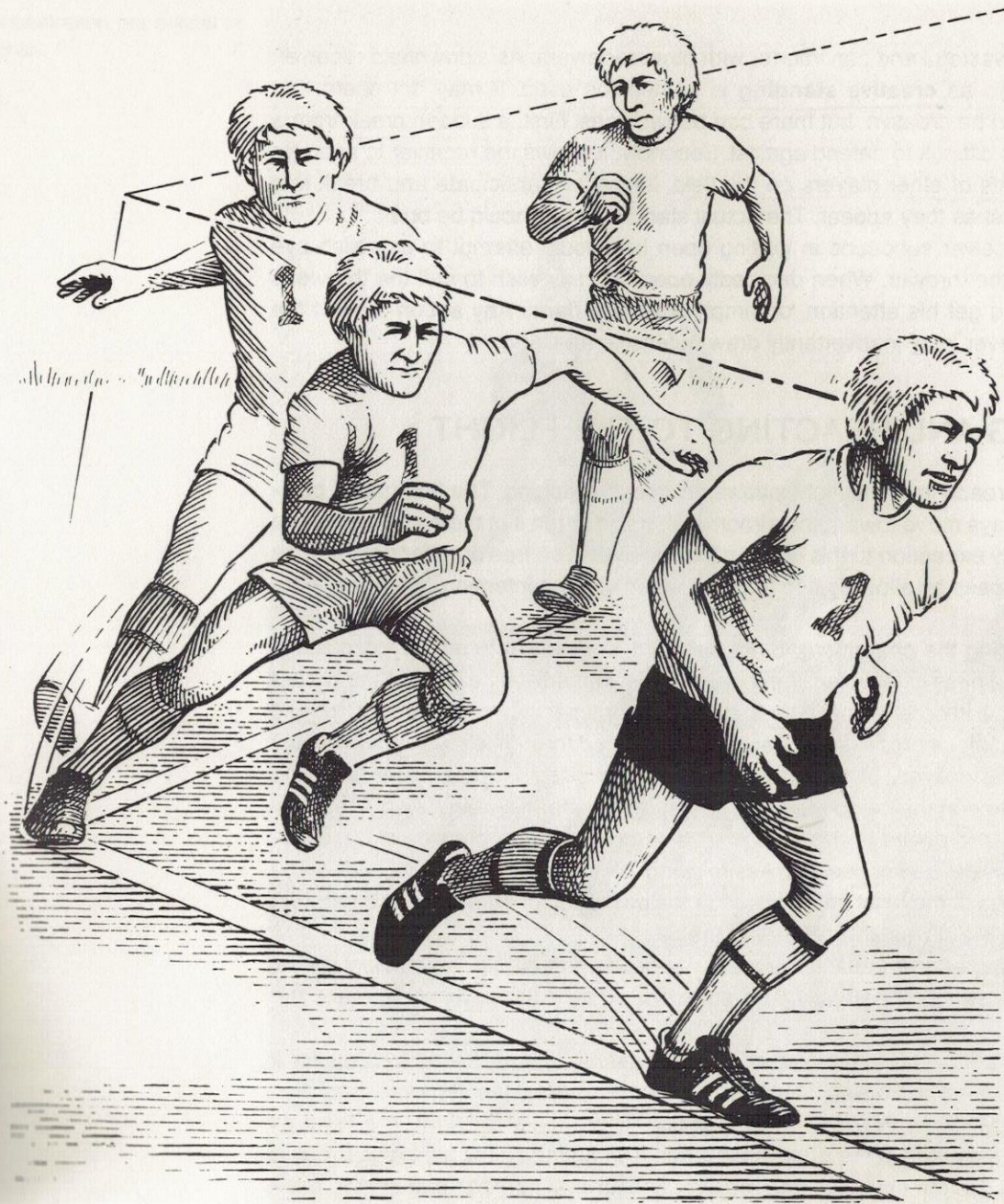
A combination of conditioning and deceptive maneuvering can be an effective strategy. The receiver can use continual fast breaks and frequent cuts to tire the defender. Defense cannot be played effectively by a fatigued player. Moving *without* a purpose is wasteful and can interfere with other receivers. As a downfield receiver, a tactic known as **creative standing** is sometimes used. It may not seem that

(Opposite) Sequence showing a sharp cut using a plant foot. Player shifts his weight between positions two and three as he turns on his plant foot.

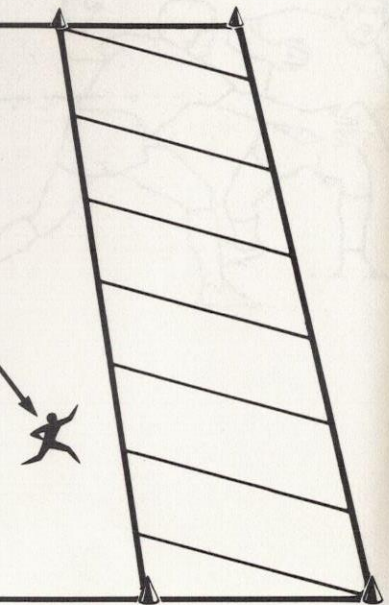
Typical cuts and patterns (from top to bottom): post pattern; square-out pattern; square-in pattern; button hook; down-and-back; and deep-down-and-back.



(Opposite) Sequence showing a sharp cut using a plant foot. Player shifts his weight between positions two and three as he turns on his plant foot.



Typical cuts and patterns (from top to bottom): post pattern; square-out pattern; square-in pattern; button hook; down-and-back; and deep-down-and-back.



a purpose is wasteful and can interfere with other receivers. As a downfield receiver, a tactic known as **creative standing** is sometimes used. It may not seem that standing could be creative, but there can be two uses. First, a sudden break from a still position is difficult to defend against. Secondly, it allows the receiver to scan for the movements of other players on the field, letting him anticipate and break into open areas just as they appear. The actual standing time should be brief.

When a receiver succeeds in getting open he should attempt to establish eye contact with the thrower. When decidedly open, he may wish to call the thrower's name aloud to get his attention, or simply wave his hand. Any action to alert the thrower, however, may inadvertently draw defensive attention.

READING AND REACTING TO THE FLIGHT

Reading and reacting to the flight involves proper positioning. The first rule of positioning is: always move toward the airborne disc and catch it at the earliest possible point. The only exception to this is when the receiver is so free of defenders that he can **milk** the pass by allowing it to float longer with the intention of gaining extra yardage.

Understanding the characteristics of the flight is essential to proper positioning. As soon as the pass is released, the receiver must immediately calculate the proper course to follow in order to make the catch at the optimal moment. Learning to read the flight is a difficult process and can only be learned through experience. The key is to watch the delivery of the pass. The direction of spin, angle of release, and velocity are among the basic elements which determine the trajectory of the pass. The direction and speed of the wind must also be taken into consideration, especially with upside down passes. Assimilation of all this information allows the receiver to predict the flight path and judge the best spot for attempting the catch. A good receiver reacts instantaneously to the pass.

While running after a pass in the air, the receiver should use an efficient stride, with the arms swinging naturally. The arms should be extended only to make the actual catch.

Timing is a critical factor on high or wide passes. A high pass which hangs for a long time is called a floater. In order to catch a floater, the receiver must first determine and then move to the proper position. Then, just at the right time, he must leap to make the catch at the peak of his jump. A well-timed jump for a high throw is called **skying**. Before any jump, the receiver should evaluate and respect the positioning of other players in the area.

Timing and concentration are critical in all leaping catches.



Leaping catches and diving grabs provide some of the most exciting moments in the game. Players refer to catching the disc in a full out dive as "getting horizontal." That is, to get fully extended so as to be parallel to the ground when making the catch.

APPLICATION OF CATCHING TO ULTIMATE

The final step in the receiving process, and obviously the most important, is the actual catch. In Ultimate, any type of catch is as good as any other—as long as the disc is caught. No matter how perfectly a pass is thrown, if it isn't caught it's still a turn over. Depending on the circumstances and the type of pass, players use many different catching techniques.

An all-out effort is sometimes needed just to make the catch. This diving catch illustrates a player "getting totally horizontal."



Whenever possible, the catch should be made with two hands (using either a standard two-handed or sandwich catch). Often though, the one handed catch is the only possible choice. A receiver should be able to catch either spin with either hand, thumb-up or thumb-down. Experienced players automatically adjust for the speed and direction of spin without conscious effort.

A safe catch which is especially effective in windy situations is the **full body trap**. The disc is caught with one arm above the disc and the other arm below. The disc itself is actually trapped with the hands and forearms. For insurance, as the catch is made, the upper body is lowered and the knees are brought up. In this way, the whole body is used in trapping the disc.



The full body trap is a safe catch, especially in windy situations. The body is lowered and the knees are brought up to insure completion of the pass.

An all-out effort is sometimes needed just to make the catch. This diving catch illustrates a player "getting totally horizontal."



TRANSITION FROM RECEIVER TO THROWER

Catching requires total concentration. The basic rule that applies to all catches is to watch the disc all the way into the hands. As the catch is made, a transition takes place; the receiver becomes the thrower. The player must be sure that the disc is fully in his control before he even thinks about throwing. This fact cannot be over-emphasized; watch the hands catch the pass, *then* look for a receiver.

RULES OF THE RECEIVER

1. Use field sense to know where and when to move
2. Evaluate the abilities of the opponent(s)
3. Cut, fake, and use patterns to get open
4. When open, establish eye contact with the thrower
5. Read the flight path and react immediately
6. Move toward the airborne disc and catch it at the earliest possible point
7. Only extend the arms to make the actual catch
8. Catch a pass above the chest thumbs-up, below the chest thumbs-down
9. Use two hands whenever possible
10. Watch the disc all the way into the hands

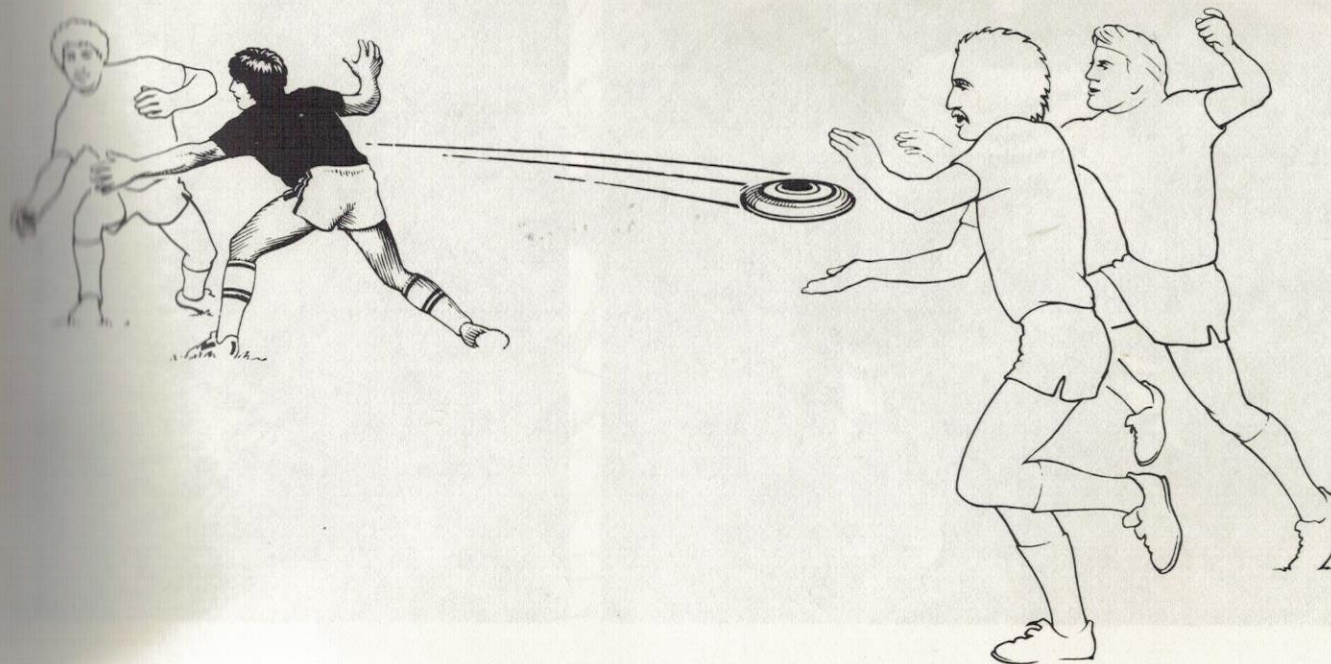
Individual Defensive Skills

Defensive play is a combination of reaction and anticipation. A defensive player can only react to, or attempt to anticipate the actions of offensive players.

There are two basic types of defensive strategies used in Ultimate: the man-to-man and the zone. Both strategies make use of two basic defensive positions: the marker who guards the thrower, and the defenders who cover the receivers. (For a complete description of both man-to-man and zone defenses, see Team Defensive Theory.)

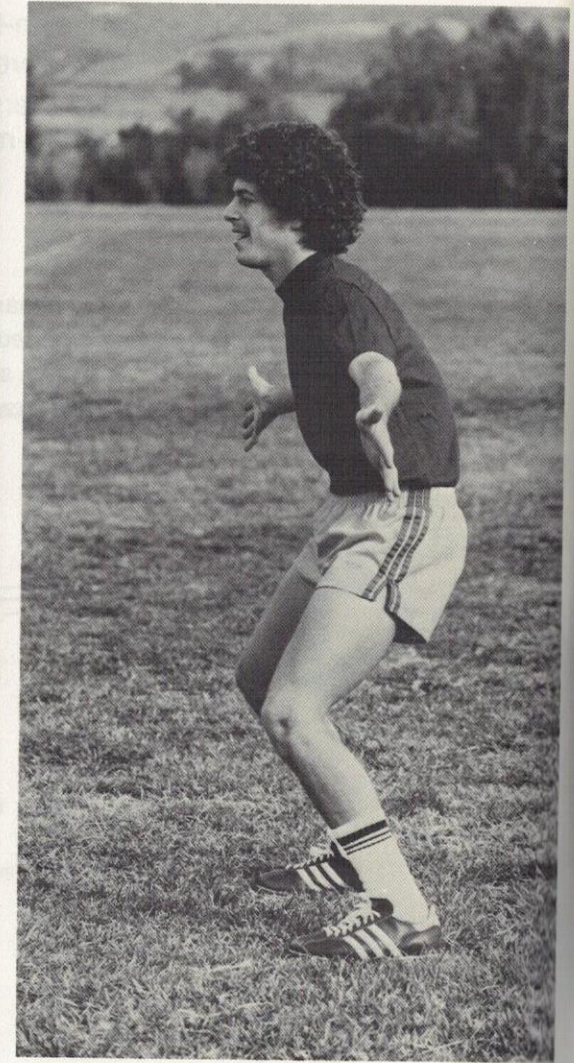
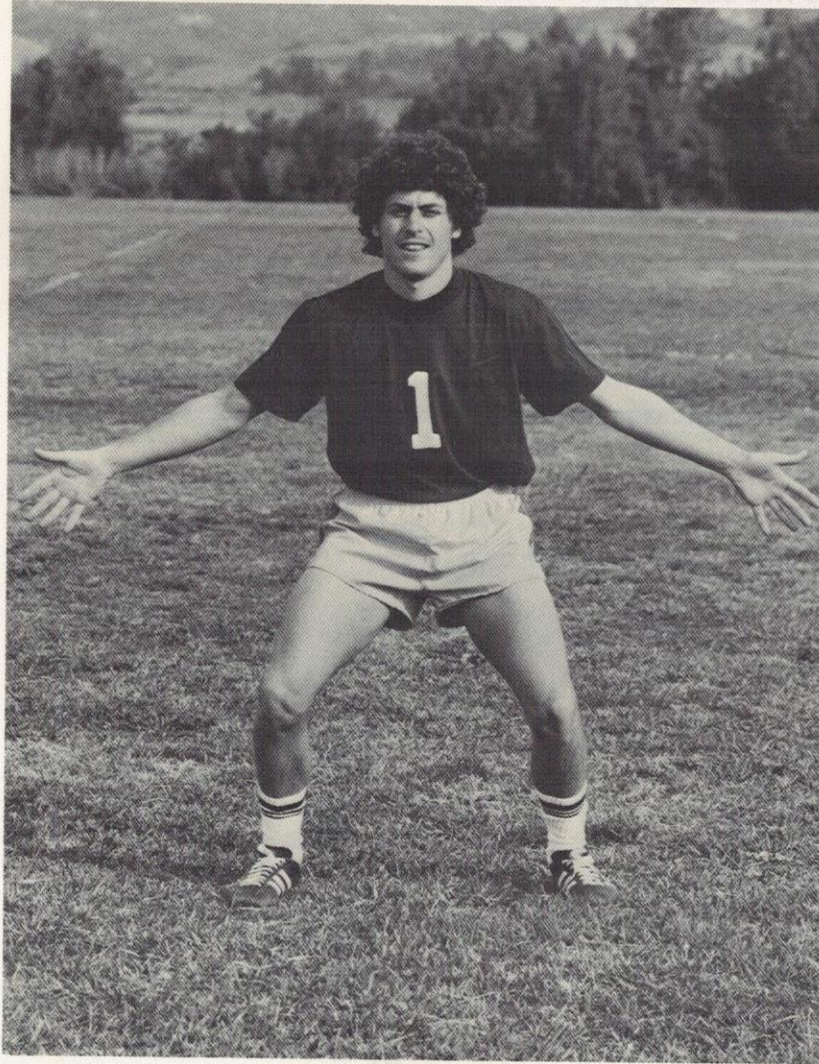
Marker

The primary objective of the marker is to maintain his position so as to prevent any unguarded downfield pass. The secondary role of the marker is to attempt to block the pass as it is released. His additional responsibility is to vocally communicate to



his teammates once the pass is released. The key to playing the marker position effectively is the use of a proper stance combined with reactive and anticipatory movements while maintaining constant body balance. Knowing the opponent's moves, listening for information from teammates, and good timing sometimes allows the marker to correctly anticipate when the thrower might release a pass.

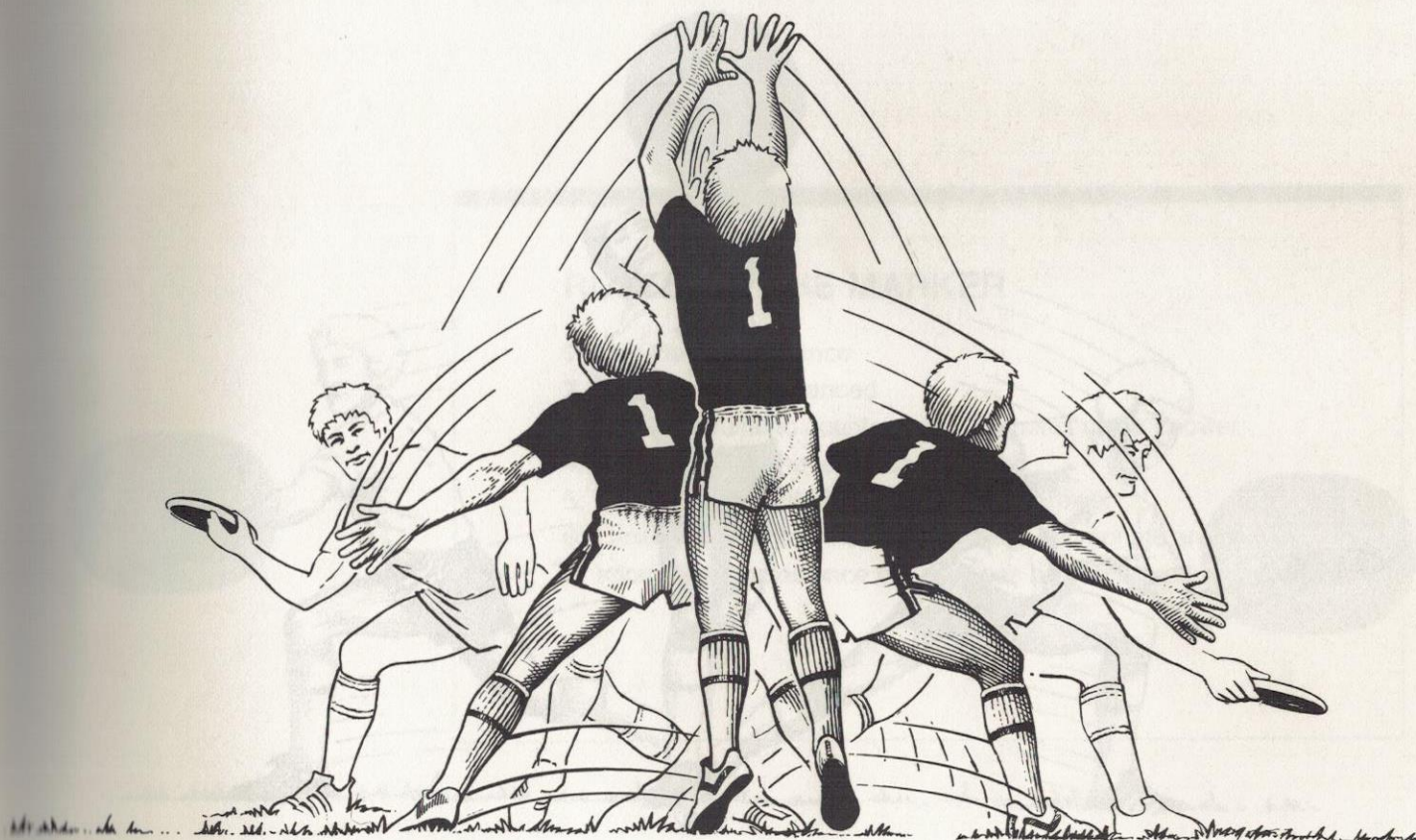
The proper stance for the marker requires the feet be spread approximately shoulder-width apart, the weight should be on the balls of the feet, the knees bent slightly, the back straight, the head up, and the arms and hands extended.



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The marker's positions as he shuffles to respond to the fakes and pivots of the thrower.

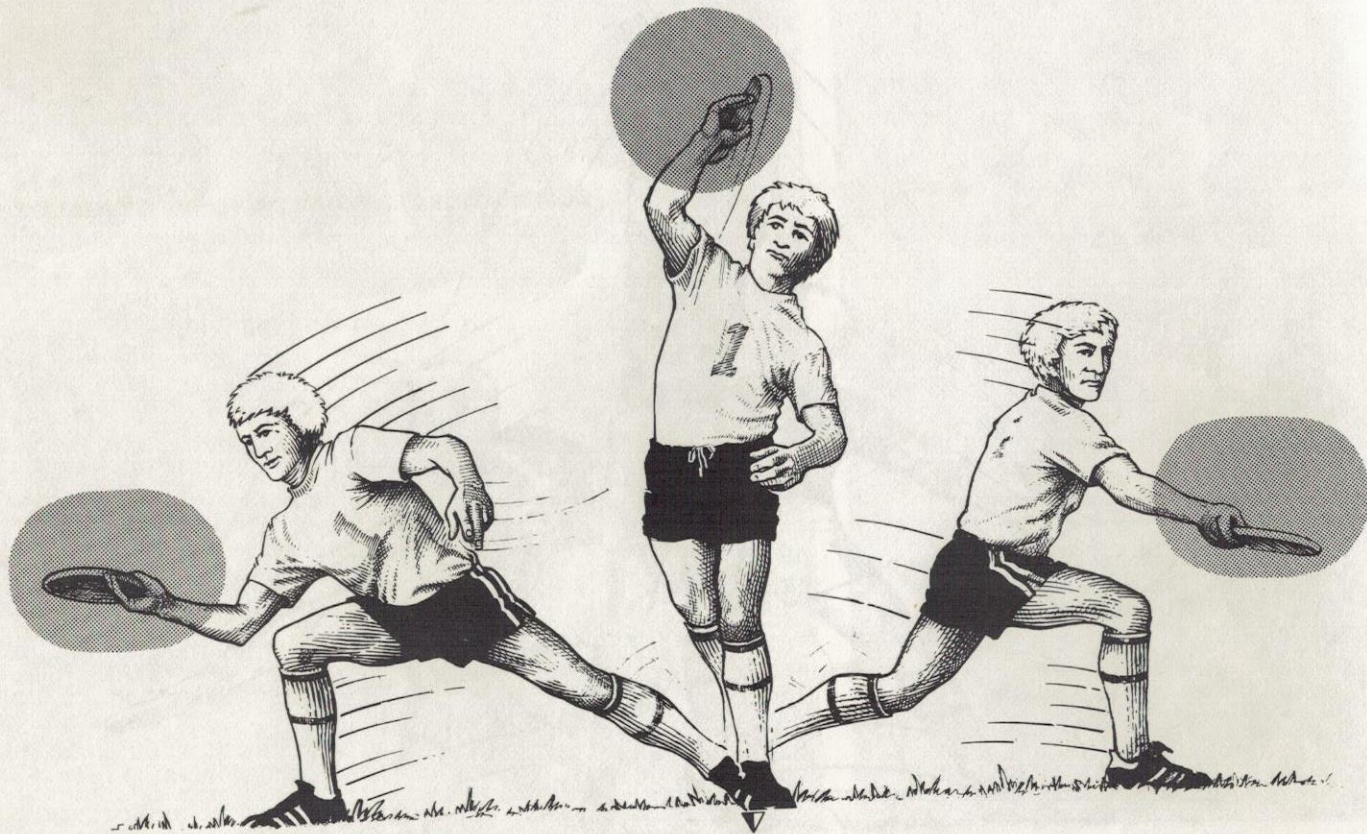
In this stance, with his arms extended, the marker can cover a side to side distance of five to six feet without moving. To counter the faking and pivoting motions of the thrower, the marker reacts by using a lateral movement or **shuffle**. The shuffle allows the marker to quickly respond to the movements of the thrower as he changes between delivery positions. The shuffle consists of a low lateral hop initiated by pushing off the outside leg allowing the marker to move from one to three feet. When shuffling, the marker should never cross his feet. The marker should constantly reposition himself so that he is always directly in front of the thrower. By maintaining this alignment, he can cover the thrower's ten foot throwing range and prevent unguarded downfield passes.



The thrower can deliver a pass from almost any position. However, passes are usually delivered from one of the three **primary throwing areas**. These are the areas from which the thrower normally delivers the backhand, side arm, and upside down. By limiting hand and arm movements to the appropriate throwing area, the marker can discourage the thrower from attempting a pass.

Overextension of the arms and hands is often counterproductive as it can cause the marker to lose body balance. This inhibits mobility, puts the marker out of position, and allows the thrower an opportunity for an unguarded downfield pass. Great discretion must be used when overextending to block a pass since the results can be costly.

The modified stances of the thrower highlighting the primary throwing areas. These are the areas on which the marker should concentrate.



TRANSITION FROM MARKER TO DEFENDER

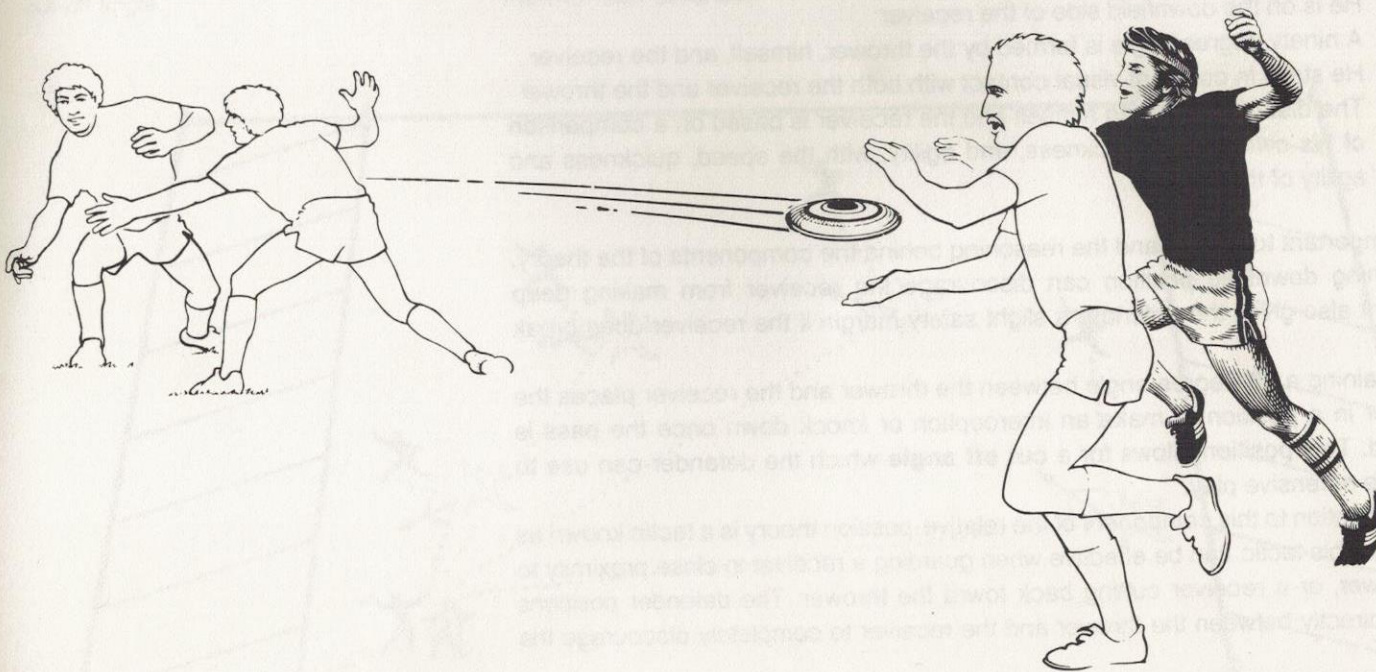
If not successful in preventing a pass, the marker must inform his teammates that the pass has been released. A simple method is for the marker to shout "It's up" as the pass is released. This informs the other defenders, who might not have seen the pass released, that the disc is airborne and may be coming in their direction.

RULES OF THE MARKER

1. Use the proper stance
2. Always remain balanced
3. Use the shuffle to counter the movements of the thrower
4. When shuffling, never cross the feet
5. Constantly stay directly in front of the thrower
6. Limit hand and arm movements to the appropriate areas
7. Inform teammates once the pass has been released

Defender

The man-to-man defense and the zone defense differ in their approach to covering receivers. Therefore, the defender position for each must be discussed separately. In the man-to-man defense each player is responsible for covering one offensive opponent. In the zone defense every player is responsible for a designated area on the field, primarily determined by the location of the disc.



MAN-TO-MAN DEFENDER

While following a receiver through his maneuvers, the defender should use the techniques of **sliding** and **pedaling**. Sliding is an extension of the markers' shuffle, in which the defender moves across the field in a series of short lateral skips, never crossing the feet. Pedaling is a combination of **backpedaling** and **frontpedaling**, and is defined as moving forward and backward with the feet spread. Pedaling is used to move up and down the field. Although the defender shouldn't cross his feet, he will often have to change from a slide or pedal to a run, but even then the defender must be prepared for a quick change in direction to follow his opponent.

The fundamental concept which governs the defensive positioning of a defender in a man-to-man defense is called the **relative-position theory**. This theory defines the position of the defender relative to the position of the thrower and the receiver whom he is covering at any given moment. The difficulty lies in maintaining this position as the receiver maneuvers to get open. Constant evaluation and adjustment are always necessary.

The relative position theory states, to the best of his ability, the defender must maintain a position so that:

1. He is on the downfield side of the receiver
2. A ninety degree angle is formed by the thrower, himself, and the receiver
3. He stays in constant visual contact with both the receiver and the thrower
4. The distance between himself and the receiver is based on a comparison of his own speed, quickness, and agility, with the speed, quickness and agility of the receiver.

It is important to understand the reasoning behind the components of the theory. Maintaining downfield position can discourage the receiver from making deep breaks. It also gives the defender a slight safety margin if the receiver does break deep.

Maintaining a 90-degree angle between the thrower and the receiver places the defender in a position to make an interception or knock down once the pass is released. This position allows for a **cut off angle** which the defender can use to make the defensive play.

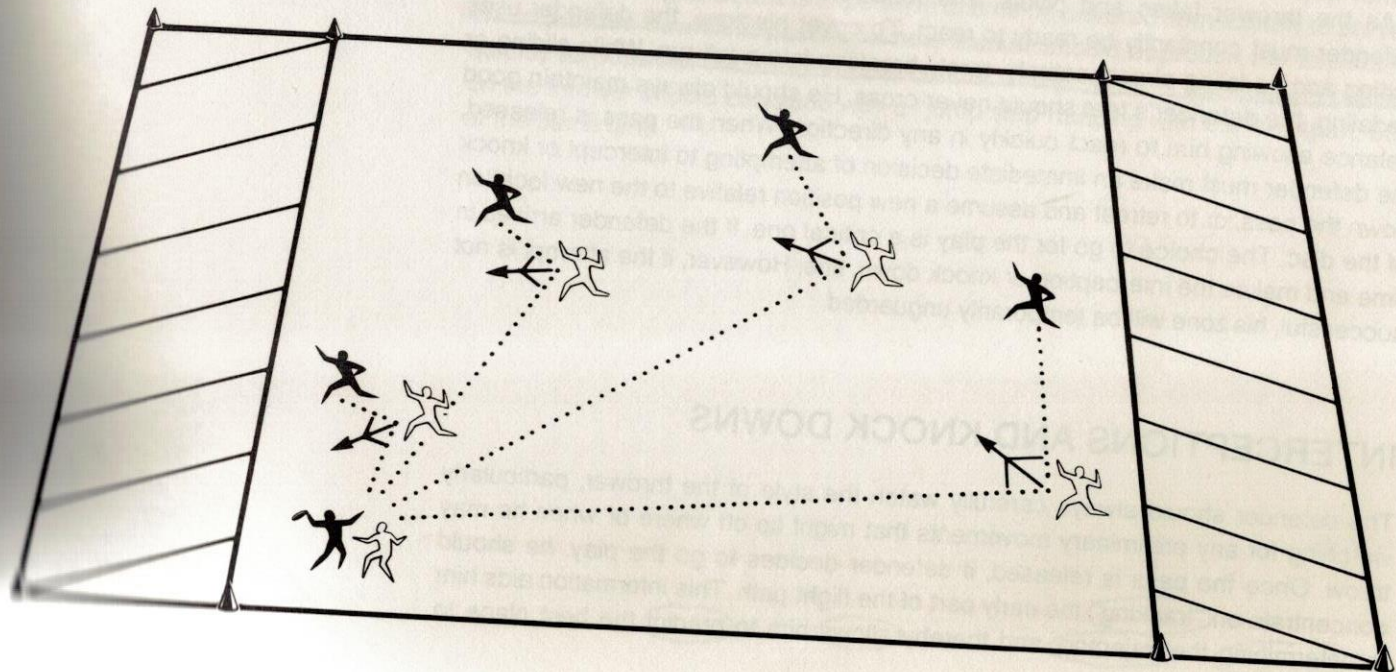
An exception to this component of the relative-position theory is a tactic known as **fronting**. This tactic can be effective when guarding a receiver in close proximity to the thrower, or a receiver cutting back toward the thrower. The defender positions himself directly between the thrower and the receiver to completely discourage the

thrower from attempting a pass. In this position, the defender is in the best spot to intercept or knock down the disc, though he is more susceptible to being beaten by a longer downfield pass.

Keeping the thrower and the defender in sight supplies valuable information about both. With this information, the defender can tell when the receiver is in a good position to receive a pass, or when the thrower is in a good position to deliver one, and can take appropriate preventative action. He may additionally wish to verbally alert the marker of open receivers.

Finally, the most important aspect of the relative-position theory is the subjective evaluation by a defender of the speed, quickness, and agility of his opponent. The defender must compare his own defensive skills with the offensive abilities of his opponent. He can then more accurately determine how far off his opponent to play in any given situation. He must also adjust the distance he plays off his man relative to their distance from the thrower. The closer his man is to the thrower, the tighter his coverage should be. This is to discourage the thrower from attempting a pass to that receiver. This discouragement should be the main goal of every defender in a man-to-man defense.

The relative-position theory showing proper placement of defender and the out-off angle.



ZONE DEFENDER

Playing a defender position in a zone defense is quite different than in a man-to-man defense. In the zone, each defender is responsible for covering an area of the field. More precisely, he is responsible for covering any offensive players in his zone.

Body position is important to the defender. He adopts a position facing the thrower. The stance is almost identical to that of the marker. The weight should be kept forward on the balls of the feet allowing for quick starts in any direction. The use of peripheral vision and quick back-and-forth turns of the head allow the defender to see both the action going on in his zone and the movements of the thrower. Keeping the arms and legs spread gives the illusion of taking up more room and gives the impression that there is less room in which to complete a pass.

The shape of each zone constantly changes during play. The factors which govern the shape of each zone include the location and momentum of receivers, the proximity of other defenders, the capabilities and movements of the thrower, and the distance from the thrower.

As the thrower fakes and pivots, and receivers move through his zone, the defender must constantly be ready to react. To cover his zone, the defender uses sliding and pedaling almost entirely, rarely breaking into a full run. While sliding or pedaling, the defender's feet should never cross. He should always maintain good balance allowing him to react quickly in any direction. When the pass is released, the defender must make an immediate decision of attempting to intercept or knock down the pass, or to retreat and assume a new position relative to the new location of the disc. The choice to go for the play is a critical one. If the defender arrives in time and makes the interception or knock down, fine. However, if the attempt is not successful, his zone will be temporarily unguarded.

INTERCEPTIONS AND KNOCK DOWNS

The defender should always carefully watch the style of the thrower, particularly watching for any preliminary movements that might tip off where or when he may throw. Once the pass is released, if defender decides to go the play, he should concentrate on "tracking" the early part of the flight path. This information aids him in determining the trajectory and thereby allows him to predict the best place to

make the play. Long downfield, cross field, and all hanging passes are good candidates for interceptions or knock downs.

Defenders should always remember that making an attempt for an interception or a knock down is a calculated risk. Should the play be missed and the pass completed, the new thrower will temporarily be able to attempt an unguarded downfield pass.

A general rule for the defender is: whenever possible, intercept the pass rather than knocking it down. This is important for two reasons. First, it gives the intercepting team an abrupt transition to offense, possibly catching the opponents off-guard. Secondly, it prevents the offensive team from getting a second chance at catching a deflection. If a knock down is the only play, whenever possible, the disc should be struck straight downward. Again, this usually prevents second chances by the offense.

TRANSITION FROM THE DEFENDER TO THE MARKER

If the defender is not successful in preventing the completion, the receiver turned thrower must be guarded. It is imperative that he be covered immediately to prevent an unguarded downfield pass. The new marker should approach the thrower as quickly as possible, but always under control. The process of establishing position on the thrower should conclude with a "jump stop" landing with the feet apart, both at the same time.

RULES OF THE DEFENDER

MAN-TO-MAN

1. Stay on the downfield side of the receiver
2. Form a ninety degree angle between the thrower and the receiver
3. Stay in constant visual contact with the thrower and the receiver
4. Compare speed, quickness and agility with the receiver and play accordingly

ZONE

5. Use peripheral vision and quick back-and-forth turns of the head
6. Keep the weight forward on the balls of the feet

GENERAL

7. Use sliding and pedaling to follow the receiver(s)
8. Never cross the feet
9. Always be ready to react in any direction
10. Verbally alert the marker of potentially free receivers
11. Whenever possible, intercept the pass rather than knocking it down
12. If a knock down is the only possible play, strike the disc straight downward
13. Approach the thrower under control; conclude with a jump stop.

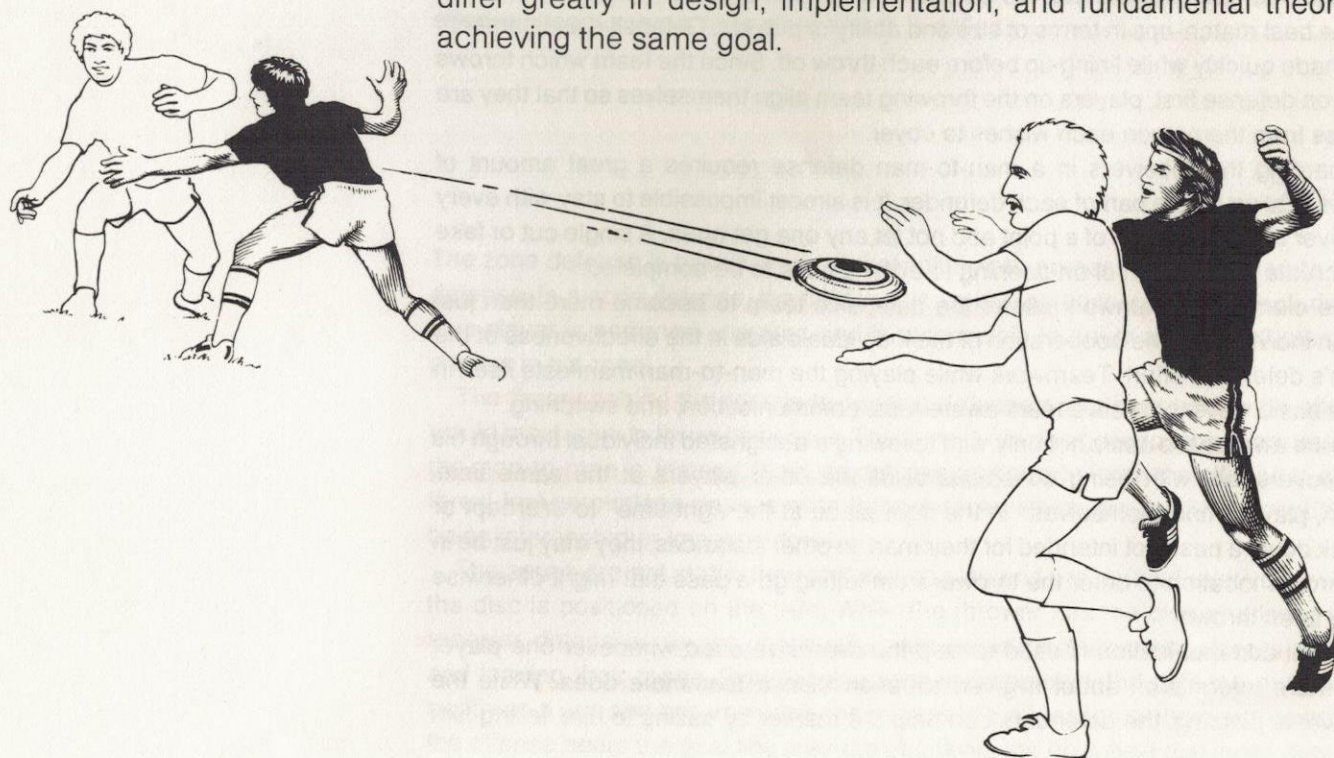


Team Defensive Strategy

Although the rules of the sport state that the object of the game is to score goals, this only represents the offensive half of the game. Preventing the other team from scoring is equally as important. A team must be able to play effective defense in order to win.

The goal of the defensive team is to cause turn overs. During play, the defensive team consists of one "on the disc" marker, and six "off the disc" defenders. The marker covers the thrower and attempts to stop the pass at the point of origin, while the defenders cover the receivers, trying to stop the pass en route to the intended receiver.

There are two basic types of defensive strategies which are employed in Ultimate; the man-to-man and the zone. The two styles differ greatly in design, implementation, and fundamental theory of achieving the same goal.



Man-to-Man

The man-to-man is a natural style of defense. Each defensive player is assigned to cover one offensive player. The job of each defensive player is to shadow his man wherever he may go on the field and minimize his effectiveness. The man to man encourages the development of all fundamental defensive skills as each player must be adept at playing both the marker and the defender positions and have the ability to stick with his man throughout an entire point.

The theory behind the man-to-man defense is to have each offensive player covered so well that no pass may be completed. In essence this system of defense is a series of individual contests—two players of opposing teams trying to outwit and outmaneuver each other.

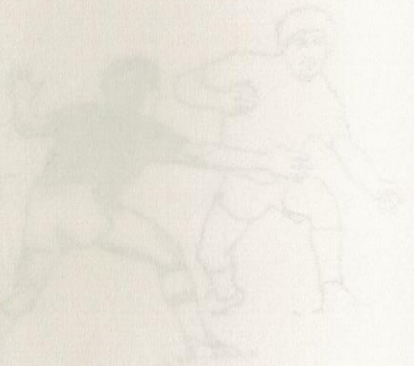
There are two important advantages of the man-to-man. The first is the ease of implementation: any seven players can quite easily be put on the field and play a man-to-man defense. Since each defensive player is assigned to cover one offensive player, there should never be any confusion about coverage responsibilities. The second advantage is that the defensive team can choose what it considers to be the best match-ups in terms of size and ability of players. Defensive assignments are made quickly while lining up before each throw off. Since the team which throws off is on defense first, players on the throwing team align themselves so that they are across from the person each wishes to cover.

Guarding the receivers in a man-to-man defense requires a great amount of concentration on the part of each defender. It is almost impossible to stay with every receiver for the duration of a point and not let any one get open. A single cut or fake can create just enough of an opening to allow a pass to be completed.

The element of teamwork allows the defensive team to become more than just seven individuals. The cooperation of the individuals aids in the effectiveness of the team's defensive effort. Teamwork while playing the man-to-man manifests itself in three basic ways: collective team awareness, communication, and switching.

Team awareness deals not only with following a designated individual through his maneuvers, but with being conscious of all the other players at the same time. Often, players find themselves "in the right place at the right time" to intercept or knock down a pass not intended for their man. In other instances, they may just be in the proper location to deter the thrower from letting go a pass that might otherwise have been thrown.

Verbal communication is used to help the defensive effort whenever one player has more information about a given situation than a teammate does. While the thrower is pivoting, the defenders can help the marker by calling to him, telling him



where the thrower has open receivers. As mentioned earlier, when the pass is released, the marker should call out "it's up" to alert his teammates. Another example of verbal communication is when a defender with his back to the thrower is warned by a call from a teammate. Calling the defender's name or yelling "look up" may alert him of an airborne disc nearby.

Switching is a process whereby two defensive players exchange guarding assignments during play. An example of switching would be as follows. Two offensive players are moving toward each other and both are free of their defenders by a sizeable amount. Instead of both defensive players continuing to chase and lag behind their assigned men, one calls a switch. Each gives up responsibility for the man he is covering and picks up the other man as he comes toward him. In order for the switch to work smoothly, both players involved must be aware of the potential switching situation. A player desiring a switch can alert his teammate by calling out "take mine," "I got yours," or simply "switch!" Once a switch has been made, defensive players should stick with their new opponents until a turnover occurs, the offensive team scores, or another switch is called.

Zone

The zone defense is based on an entirely different approach than the man-to-man defense. In a zone defense, the field is split up into portions, or zones. Each defensive player is assigned one area and is responsible to cover any and all offensive players in his zone.

The theory behind the zone is to position defenders in places where the offense would most want to throw its passes. The zone is not designed to stop every pass as the man-to-man is. Instead, the zone defense attempts to force the offense to either throw low percentage passes or to throw passes which are highly susceptible to being intercepted or knocked down.

The zones are not static; they shift during play and are defined relative to where the disc is positioned on the field. While the thrower has the disc and looks for a receiver, defensive players continually make adjustments to cover players entering and leaving their zones. Every time a pass is completed, the defense must react swiftly as a unit and assume positions relative to the location of the new thrower. As the offense nears the goal line they are attacking, the downfield distances between

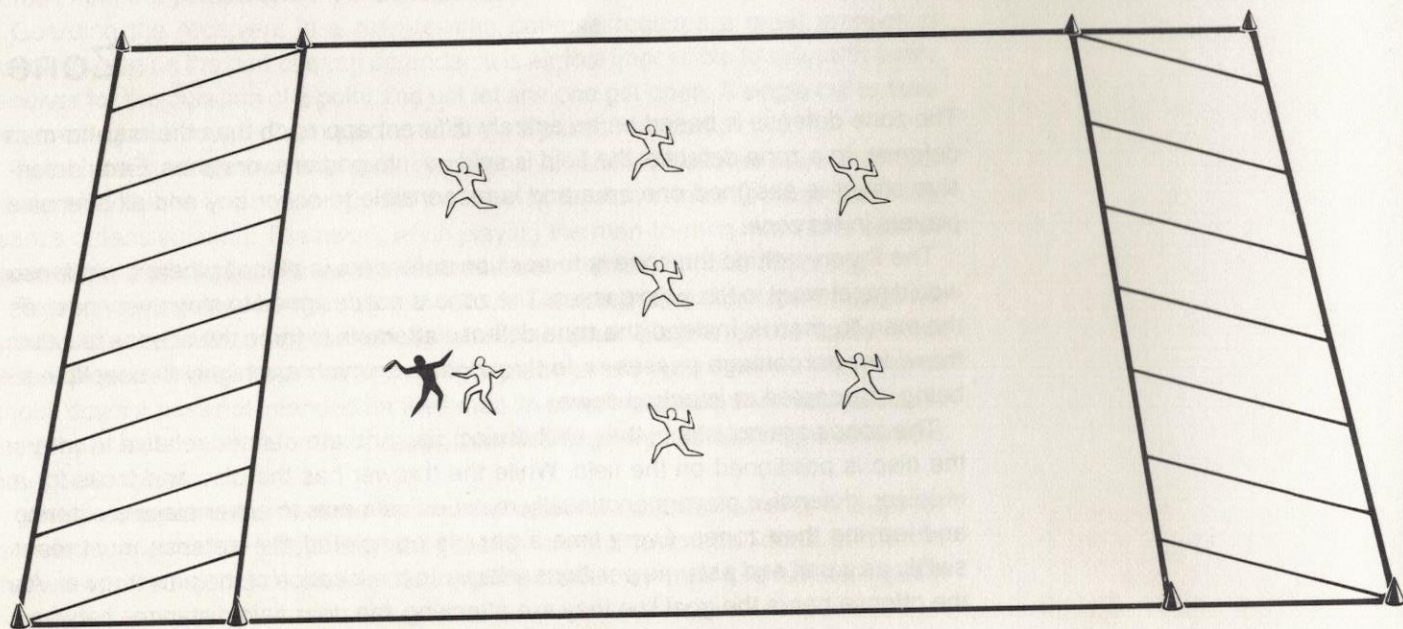
zones decrease proportionately since there is less territory for each defensive player to cover.

Communication is the backbone of the zone defense. Players in the zone rely on verbal communication in order to function effectively. A team playing a good zone will be constantly chattering, exchanging information back and forth regarding the movements of the offense. Players in zones farthest away from the thrower have the responsibility of calling the majority of the signals since they can see the entire offense in front of them. Phrases such as, "coming on your left," "shift right," "back up a little," or "coming from behind," inform defenders of receivers' movements without them having to turn around and lose sight of the thrower.

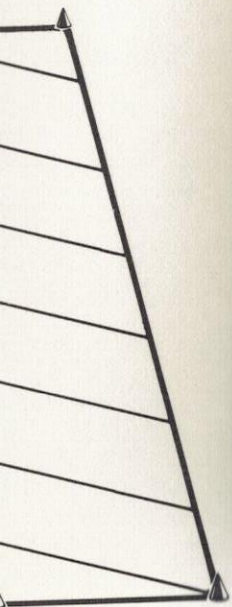
The main advantage of a zone defense is that it allows a team to make use of specialized defensive skills. Some players excel at the marker position, while others are more effective as defenders. The zone is generally comprised of three basic positions: front, middle, and back.

There are many different zones which can be used effectively in play. Consider a zone known as the "2-3-2," meaning two fronts, three middles and two backs. The fronts are the first line of defense; one guards the thrower while the other defends in

The 2-3-2 zone defense.



defense.



the area laterally closest to the thrower. The middles are the second wave and are situated downfield in a position to discourage the most-often-thrown passes. The backs are the last line of defense and are positioned considerably farther downfield. Their job is basically to stop long passes. The front, middle, and back positions each require their own specialized skills.

The **fronts** are quick players who play the marker position well and have **good stamina**. A front must have a feel for when the thrower is about to release the pass so that he can position himself to **block the throw**. A front has the responsibility of **guarding the new thrower every time a pass is completed**.

The **middles** should be more experienced players with **good anticipation** and **lateral mobility**. A middle has to have a **field sense for the flow of the offense** so that he can predict where the next pass will most likely be thrown. He **needs to be quick** in order to react to offensive players moving through his zone and to go after the disc once the pass is released. **Good peripheral vision, timing, and a feel for the game** are the qualities of a sound middle player.

The **backs** should be players who **are fast, have good leaping ability, and can communicate well**. If a pass is thrown to a player in a back's zone, the pass will generally be in the air for a considerable amount of time. A defender must be fast in order to have a chance at making the play. Often, long passes are high, so the back must be a leaper who can sky. The back is also the heart of communication in a zone. Since he can see all the action in front of him, he calls the signals which instruct his teammates as to which ways to shift or adjust.

A major advantage of the zone defense is that it is less tiring for the players than the man-to-man. Since it does not require covering a single opponent through all of his maneuvers, the defenders will not have to run as much as in the man-to-man defense. Most of the defensive movement involves shuffling and pedaling to cover players entering and leaving the zone.

Another advantage is the ease of transition from offense to defense and vice versa. When a team assumes a zone defense after a turn over, players run to preassigned positions rather than looking to find a particular player. Sometimes the process of locating and establishing defensive position on all players may take an excessive amount of time. Furthermore, the zone set-up can lead to good positioning when a turnover occurs; players will be spread out on the field, and the prospects for a fast break may be good.

A zone defense can be especially effective when the offensive team is playing into the wind. The wind restricts the feasibility of throwing longer passes. A team playing

General Considerations

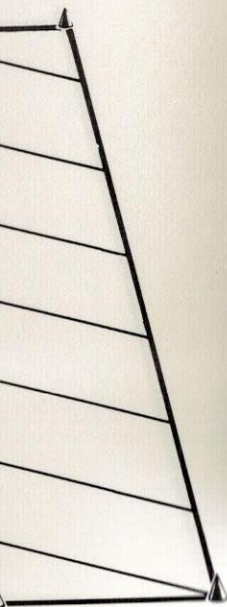
Whether playing a man-to-man or a zone, the fundamental rule of team defense is: always guard the thrower. Throwing skills in the game of Ultimate have developed to the point where it can be disastrous to leave the thrower unguarded, even temporarily.

It is suggested that teams learn to play both the man-to-man and the zone defenses. Against some offensive styles, the man-to-man may do just fine, whereas against others, the zone may be more effective. If one defensive style is not working, it's good to be able to switch tactics and try something new. It can be confusing for an offense to play against a team which switches back and forth between a man-to-man and a zone, or between different zones.

Transition from Defense to Offense

When a turn over occurs, the team becoming offense can sometimes take advantage of the lag time of their opponents transition to defense. The offensive player farthest downfield should immediately break deep to set up the potential quick scoring play. Upon reaching the endzone, he should make one fake and cut to the side line. If he doesn't receive a pass he should assume his normal offensive position. **It is not necessary for the player closest to a grounded disc to take possession; players should yield to the best thrower in the vicinity.**

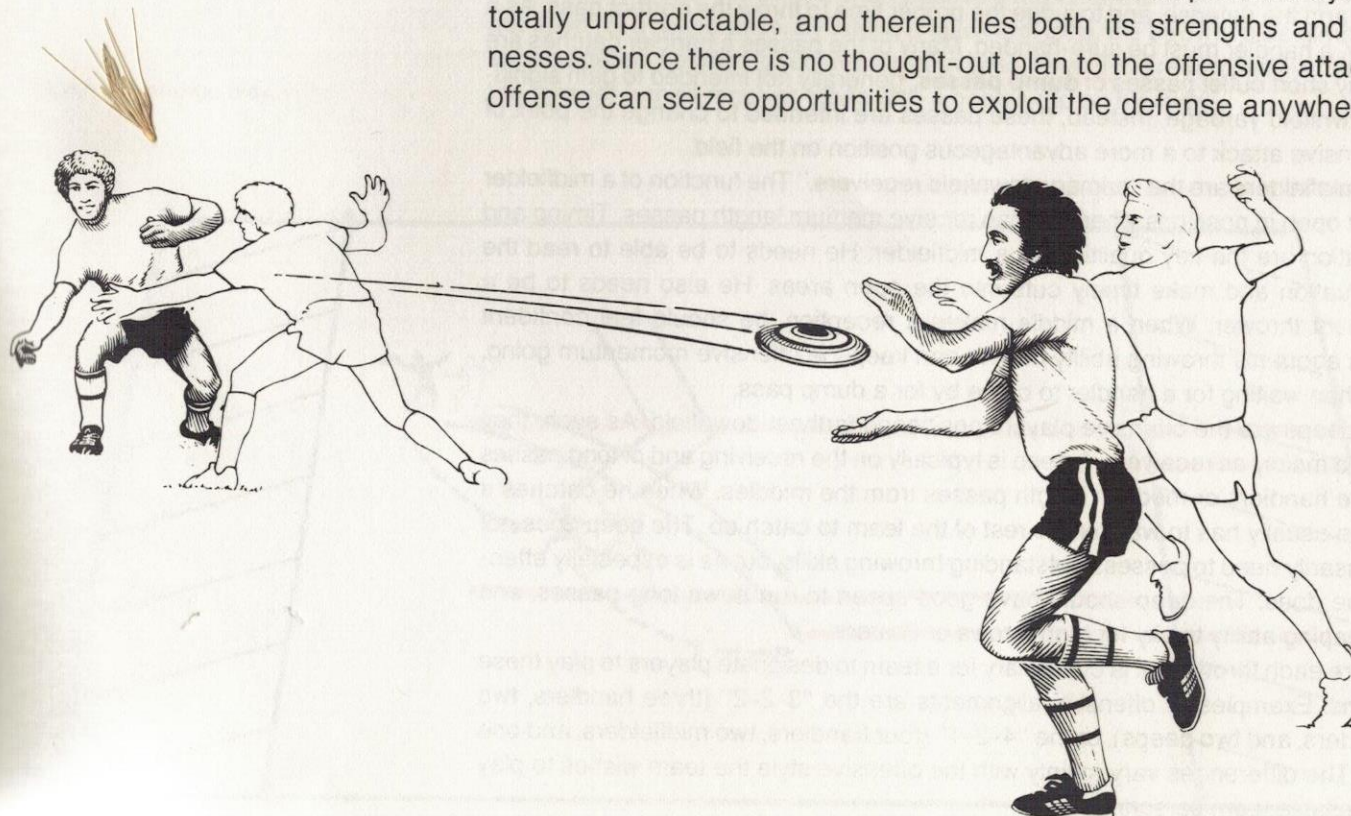
showing ranges, holes



Team Offensive Strategy

The offensive team attempts to move the disc so that they can score a goal. The teamwork between the thrower and receivers is the essence of the sport. No one player can score on his own; each completion involves a thrower and a receiver. Since the only way to move the disc is to complete passes, the offensive team is concerned with creating situations which result in completed passes.

The defense needs to make a team decision as to what style of defense to play. The offense doesn't need to make such a decision. If none is made, the offense operates in an unstructured style. Each player takes it upon himself to take advantage of defensive lapses and does his part in making the offense work. This haphazard system is totally unpredictable, and therein lies both its strengths and weaknesses. Since there is no thought-out plan to the offensive attack, the offense can seize opportunities to exploit the defense anywhere and



anytime. However, many opportunities may be lost because the offense doesn't even know what to expect from itself. The simplest way to structure an offense is to divide the players into positions and assign different roles to each position.

Offensive Positions

Three basic offensive positions have evolved in the sport of Ultimate: **handlers**, **midfielders**, and **deeps**. These designations are loosely based on how often a player in that position handles the disc, and on his typical distance from the thrower.

The handlers are the "quarterbacks" of the offense. As such, they must have a full understanding of all offensive fundamentals and team movement. Additionally, they must have an intimate knowledge of the capabilities of each receiver. Handlers are players who have highly developed throwing skills, with the ability to throw many types of passes accurately. They must be able to read the movements of both the offense and the defense, and to judge the proper time to throw the correct pass. As a receiver, a handler must be sure-handed. Many of the passes a handler catches are relatively **short outlet passes or dump passes**, generally not intended to gain significant downfield yardage. Instead, these passes are intended to change the point of the offensive attack to a more advantageous position on the field.

The midfielders are the "primary downfield receivers." The function of a midfielder is to get open in positions where he can receive medium length passes. Timing and anticipation are the key qualities for a midfielder. He needs to be able to read the field situation and make timely cuts into the open areas. He also needs to be a competent thrower. When a middle makes a reception, he should feel confident enough about his throwing ability that he can keep the offensive momentum going, rather than waiting for a handler to come by for a dump pass.

The deeps are the offensive players positioned farthest downfield. As such, they are used mainly as receivers. A deep is typically on the receiving end of long passes from the handlers or medium length passes from the middles. When he catches a pass, he usually has to wait for the rest of the team to catch up. The deep does not necessarily need to possess outstanding throwing skills, but he is especially effective if he does. **The deep should have good speed to run down long passes, and good leaping ability to sky for high throws or floaters.**

Before each throw off, it is customary for a team to designate players to play these positions. Examples of offensive alignments are the "3-2-2" (three handlers, two midfielders, and two deeps), or the "4-2-1" (four handlers, two midfielders, and one deep). The differences vary mainly with the offensive style the team wishes to play and available team personnel.



Typical give-and-go p



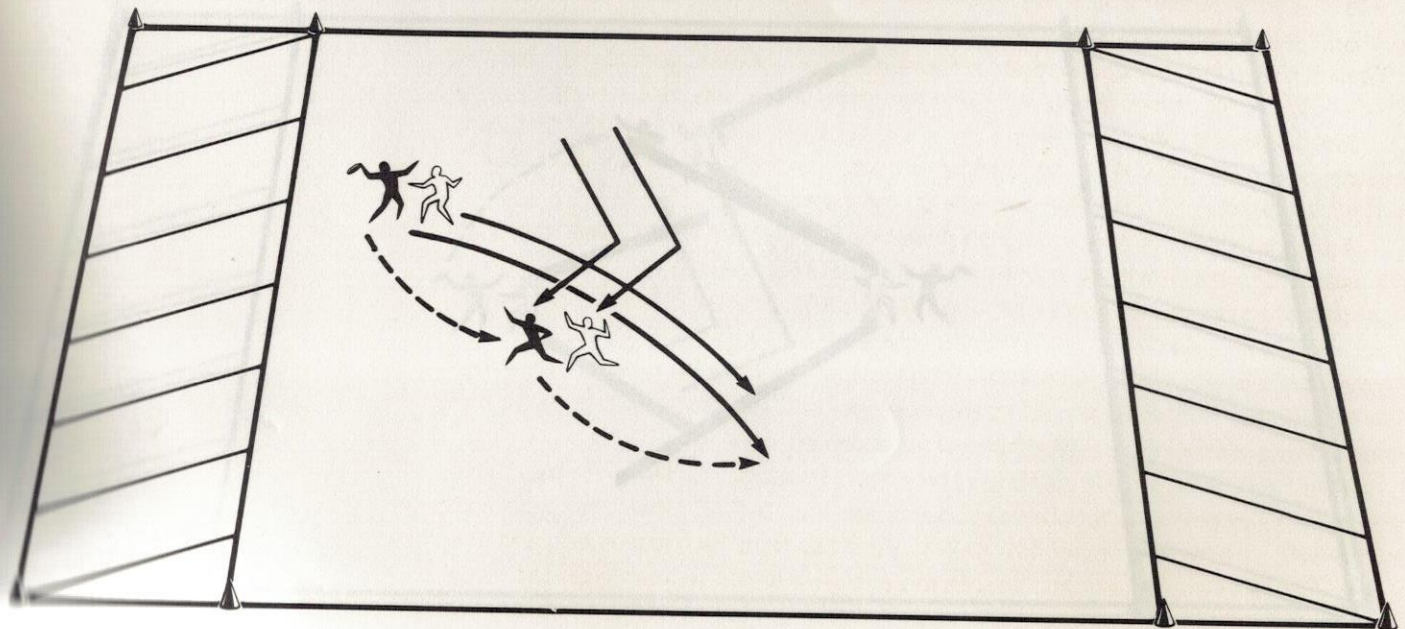
Offensive Strategy

Having split the players into positions, the next step would likely be to decide on an overall offensive style. However, the offense must consider the type of defense with which it is confronted. Certain moves which would normally be effective against a man-to-man defense are wasted efforts against a zone defense, and vice versa. In a sense, the defense can somewhat dictate the style of the offense.

OFFENSE AGAINST A MAN-TO-MAN

The simplest and most important fundamental when playing against the man-to-man is a two person play called the **give and go**. The play gets its name because the thrower "gives" (throws) a short pass to a teammate and immediately "goes" to get open for a return pass. By taking a quick first step, the thrower puts himself in an advantageous position to receive a return pass. Even if the return pass is not thrown, the thrower turned receiver starts with a good jump on his man.

Typical give-and-go play.

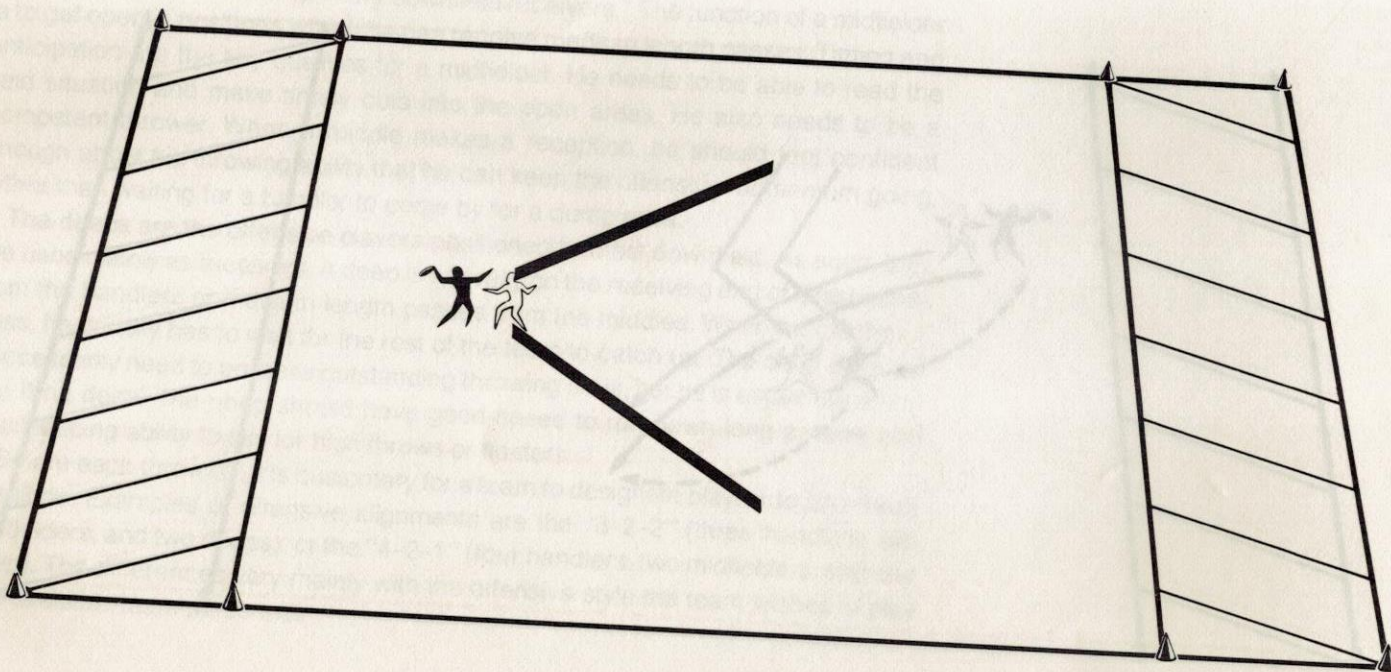


One extremely valuable team offensive concept when playing against a man-to-man is called the V. The V is a wedge of approximately ninety degrees downfield from the thrower, whose exact location is defined by the placement of the marker. The marker can effectively shut off passes into the V by his position in front of the thrower. It is therefore more difficult for the thrower, while properly guarded, to pass into the V.

As a general rule when playing against the man-to-man, receivers should make their fakes and cuts inside the V, so that they can get open to receive a pass outside the V. The areas outside the V closest to the thrower are referred to as the **primary receiving areas**. Most passes are completed outside the V because of the difficulty of throwing into it.

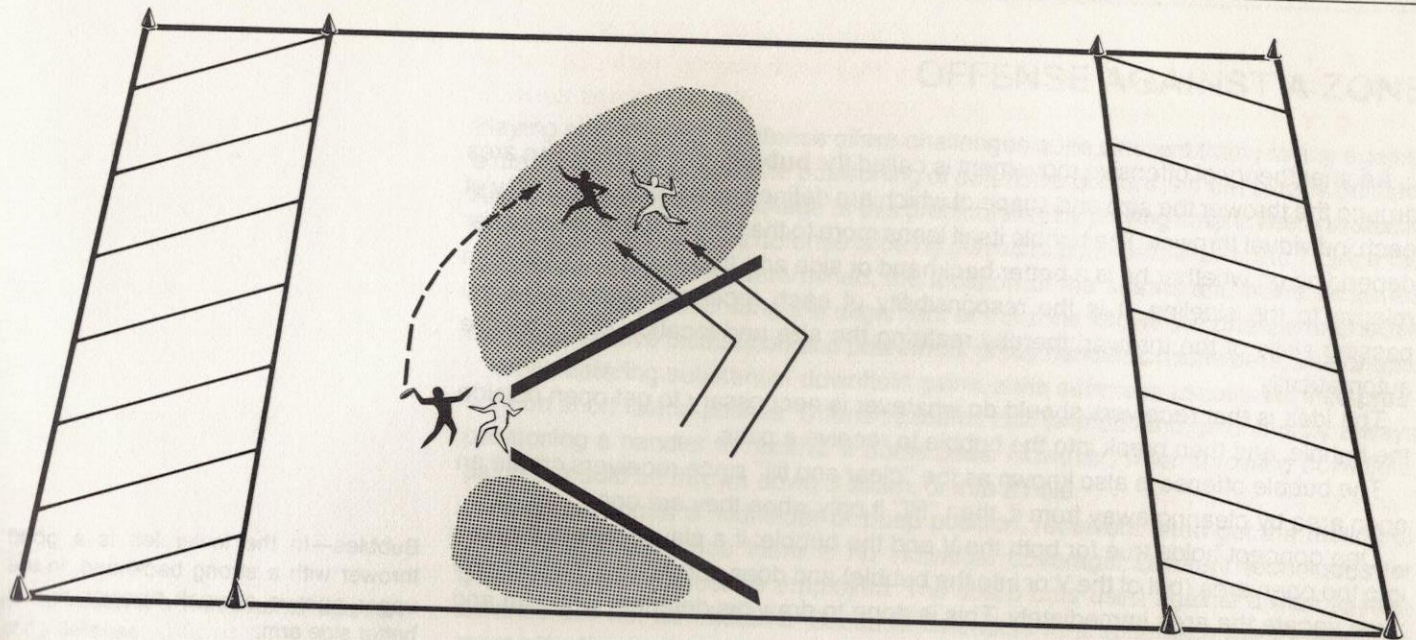
The V is defined as relative to the thrower and is redefined every time a pass is completed. Receivers can take advantage of this by anticipating where a pass will be caught and planning cuts based on the location of the new thrower. This is often the case when a handler throws to a midfielder, and, while the pass is in the air, a deep makes his break. When the midfielder receives the pass and looks downfield, the deep is open and a second pass can be thrown immediately. This type of continuation of movement is called **flow**.

The V—defined by the marker's position.

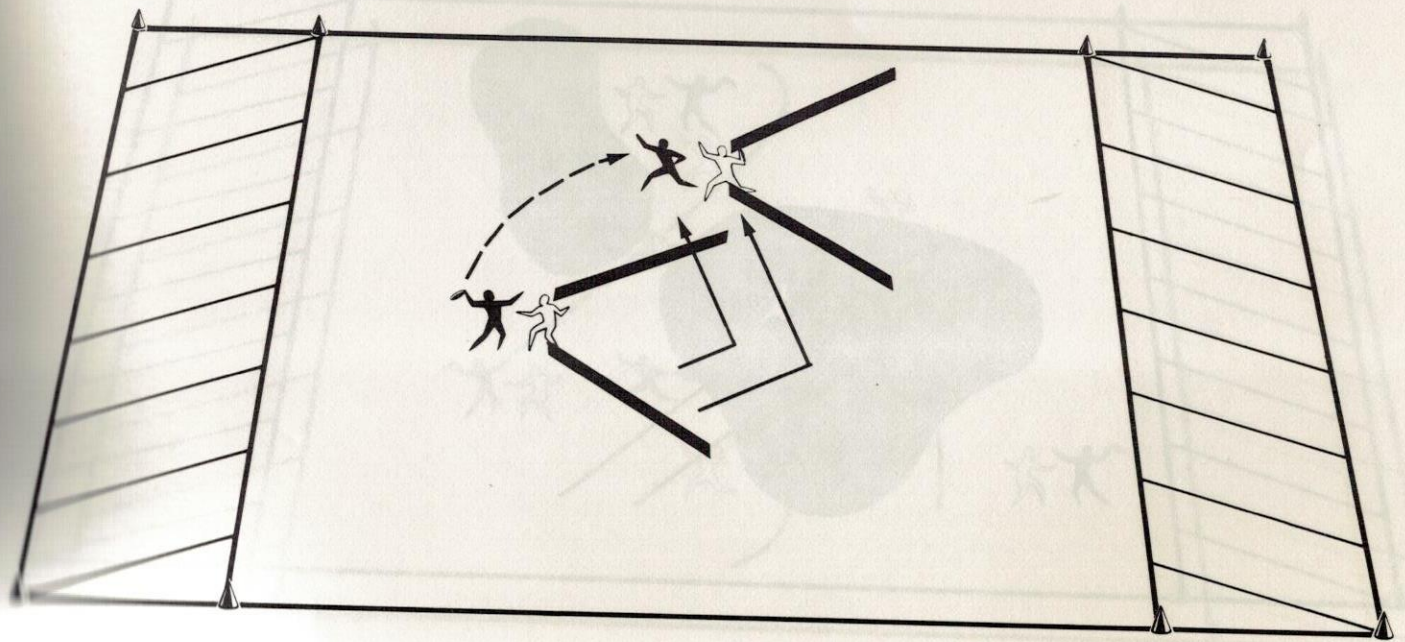


(Above) The receiver's path reception.





(Above) The receiver cutting out of the V into one of the primary receiving areas. (Below) Establishing a new V based upon the point of pass reception.



ed by the marker's position.



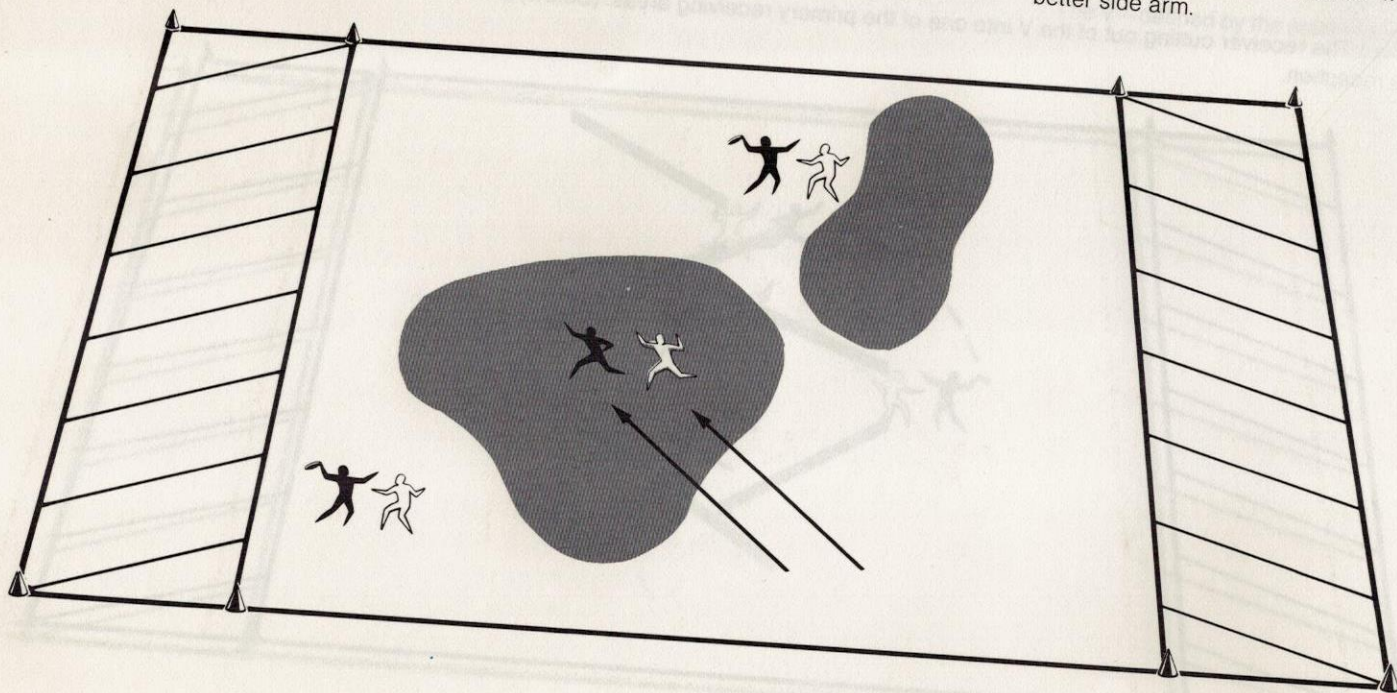
Another theory of offensive movement is called the **bubble**. The bubble is an area around the thrower the size and shape of which are defined by the throwing ability of each individual thrower. The bubble itself leans more to the right or left of the thrower depending on whether he is a better backhand or side arm thrower and his position relative to the sideline. It is the responsibility of each receiver to recognize the passing skills of the thrower, thereby realizing the size and location of the bubble automatically.

The idea is that receivers should do whatever is necessary to get open outside the bubble, and then break into the bubble to receive a pass.

The bubble offense is also known as the "clear and fill" since receivers create an open area by clearing away from it, then "fill" it only when they are open.

One concept holds true for both the V and the bubble: if a player makes a break into the open area (out of the V or into the bubble) and does not receive the pass, he must vacate the area immediately. This is done to draw his defender with him and leaves the area open for the next receiver.

Bubbles—In the lower left is a good thrower with a strong backhand, in the upper right is a weak thrower with a better side arm.



Typical receiver's
a zone defense.

OFFENSE AGAINST A ZONE

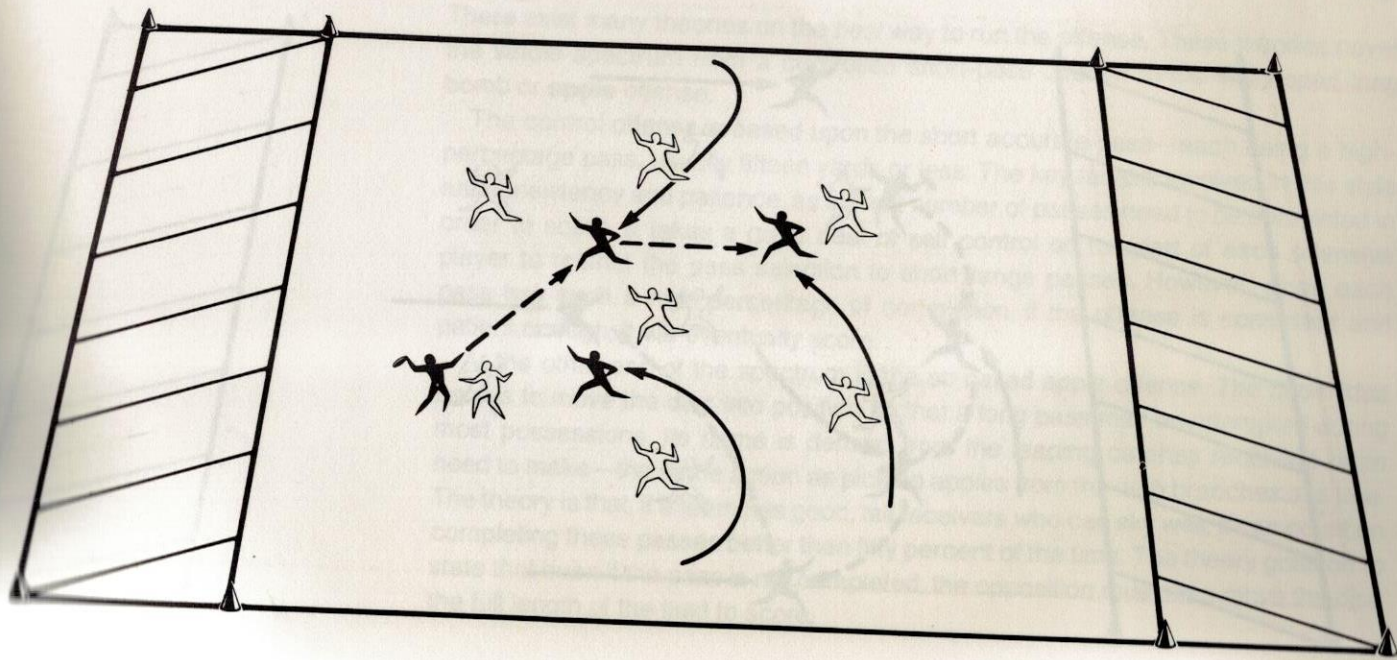
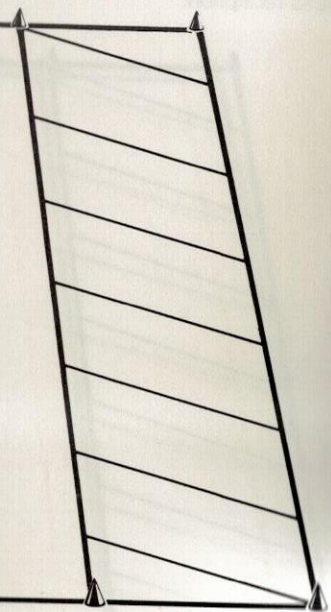
Playing against a zone defense offers challenges quite different than playing against a man-to-man defense. The positioning of defensive players is more clearly defined. An offense can take advantage of this predictability by playing smart. The first step is to determine which zone defense is being played (e.g., 2-3-2, 3-3-1, etc.). Once the type of zone has been determined, the location of the seams and holes becomes apparent. Also, recognizing the alignment of the zone allows the offense to choose its most effective distribution and placement of the handlers, midfielders, and deeps.

While deterring substantial downfield gains, zone defenses usually put little pressure on short lateral passes. Offensive teams can take advantage of this by always positioning a handler to receive a dump pass. However, when throwing downfield, passes should be thrown down a seam, or into a hole.

When playing in a midfielder or deep position, receivers often get the feeling of being unguarded since there is no individual coverage. Different techniques for getting truly open must be employed. The sharp cuts used against a man to man defense are not as effective. Because defenders in a zone face the thrower, the most effective movement a downfield receiver can make is to approach the areas

es—In the lower left is a good
r with a strong backhand, in the
right is a weak thrower with a
side arm.

Typical receiver's movements against a zone defense.



open to the thrower from the defender's blind side. Knowing where the holes and seams are allows the receivers to make their most effective movements.

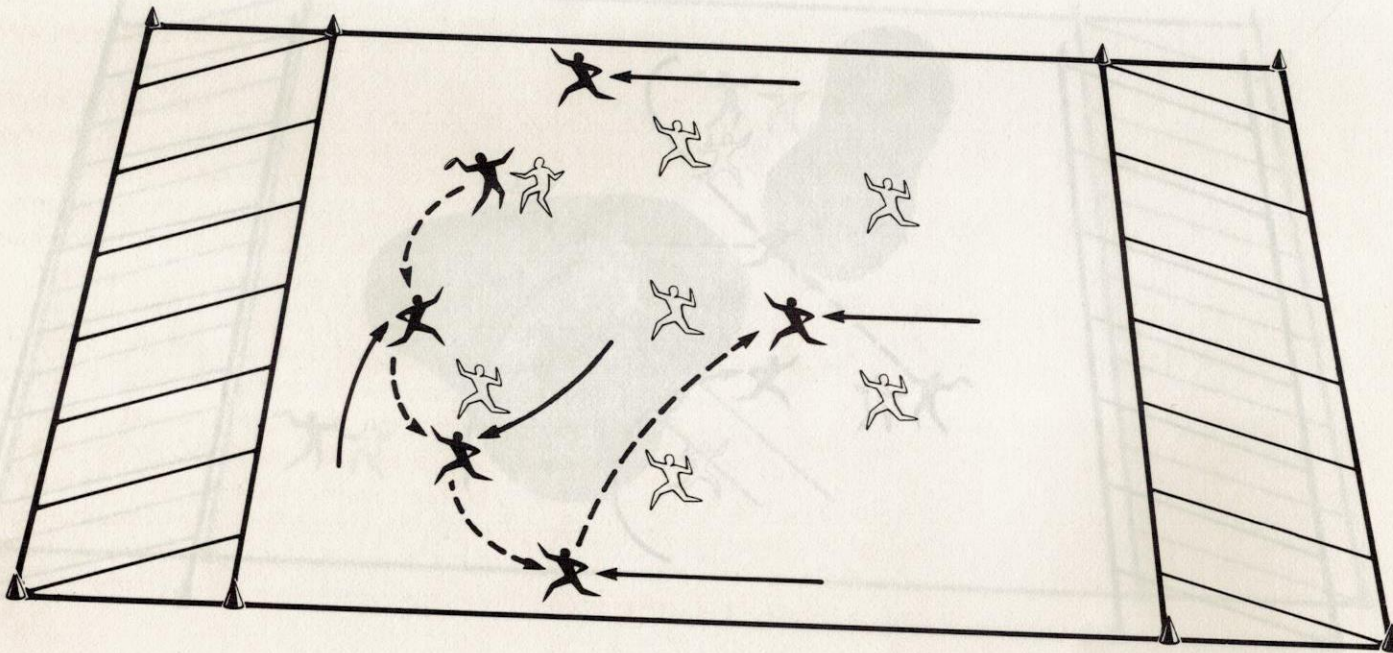
The best way an offense can exploit a zone defense is by continually passing. Continual passing forces the zone to constantly realign itself. During the realigning process the zone is vulnerable because the defenders are not in their set positions. As each pass is caught, the thrower should first look downfield to find a receiver in the newly created holes and seams.

One technique which is useful against a zone defense is called **spreading**. The concept is to constantly place receivers near both sidelines in order to spread defenders across the field. As the zone spreads, the seams grow wider and downfield receivers become more accessible.

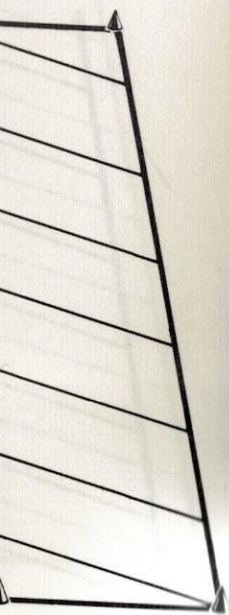
The opposite of spreading is the purposeful overloading of a particular zone. As discussed earlier, a defender in a zone finds it difficult to cover more than one receiver. A clever thrower can read the situation by watching the defender in the overloaded zone. If the defender shifts to cover one receiver, the other receiver becomes open. Care must be taken to watch for defenders who try to "cheat over" to help defend the overload.

An example of an offensive strategy used against a zone is called the **umbrella**.

Example of the umbrella offense.



e of the umbrella offense.



Playing the umbrella offense, the handlers position themselves across the field around the front of the zone. The underlying concept of the umbrella offense is to move the disc quickly from sideline to sideline using continual passing while waiting for a downfield passing opportunity. A diagram of the passes around the front of the zone defense shows how this strategy got its name.

Styles of Play

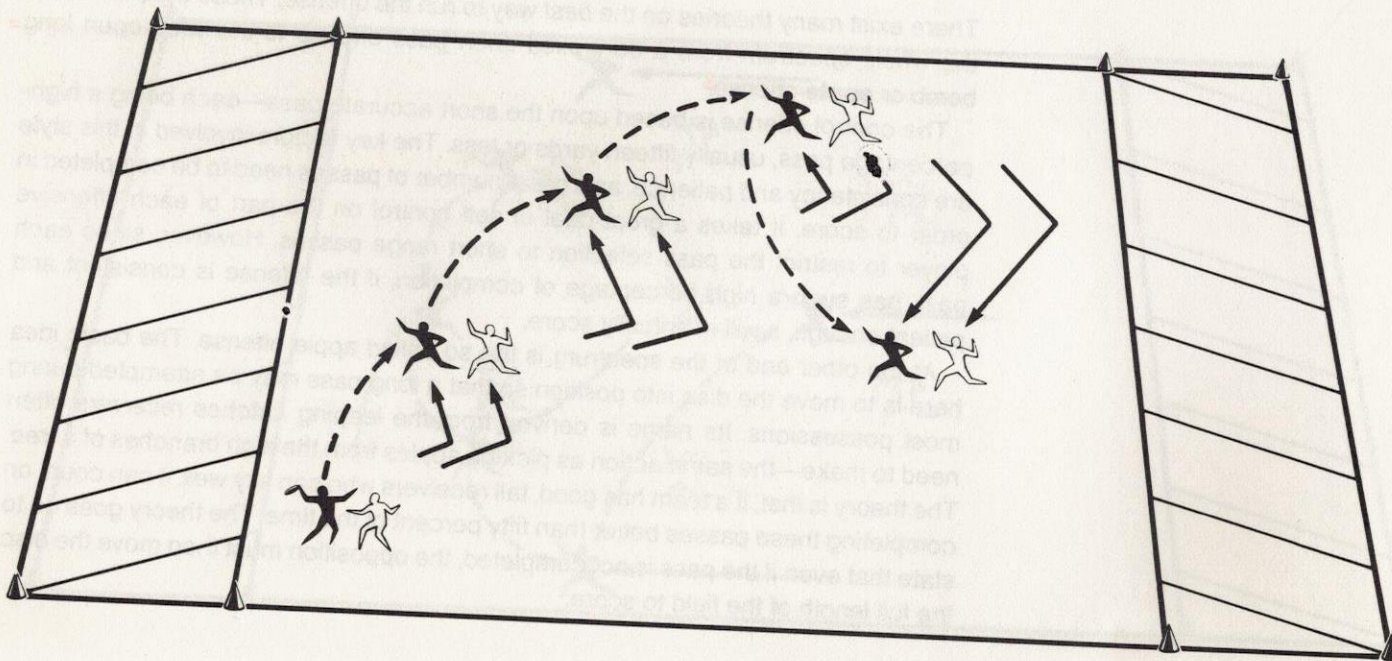
There exist many theories on the *best* way to run the offense. These theories cover the whole spectrum from a controlled short-pass offense to the wide-open long bomb or apple offense.

The control offense is based upon the short accurate pass—each being a high-percentage pass, usually fifteen yards or less. The key factors involved in this style are consistency and patience, as a great number of passes need to be completed in order to score. It takes a great deal of self control on the part of each offensive player to restrict the pass selection to short range passes. However, since each pass has such a high percentage of completion, if the offense is consistent and patient enough, it will eventually score.

At the other end of the spectrum is the so called apple offense. The basic idea here is to move the disc into position so that a long pass may be attempted during most possessions. Its name is derived from the leaping catches receivers often need to make—the same action as picking apples from the high branches of a tree. The theory is that, if a team has good, tall receivers who can sky well, it can count on completing these passes better than fifty percent of the time. The theory goes on to state that even if the pass is not completed, the opposition must then move the disc the full length of the field to score.

Somewhere in between the control and apple offenses lies the flow offense. It is not restricted to any set length passes and actually encourages a good mix. As described earlier, the flow depends on uninterrupted movement of the disc. The basic idea behind the flow is to complete passes in rapid succession by having receivers make proper cuts in sequence while the disc is moving downfield. This style is difficult because it relies heavily on precise timing. Each time a pass is caught, the thrower pivots quickly, anticipating the next receiver's break, and vice versa. The receivers must time their cuts so that they get open just after the previous pass is completed.

Example of the flow.



Developing a Style

Combining the tactics described here, teams can develop their own system, or style of play. Developing an individual style which suits a particular team depends on many factors. The characteristics of experience, speed, height, and competence of each individual team member has a significant influence on the chosen style. The amount of practice time available also greatly affects this choice. In order to develop a team offense, many hours need to be spent practicing together. Each player develops personal habits of movements. Only through constant practice can players take advantage of being familiar with their teammate's movements.

Transition from Offense to Defense

The offensive player who causes the turnover must immediately inform his teammates by shouting "turnover." Upon hearing the call, teammates should repeat the call until the transition to defense is complete, though the thrower should be guarded immediately.

TRANSITION TO MAN-TO-MAN DEFENSE

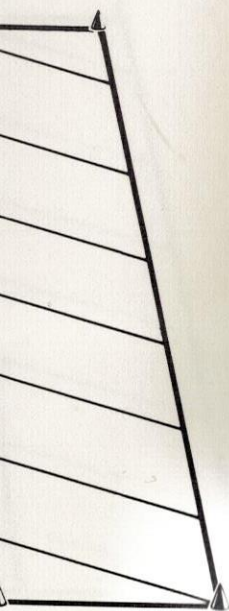
If the turn over occurs while playing against a man-to-man defense, a simple method called "take-who-takes" is used. When the turnover occurs, each player covers the player who was guarding him.

If the turnover occurs while playing against a zone defense, the process is a little more difficult. Players should immediately choose a player to defend and vocally help teammates who aren't matched-up locate free players. The handlers usually have the best perspective to help guide unmatched teammates to unguarded players.

TRANSITION TO ZONE DEFENSE

Regardless of his location on the field, each player must immediately move to his preassigned position in the zone. While moving into position, players should stay aware of the thrower's movements.

the flow.



Afterword

As the title of this book implies, we have presented only the fundamentals of Ultimate. The material provides the building blocks of the sport. Now it's your turn to go out and play; to transform the words and ideas into actions. Don't be limited by the material contained in these pages. This book is not intended to cover all aspects of the game; there is more—much more.

In all sports, mastery of the fundamentals is the key to enjoyment. With time and practice the basics get so ingrained that they become second nature. At this point, you are free to be creative and develop your own style of play. It is then that you can fully experience the fun and excitement of playing Ultimate.

Sports evolve due to the insight and play of special individuals. This is particularly true with Ultimate because it's a relatively new sport. Since the sport is based on such simple principles, it is flexible enough to allow for major innovations. You can personally affect the future of Ultimate. Experiment . . . invent new strategies . . . push the sport and make it better!

APPENDIX I

Drills and Tests

As with any sport, the use of drills is an excellent way to learn the fundamentals. Drills are used to isolate one or more important components of playing, so that they may be practiced without the pressure of full competition. However, in order to be useful, the drills should be executed realistically as though in an actual game situation.

The following set of drills was designed to introduce progressively complex aspects of Ultimate play. In the following descriptions, the phrase "appropriate delivery" means that a right-handed player uses a backhand delivery for a receiver cutting to his left, and a sidearm delivery for a receiver cutting to his right.

Notations used in the drills

— Thrower



— Marker



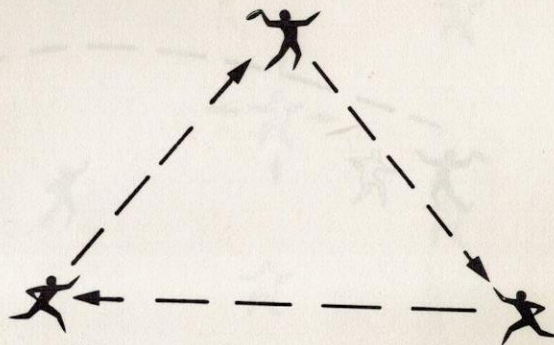
— Receiver



— Defender

Triangle Throwing Drill

- Skills Practiced:** Proper throwing and catching techniques.
- Optimum Participants:** Unlimited (groups of 3's)
- Initial Configuration:** Each threesome forms a triangle, 10 meters on each side.
- Implementation:** Participants throw the disc around the triangle. After each set of fifteen consecutively completed throws, each participant takes two steps back.
- Emphasis:** **Thrower**—Accuracy and proper throwing techniques for each delivery.
Receiver—Proper catching techniques.



Thrower/Marker Drill

Skills Practiced: Throwing while guarded, and guarding techniques of the marker.

Optimum Participants: Unlimited (groups of 3's)

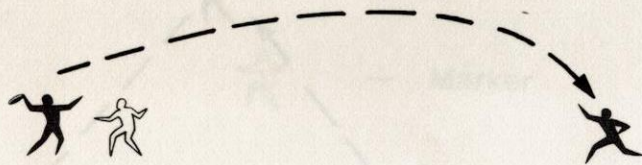
Initial Configuration: 1 thrower, 1 marker, 1 receiver 15 meters away.

Implementation: Thrower attempts to complete passes to the receiver by passing around the marker. Rotate positions after three successive completions or five attempts.

Emphasis: **Thrower**—Familiarization with modified throwing stances, and the use of fakes and pivots to elude the marker.

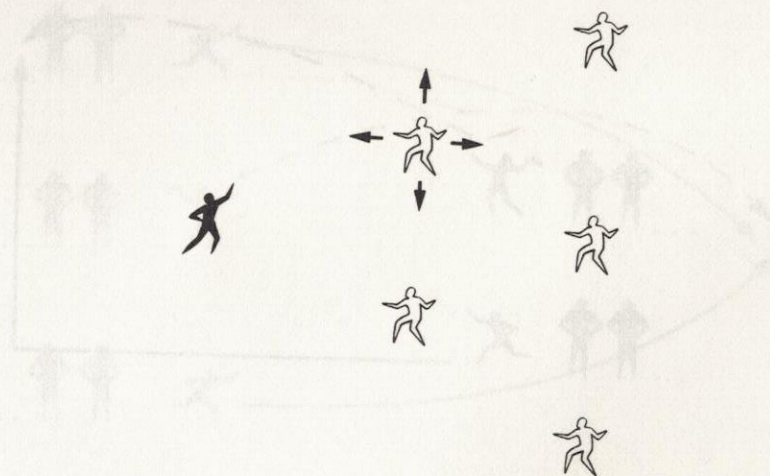
Marker—Staying balanced while using the shuffle; rules of the marker.

Receiver—Proper catching techniques.



Defensive Reaction Drill

- Skills Practiced:** Shuffling, Sliding, and Pedaling.
- Optimum Participants:** Unlimited
- Initial Configuration:** 1 leader; participants spaced at least 8 meters apart.
- Implementation:** Leader directs group with arm signals and calls of "left," "right," "up," and "back." Participants react accordingly.
- Emphasis:** Ability to react quickly in any direction while maintaining balance.



One-Pass Drill

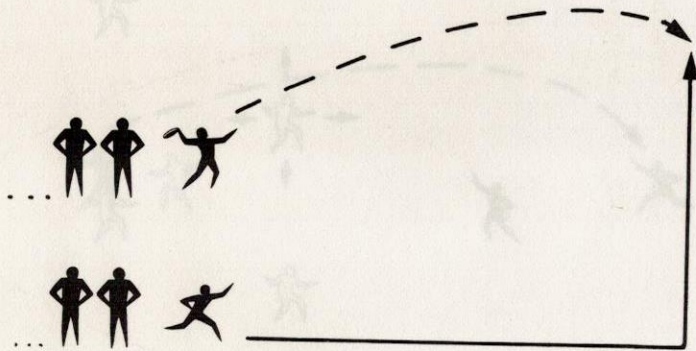
Skills Practiced: Pivoting and execution of lead passes; cutting techniques, catching while running.

Optimum Participants: 8-16 (two at a time)

Initial Configuration: Two parallel lines, 5 meters apart.

Implementation: When ready, the thrower calls "Go," and begins pivoting. The receiver runs straight downfield 10-15 meters and makes a sharp cut to the left or right. The thrower, using the appropriate delivery, delivers a positive angle lead pass. Each participant returns to the end of the opposite line.

Emphasis: **Thrower**—Proper pivoting, timing and accurate passing.
Receiver—Cutting by use of a plant foot, and catching while running.



Apple Drill

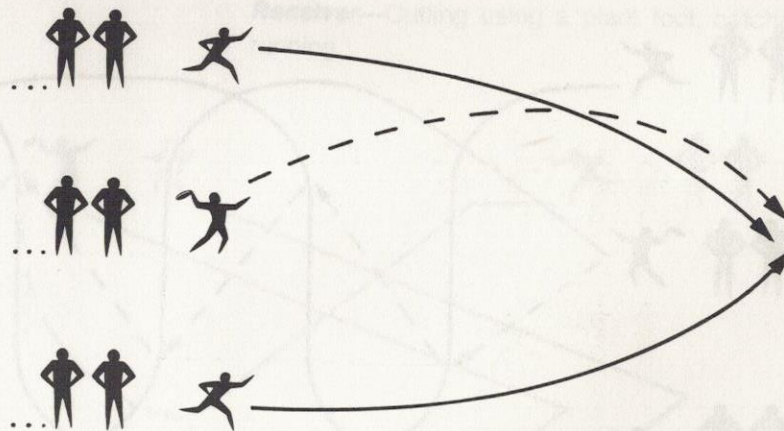
Skills Practiced: Reading and reacting to the flight, establishing proper position, and executing well-timed jumps.

Optimum Participants: 12-30 (three at a time)

Initial Configuration: Three parallel lines, 5 meters apart.

Implementation: When ready, the thrower calls "Go," and the receivers run straight downfield. The thrower hesitates at least two seconds and throws a floater 30-50 meters downfield. Receivers jockey for position and attempt to make the catch. Each participant returns to the end of the line to the left.

Emphasis: **Thrower**—Ability to throw long hanging passes.
Receiver—Reading the flight, and proper positioning.



Three-Person Weave

Skills Practiced: Transition from thrower to receiver; and from receiver to thrower.

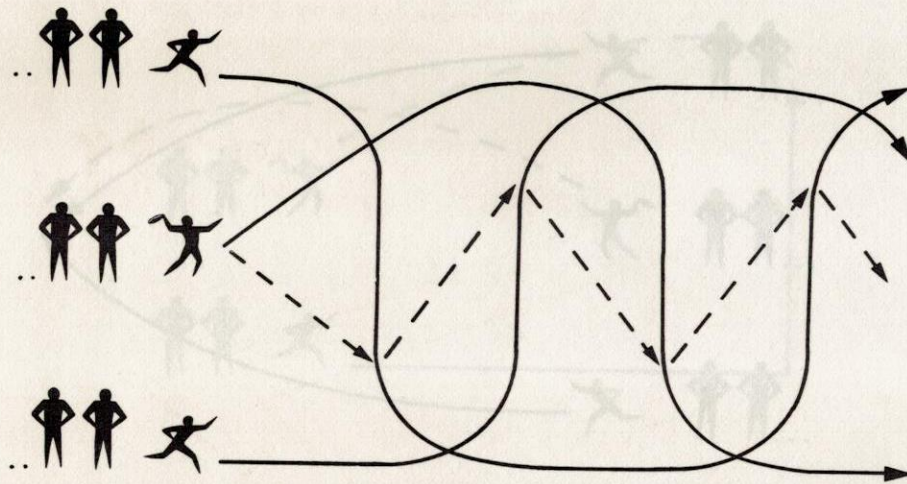
Optimum Participants: 12-30 (three at a time)

Initial Configuration: Three parallel lines, 5 meters apart.

Implementation: When ready, the thrower calls "Go," and the receiver on the left runs downfield 5 meters and cuts to the right to receive the pass. The receiver on the right hesitates about one second, runs downfield 10 meters, and cuts to the left. Throwers always run behind the receiver they throw to. The thrower should then run 15 meters downfield before breaking inside. Each pass is only 5 meters downfield. The weave should be continued for about 50 meters.

Emphasis: **Thrower**—Stop immediately, establish a pivot foot, use the appropriate delivery, start quickly after throwing.

Receiver—Run the appropriate pattern.



Two-Pass Drill

Skills practiced: All skills required for give-and-go play.

Optimum Participants: 12-30 (groups of three)

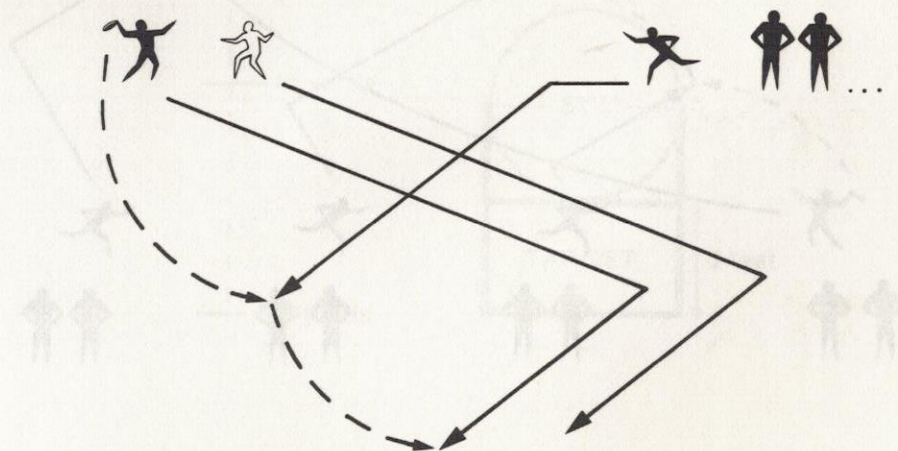
Initial Configuration: 1 thrower, 1 marker, a line of receivers 20 meters downfield.

Implementation: When ready, the thrower calls "Go." The receiver runs toward the thrower and the thrower begins to pivot. The receiver runs about 5 meters and makes a 45-degree cut to the right or left of the thrower. The thrower pivots and fakes as necessary and delivers a lead pass using the appropriate delivery. (If the thrower cannot throw a catchable pass, he should wait for the next receiver in line.) After passing, the thrower turned receiver runs downfield in the direction of his pass into the newly created V and makes a sharp cut to receive a return pass.

Emphasis: **Thrower**—Faking to set up marker, proper pass selection and execution, quick first step after release.

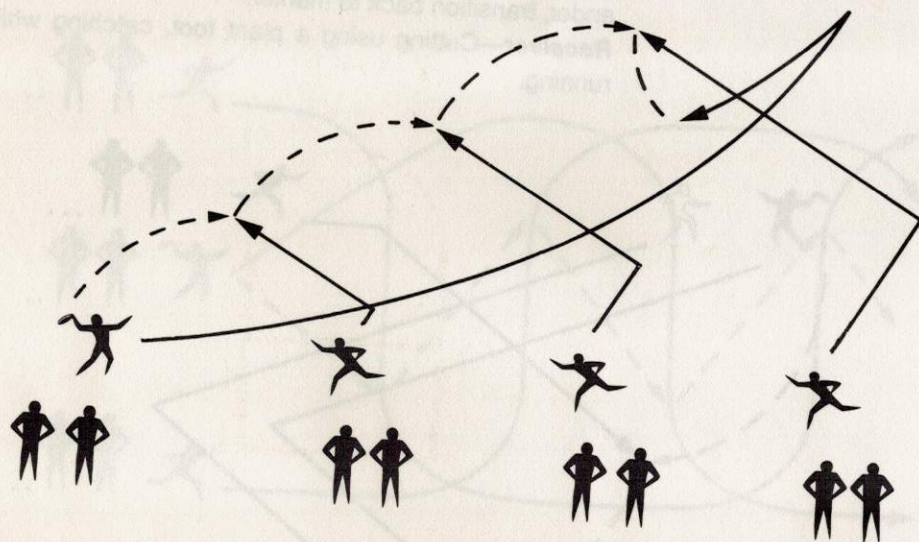
Marker—Proper guarding techniques, transition to defender, transition back to marker.

Receiver—Cutting using a plant foot, catching while running.



Flow Drill

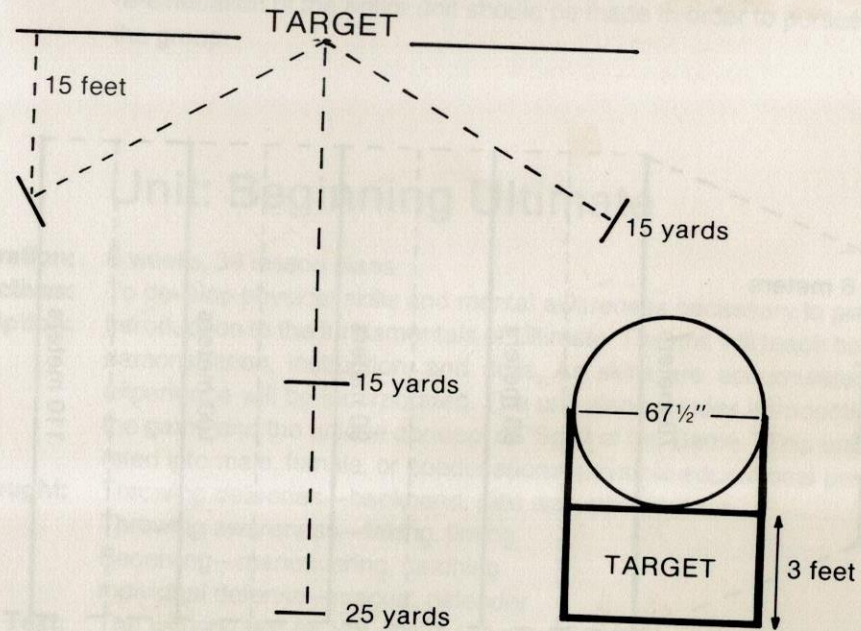
- Skills Practiced:** Offensive team flow, timing.
- Optimum Participants:** 12-28 (groups of four).
- Initial Configuration:** Four parallel lines, 5 meters apart.
- Implementation:** When ready, the thrower calls "Go," and the first receiver runs diagonally downfield. The second receiver starts about one second later, and the third receiver begins one second after him. Receivers make cuts in the throwers' V. Throwers pass into the primary throwing area and cut behind the receiver. Each time the disc moves about 35 meters laterally, the direction of the flow reverses.
- Emphasis:** **Throwers**—Quick pivot, execution of a catchable lead pass, transition to receiver.
Receivers—Making well-timed cuts, transition to thrower.



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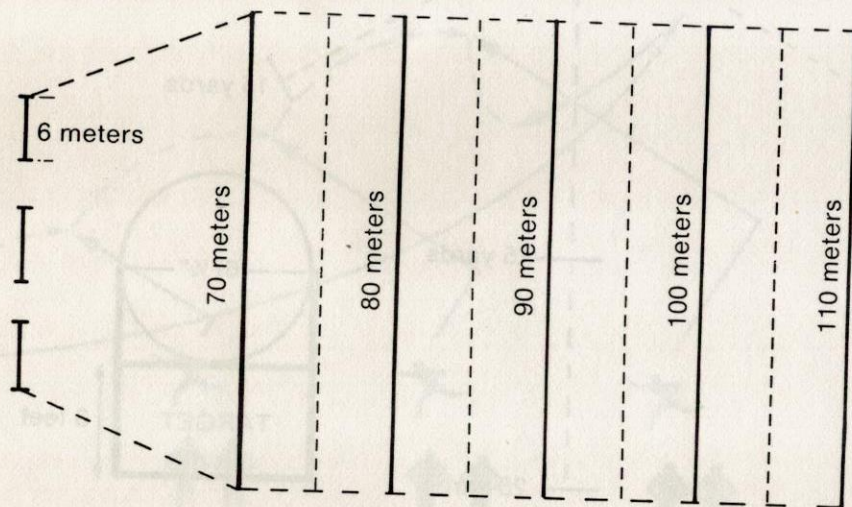
ACCURACY TEST

- Objective:** Determine relative skill level
- Equipment:** Four discs per accuracy site; 67"-diameter hoop (105" length)
- Field Layout:** Hoop is suspended one meter off the ground. Four throwing lines located as shown are used.
- Procedure:** Participant receives four attempts from each throwing line. Any order of attempts is permissible. Total hits (disc passes entirely through hoop) out of 16 attempts constitutes participant's score.



DISTANCE THROWING TEST

- Objective:** Determine relative skill level
- Equipment:** Four throwing discs per site, four marking discs per site, tape measure, cones
- Field Layout:** Field should be set up so throws go with the prevailing wind. Several sites may utilize one grid. The grid lines should be marked every 5 meters
- Procedure:** Participants in groups of four; one at a time are given four attempts to throw for distance. Participant is allowed to run up to, but may not cross, foul line as each throw is made. All four attempts must be made within two minutes. Each throw is marked where it first hits the ground by the previous group of throwers. Record best throw by each participant. Record distance relative to farthest five-meter line passed.



APPENDIX II

Educational Lesson Plan

The following teaching unit was developed as a basic outline for the educator to promote the introduction of Ultimate into the physical-education curriculum. The format lends itself to direct implementation on a daily basis for a period of six weeks. The format includes thirty daily lesson plans. We recommend that each lesson plan be used as a framework and that modifications be made to accommodate the specifics of each situation. We also encourage flexibility and change or modification of the plans according to one's daily evaluation of each lesson. If the class is making rapid progress, higher levels of skills and additional play periods may be introduced. On the other hand, a slowly progressing class may need an introduction of the more basic skills to play the game. In the case of a slowly progressing class, a re-evaluation of the entire unit should be made in order to pursue ways to motivate the group.

Unit: Beginning Ultimate

- Duration:** 6 weeks, 30 lesson plans
- Objectives:** To develop physical skills and mental awareness necessary to play Ultimate.
- Description:** Introduction to the fundamentals of Ultimate. The unit will teach basic skills through demonstration, instruction, and drills. As skills are accumulated, actual playing experience will be incorporated. The unit also includes introduction to the rules of the game and the unique concept of "Spirit of the Game." This unit can be incorporated into male, female, or coeducational physical-educational programs.
- Skills to be Taught:** Throwing deliveries—backhand, side arm, upside down
Throwing awareness—faking, timing
Receiving—maneuvering, catching
Individual defense—marker, defender
- Text:** The working text for this unit is *Ultimate: Fundamentals of the Sport*.

Lesson #1

Preparation: FACILITIES: Classroom with chalkboard
EQUIPMENT: Movie projector and screen, or video replay equipment
OBJECTIVES: To introduce the sport of Ultimate, including history and fundamentals; to introduce dynamics of disc flight

Class Schedule:

1. Roll call; introduce administrative procedure
2. Verbal introduction to the sport of Ultimate
3. Showing of Ultimate fundamentals film (available through Revolutionary Publications)

Notes to the Instructor: The concept of spin and velocity is the foundation of all deliveries and must be given priority treatment. Use chalkboard to graphically illustrate spin and velocity concept. Give a brief history of the sport and expose the levels of competitive play available (from park and recreation leagues to national and international championships). Secure proficient volunteers to help demonstrate backhand delivery in Lesson #2.

Lesson #2

Preparation: FACILITIES: Playing field
EQUIPMENT: One disc for each group of three participants
OBJECTIVES: To introduce backhand delivery, and fundamentals of catching

Class Schedule:

1. Roll call; announcements
2. Introduce (by demonstration) backhand delivery and fundamentals of catching
3. Introduce Triangle Throwing Drill
4. Warm up and stretching
5. Divide participants into groups of three; practice backhand delivery using the Triangle Throwing Drill

Notes to the Instructor: All demonstrations should be staged near bleachers where participants can have unobstructed view of demonstrators. During backhand delivery demonstration, emphasize the importance of spin to stabilize the flight, and the use of a negative angle of release. In the backhand delivery the two most common faults made by novice throwers are inadequate spin and rotation of the palm during the release. During the demonstration introduce the catching techniques of thumbs-up versus thumbs-down, and clapping and clamping concepts. Secure proficient volunteers to help demonstrate side arm delivery in Lesson #3.

Lesson #3

Preparation: FACILITIES: Playing field
EQUIPMENT: One disc for each group of three participants
OBJECTIVES: Review backhand delivery; introduce side arm delivery

Class Schedule:

1. Roll call; announcements
2. Review backhand delivery
3. Introduce (by demonstration) side arm delivery
4. Warm-up and stretching
5. Divide participants into groups of three; practice the side arm delivery using Triangle Throwing Drill

Notes to the Instructor: During the side arm delivery demonstration, emphasize the importance of spin to stabilize the flight and the use of a negative angle of release. In the side arm delivery, the three most common faults made by novice throwers are inadequate spin, excessive arm swing, and rotation of the palm during the release. Carefully review class progress on the side arm delivery, which, because of its difficulty, may need additional practice time before going on to the upside down delivery. Secure proficient volunteers to help demonstrate upside down delivery.

Lesson #4

Preparation: FACILITIES: Playing field
EQUIPMENT: One disc for each group of three participants
OBJECTIVES: To review side arm delivery; introduce upside down delivery

Class Schedule:

1. Roll call; announcements
2. Review side arm delivery
3. Introduce (by demonstration) upside down delivery
4. Warm-up and stretching
5. Divide participants into groups of three; practice upside down delivery using Triangle Throwing Drill

Notes to the Instructor: During upside down delivery demonstration, emphasize the importance of spin to stabilize the flight and point out how upside down flights are especially effected by wind. Secure proficient volunteers to help supervise Triangle Throwing Drill for each delivery in Lesson #5

Lesson #5

Preparation: FACILITIES: Playing field
EQUIPMENT: One disc for each group of three participants
OBJECTIVES: To review upside down delivery; practice backhand and side arm deliveries

- Class Schedule:**
1. Roll call; announcements
 2. Review upside down delivery
 3. Review deliveries and troubleshoot any delivery problems
 4. Warm-up and stretching
 5. Divide participants into three equal groups and use Triangle Throwing Drill in three separate areas to practice the backhand, side arm, and upside down deliveries
 6. Rotate so that each participant spends equal time practicing each delivery

Notes to the Instructor: Use proficient volunteers to supervise and instruct (one at each delivery station). Assess participants' progress and adjust schedule as needed. Secure proficient volunteers to demonstrate pivoting and faking of the thrower, and stance and guarding techniques of the marker in Lesson #6.

Lesson #6

Preparation: FACILITIES: Playing field
EQUIPMENT: One disc for each group of three participants
OBJECTIVES: To introduce pivoting and faking techniques of the thrower, and the stance and guarding techniques of the marker

- Class Schedule:**
1. Roll call; announcements, including upcoming test on rules of the sport of Ultimate, in Lesson #12
 2. Introduce (by demonstration) pivoting and faking techniques of the thrower, and the stance and guarding techniques of the marker
 3. Introduce and demonstrate Thrower/Marker Drill
 4. Warm-up and stretching
 5. Divide participants into groups of three and practice Thrower/Marker Drill

Notes to the Instructor: During the thrower and marker demonstration, emphasize proper pivoting technique and realistic fakes for the thrower, and proper stance and shuffling technique for the marker. Introduce rules of the marker. Evaluate participants' performances. Determine weak areas on which to work. Secure proficient volunteers to assist in running the Thrower/Marker and Defensive Reaction Drills in Lesson #7.

Lesson #7

Preparation: FACILITIES: Playing field

EQUIPMENT: One disc for each group of three participants

OBJECTIVES: Review pivoting and faking techniques of the marker; practice sliding and pedaling techniques

Class Schedule:

1. Roll call; announcements
2. Review pivoting and faking techniques of the thrower, and guarding techniques of the marker
3. Introduce and demonstrate Defensive Reaction Drill
4. Warm-up and stretching
5. Divide participants into two equal groups and begin Thrower/Marker Drill and Defensive Reaction Drill
6. Rotate so that each participant spends equal time practicing each drill

Notes to the Instructor:

During introduction to Defensive Reaction Drill, emphasize staying low to the ground and keeping the feet spread. Secure proficient volunteers to assist in running Thrower/Marker Drill, Defensive Reaction Drill and the One-Pass Drill in Lesson #8

Lesson #8

Preparation: FACILITIES: Playing field

EQUIPMENT: One disc for each group of three participants

OBJECTIVES: Practice pivoting, faking and delivery, techniques of the thrower, guarding techniques of the marker, and catching techniques of the receiver

Class Schedule:

1. Roll call; announcements
2. Introduce One-Pass Drill
3. Warm-up and stretching
4. Divide participants into three equal groups and begin Thrower/Marker Drill, Defensive Reaction Drill, and the One-Pass Drill
5. Rotate so that each participant spends equal time practicing each drill

Notes to the Instructor:

During drills, evaluate participants' performances and determine weak areas. Emphasize using proper technique in all drills. Prepare handout of the rules of the game for Lesson #12.

Lesson #9

Preparation: FACILITIES: Playing field
EQUIPMENT: One disc for each group of three participants
OBJECTIVES: Practice pivoting, faking and delivery, techniques of the thrower, guarding techniques of the marker, and catching techniques of the receiver

Class Schedule:

1. Roll call; announcements
2. Warm-up and stretching
3. Divide participants into three equal groups and begin Thrower/Marker Drill, Defensive Reaction Drill, and the One-Pass Drill
4. Rotate so that each participant spends equal time practicing each drill

Notes to the Instructor: Review and emphasize proper technique for any weak areas determined through evaluation of Lesson #8. Secure proficient volunteers to help run distance and accuracy tests in Lessons #10-11.

Lesson #10-#11

Preparation: FACILITIES: Playing field
EQUIPMENT: As discussed in Accuracy and Distance Tests
OBJECTIVES: To ascertain level of throwing skill for each participant

Class Schedule:

1. Roll call; announcements
2. Introduce format for accuracy and distance tests
3. Warm-up and stretching
4. Divide participants into two groups; begin accuracy and distance tests

Notes to the Instructor: These skill-tests are simplified and, once set up, can run themselves. The grid-system was incorporated for the distance test to eliminate the need to tape measure each throw. Set up an extra accuracy hoop and provide an area to warm up before taking tests. Volunteers should be provided with list of participants in order to record results at each site.

Lesson #12

Preparation: FACILITIES: Classroom and chalkboard
EQUIPMENT: Text and current rules
OBJECTIVES: Discuss rules; introduce relative-position theory and concept of zone defense

Class Schedule:

1. Roll call; announcements
2. Discuss rules of the game
3. Introduce relative-position theory
4. Introduce concept of zone defense
5. Distribute handouts of rules

Notes to the Instructor: Stress self-officiated and non-contact nature of the sport. Use chalkboard to demonstrate relative-position theory. Introduce concept of zone defense.

Lesson #13-#14

Preparation: FACILITIES: Playing field
EQUIPMENT: One disc for each group of three participants
OBJECTIVES: Review relative-position theory; practice throwing and receiving techniques and defensive sliding and pedaling techniques

Class Schedule:

1. Roll call; announcements
2. Review relative-position theory
3. Introduce Apple Drill
4. Warm-up and stretching
5. Divide participants into three equal groups; begin Apple Drill, Defensive Reaction Drill, and One-Pass Drill.
6. Rotate so that each participant spends equal time practicing each drill

Notes to the Instructor: During the introduction to the Apple Drill, emphasize that receivers must not foul during catching attempts. Be sure that drills are run in an orderly fashion with adequate supervision.

Lesson #15

Preparation: FACILITIES: Classroom and chalkboard

EQUIPMENT: Text and current rules

OBJECTIVES: Ascertain students' knowledge of the rules of Ultimate

Class Schedule: 1. Roll call; announcements

2. Give written test on rules

3. Announce teams and format of upcoming Three-On-Three Competition

Notes to the Instructor: Test makeup should be determined by instructor. Format for three-on-three competition can be explained on the chalkboard. Instructor can use skills tests results to seed teams, or randomly select teams.

THREE-ON-THREE COMPETITIVE FORMAT

Objective: Experience game situation

Equipment: Cones for marking fields; one disc for each team of three participants

Field Layout: Field size should be 25 meters wide by 70 meters long, including a 15-meter endzone at each end of the field. Field size may be adjusted to accommodate existing circumstances.

Procedure: Randomly assign teams to fields. Games are played to four points, winning team moves up one field, losing team remains on the same field, except on Field #1 where winning team remains and losing team moves to the highest field number.

Lesson #16-#17

Preparation: FACILITIES: Playing field

EQUIPMENT: One disc for each group of three participants; cones for marking fields

OBJECTIVES: Competitive play

- Class Schedule:**
1. Roll call; announcements
 2. Warm-up and stretching
 3. Divide into teams and initiate three-on-three competition

Notes to the Instructor: Randomly assign teams to fields at beginning of class. Instructor should circulate to clarify any disputes that may arise. If video equipment is available, instructor may wish to videotape games during Lesson #17.

Lesson #18

Preparation: FACILITIES: Playing field

EQUIPMENT: One disc for each group of three participants

OBJECTIVES: Practice throwing and catching techniques, and making the transition from thrower to receiver and back

- Class Schedule:**
1. Roll call; announcements
 2. Introduce and demonstrate Three-Person Weave Drill
 3. Warm-up and stretching
 4. Divide participants into two equal groups and begin Apple Drill and Three-Person Weave Drill
 5. Rotate so that each participant spends equal time practicing each drill

Notes to the Instructor: During demonstration of Three Person Weave Drill, emphasize establishing a pivot foot without traveling for the thrower and timing of cuts for the receiver. If video equipment is available, instructor may wish to show previous day's games to class instead of proposed lesson. Secure a proficient volunteer to assist in running the Two-Pass Drill.

Lesson #19

Preparation: FACILITIES: Playing field

EQUIPMENT: One disc for each group of three participants

OBJECTIVES: Practice pivoting, faking and throwing techniques, guarding techniques of the marker, making the transition from thrower to receiver and back, and making the transition from marker to defender and back

- Class Schedule:**
1. Roll call; announcements
 2. Introduce and demonstrate Two-Pass Drill
 3. Warm-up and stretching
 4. Divide participants into two equal groups and begin Three-Person Weave Drill and the Two-Pass Drills.
 5. Rotate so that each participant spends equal time practicing each drill.

Notes to the Instructor: During demonstration of Two-Pass Drill, emphasize patience and timing for the thrower and the rules of the marker. Proper supervision of the Two-Pass Drill is essential.

Lesson #20

Preparation: FACILITIES: Playing field

EQUIPMENT: One disc for each group of three participants

OBJECTIVES: Introduce the concept of flow. Practice pivoting, faking and throwing techniques, guarding techniques of the marker, making the transition from thrower to receiver and back, and making the transition from marker to defender and back

- Class Schedule:**
1. Roll call; announcements
 2. Review Two-Pass Drill
 3. Introduce and demonstrate the Flow Drill
 4. Warm-up and stretching
 5. Divide participants into three equal groups and begin the Three-Person Weave Drill, Two-Pass Drill, and Flow Drill
 6. Rotate so that each participant spends equal time practicing each drill

Notes to the Instructor: During demonstration of the Flow Drill, emphasize timing. Receivers must understand importance of breaking and cutting at the proper time. Proper supervision of the Two-Pass Drill and the Flow Drill is essential.

Lesson #21

Preparation: FACILITIES: Playing field

EQUIPMENT: One disc for each group of three participants

OBJECTIVES: Practice pivoting, faking and throwing, guarding techniques of the marker, making the transition from thrower to receiver and back, making the transition from marker to defender and back, and timing and catching of the receiver

Class Schedule:

1. Roll call; announcements
2. Warm-up and stretching
3. Divide participants into three equal groups and begin the Three-Person Weave Drill, Two-Pass Drill, and Flow Drill
4. Rotate so that each participant spends equal time practicing each drill

Notes to the Instructor:

Continue supervision of drills.

Lesson #22

Preparation: FACILITIES: Playing field

EQUIPMENT: Two discs for each team; cones for marking field

OBJECTIVES: Division of participants into teams

Class Schedule:

1. Roll call; announcements
2. Select teams
3. Warm-up and stretching
4. Initiate team practice

Notes to the Instructor:

Allow group to select captains, have captains pick teams. Emphasize spirit of the game and self officiated aspect of the sport. Allow teams to practice together as a team. Option is to announce pre-set, made-up teams. Size of teams should be between 9-12 participants each.

Lesson #23-#27

Preparation: FACILITIES: Playing field
EQUIPMENT: Two discs for each team; cones for marking fields
OBJECTIVES: Competitive team play

Class Schedule:

1. Roll call; announcements
2. Warm-up and stretching
3. Begin Round-Robin team format

Notes to the Instructor: Instructor should circulate from field to field to help insure participants display proper attitude and respect the spirit of sportsmanship.

ROUND ROBIN FORMAT

Objective: Experience team competition

Equipment: Cones for marking fields, two discs for each team

Field Layout: Full-size field should be used. Field size may be adjusted to accommodate existing circumstances.

Procedure: Each team plays every other team. Each team plays one game each day. Length of games determined by the amount of playing time available. Below is the suggested playing schedule.

	Field #1	Field #2	Field #3
Lesson #23	1-2	3-4	5-6
Lesson #24	1-3	4-6	2-5
Lesson #25	1-4	2-6	3-5
Lesson #26	1-5	2-6	3-5
Lesson #27	1-6	2-3	4-5

Notes

Not

Lesson #28-#29

Preparation: FACILITIES: Playing field
EQUIPMENT: As discussed in Accuracy and Distance Tests
OBJECTIVES: To ascertain level of throwing skill for each participant

Class Schedule:

1. Roll call; announcements
2. Warm-up and stretching
3. Divide participants into two groups and begin accuracy and distance tests

Notes to the Instructor: These skill tests are simplified and can run themselves once set up. The grid system was incorporated for the distance test to eliminate the need to tape measure each throw. Set up an extra accuracy hoop and provide area in which to warm up before taking test. Volunteers should be provided with list of participants in order to record results at each site.

Lesson #30

Preparation: FACILITIES: Playing field
EQUIPMENT: Two discs for each team
OBJECTIVES: To determine a winning team; to pass out grades

Class Schedule:

1. Roll call; announcements
2. Warm-up and stretching
3. Final play-off game
4. Pass out grades

Notes to the Instructor: Instructor can allow the two teams with the best record to play a final game in front of the class to determine class champions.

APPENDIX III

History

Ultimate was developed by students at a Columbia High School in Maplewood, New Jersey. Although the exact date is unknown, the staff of the school newspaper played in the first game against members of the student council some time in 1968. The roots of the sport can be traced back to "football played with a disc." Elimination of running while in possession of the disc (and therefore no need for tagging or tackling) and removal of the concept of a set of downs in which to gain yardage are the modifications which formed the basis for what is now known as Ultimate. The group which did the initial development of the sport called itself the CHS Varsity Frisbee* Team (CHSVFT). In 1970, the CHSVFT drafted the first edition of the official rules of the sport.

On November 7, 1970, the CHSVFT defeated Millburn High School 43 to 10 in the first interscholastic game. By the end of the school year, five high school teams were playing and the New Jersey Frisbee Conference (NJFC) was formed. The NJFC grew to nine teams by the end of the 1972 school year. The CHSVFT was the dominating force building up a string of nineteen consecutive victories. A great number of the CHSVFT members graduated high school that year and went on to college. Before leaving the area, they made a pact to start teams at each of their respective schools.

On November 6, 1972, the newly formed Rutgers University and Princeton University teams met to play the first-ever intercollegiate Ultimate contest. The game was played on the anniversary of—and on the same spot as—the first intercollegiate football game, also between Rutgers and Princeton 103 years earlier. History repeated itself as Rutgers defeated their crosstown rivals 29 to 27, winning by the same margin of victory as their football counterparts.

The sport spread rapidly on the college level. By the end of the 1973-74 school year, approximately twenty-five teams had been organized. The concept of a tournament was introduced in 1975 as the nation's top eight teams met at Yale University for the Intercollegiate Ultimate Frisbee Championships. Rutgers University defeated Rensselaer Polytechnic Institute in the final game, 28 to 24.

In 1976 the tournament was expanded into the National Ultimate Frisbee Championships and included the top sixteen college and club teams. Rutgers again took top honors as they defeated the host Hampshire College team 29 to 27. Rutgers

*FRISBEE® is a registered trademark of the Wham-O Manufacturing Company and is used without the word disc for historical accuracy.

dominated play in the mid-seventies as they went undefeated in forty-five consecutive games.

Reflecting the sport's growth, in 1977 the country was split into western and eastern regions, each holding separate championships. The winning teams—Penn State University and the Santa Barbara Condors—met at La Mirada, California, for the first east-west game. Santa Barbara was declared to be the first champions from a truly national draw as they defeated Penn State 32 to 14.

In 1978, the Santa Barbara Condors repeated as the western champions, and Cornell University was the eastern winner. The Condors won their second consecutive national title as they defeated Cornell in Santa Barbara 23-17.

In 1979, the Ultimate Players Association (UPA) was formed to organize, promote, and direct the sport of Ultimate. One of the first acts of the UPA was to split the nation into five regions and to coordinate championships in each. In addition to sanctioning the full series of tournaments leading to the national championship, the UPA began publishing a newsletter to keep members informed of the tournament results and current issues in the sport.

In 1979, the five regional winners were:

Northeast	Cornell Buds (New York)
Mid-Atlantic	Glassboro State University (New Jersey)
Central	Michigan State University
Southern	Orlando Fling (Florida)
Western	Santa Barbara Condors (California)

The five teams met in a round-robin match. Glassboro defeated the Santa Barbara team 19 to 18 to capture the national title.

In 1980, the five regional winners were:

Northeast	Boston Aerodisc (Massachusetts)
Mid-Atlantic	Glassboro State University
Central	Michigan State University
Southern	Dallas Sky Pilots (Texas)
Western	Santa Barbara Condors

Glassboro retained their national title by defeating the Boston team 12 to 11.

In 1981, the women's division was added to the national series of tournaments. The regional winners were:

Men's Division:

Northeast	The Hostages (Massachusetts)
Mid-Atlantic	The Knights of Nee (New Jersey)
Central	Michigan State University
Southern	Dallas Sky Pilots
Western	Santa Barbara Condors

Santa Barbara captured their third national championship title by defeating the Knights of Nee in the final game 15 to 13.

Women's Division:

Northeast	Boston Ladies Ultimate (Massachusetts)
Mid-Atlantic	Glassboro Women's Ultimate (New Jersey)
Central	Michigan State University
Southern	Wild & Ready (Georgia)
Western	Ultimate Synergy (Pacific Northwest)

In the first-ever women's national championship game, Boston Ladies Ultimate (BLU) defeated Ultimate Synergy 7 to 6.

The UPA serves as a clearinghouse for all current information on the sport of Ultimate. All questions, comments, requests for most recent rules, or any membership requests should be addressed to:

Ultimate Players Association
Post Office Box 4844
Santa Barbara, California 93103

Glossary

Apple	An offensive style of play where a long pass is attempted during each possession.
Back	The position in a zone defense which is farthest downfield from the thrower.
Backpedaling	Moving backward with the feet spread apart.
Bubble	Team offensive concept based on completing passes into an area defined by the passing ability of the thrower.
Clamping	The action of catching the disc by closing the hand around the rim.
Clapping	The action of bringing the palms of the hands toward each other and trapping the disc between them.
Creative Standing	A downfield receiving technique: not moving for the purpose of scanning the field looking for the right time to move.
Cut	An action characterized by a change in direction, often combined with a change in speed.
Cut Off Angle	An angle used by a defender to get to a pass before the intended receiver can make the catch.
Defender	Any of the six defensive players not covering the thrower.
Deep	The offensive position farthest downfield.
Downfield	Refers to the part of the playing field in the direction of the offensive team's end zone relative to the thrower.
Dump Pass	A short, near-lateral pass thrown to change the point of the offensive attack.
Fake	Any offensive motion done to make the defense believe that one thing is going to happen when some thing else is going to happen.
Field Sense	The ability to know one's location on the field relative to all other players and the side and goal lines.
Fist Grip	The grip used for the backhand delivery.
Floater	A high pass which hangs for a long time.
Flow	An offensive team style of play which relies on well-timed cuts by receivers creating a continuity of motion.
Front	The position in a zone defense closest to the thrower.
Fronting	A defensive tactic of a defender where he positions himself directly between the thrower and the receiver.
Frontpedaling	Moving forward with the feet spread apart.
Full Body Trap	A type of catch which involves using the entire body to trap the disc.
Full Pivot	A pivot which involves a 180-degree rotation.
Give and Go	A two-person offensive play which involves the thrower throwing a pass and making a quick break to get open for a return pass.
Handler	The offensive position which most often controls the disc.

High-Percentag

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Low-Percentag

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Negativ

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P

Pi

PI

Positiv

Primary Receiving

Primary Throwing

Relative-Position

S

- High-Percentage Pass** A pass which is thrown so that it easily catchable and is usually completed.
- Hole** In a zone defense, the territory which is in between a group of zones.
- Knife** A radically angled near-vertical pass thrown with either a backhand or side arm delivery.
- Lead Pass** A pass which is thrown in front of a receiver in motion, taking into account his speed and direction.
- Low-Percentage Pass** A pass which is risky and rarely completed.
- Marker** The defensive player who guards the thrower.
- Middle** The position in a zone defense between the fronts and the backs.
- Midfielder** The offensive position that is the primary downfield receiver.
- Milk** An action by a receiver to purposefully delay the moment of catching by allowing the disc to float longer with the intention of gaining extra yardage.
- Negative Angle** The angle of release of the standard backhand and side arm deliveries where the rim of the disc away from the hand is lower than the part of the rim in the hand.
- Overload** An offensive situation against a zone defense where there is more than one receiver within the range of one defender.
- Pattern** An offensive running maneuver involving changing direction and possibly speed over a long distance.
- Pedaling** Moving up or down the field with the feet spread (general term for backpedaling and front-pedaling).
- Pivot** A technique used by the thrower whereby he rotates on the on the ball or toes of his pivot foot in order to change his body position.
- Pivot Foot** The foot on which the thrower pivots.
- Plant Foot** The foot on which a cut is made.
- Positive Angle** The angle of release used most often in Ultimate with the backhand and side arm releases, where the rim of the disc which is away from the hand is higher than the part of the rim in the hand.
- Primary Receiving Areas** When playing against a man-to-man defense, the areas into which most backhand and side arm passes are completed.
- Primary Throwing Areas** The areas where the thrower usually releases the the backhand, side arm, and upside down deliveries.
- Range** The amount of territory a single defender can effectively cover.
- Receiver** Any of the six offensive players other than the thrower.
- Relative-Position Theory** The theory which defines the proper positioning of a defender in a man-to-man defense.
- Sandwich** A type of catch which involves clapping from top and bottom on the center of the disc.
- Seam** The boundary between adjacent zones.
- Shuffle** The guarding movement of the thrower which involves a lateral hop.

- Sky** A well-timed jump for a high throw.
- Sliding** An extension of the marker's shuffle used by a defender to move across the field.
- Spin** The rotational rate of motion of the disc.
- Spirit of the Game** The underlying concept of fair play inherent in all games of Ultimate.
- Spreading** An offensive technique against a zone defense to spread defenders across the field.
- Telegraph** A motion by the thrower which gives away his passing intentions.
- Throw off** The throw which initiates each point.
- Thrower** The player in possession of the disc.
- Trajectory** The path of the disc in flight.
- Two-Finger Grip** The grip used for the side arm and upside down deliveries.
- Umbrella** An offensive style of play used against a zone defense which involves passing around the front of the zone.
- V** An underlying concept when playing against a man-to-man defense. The V is the ninety-degree-angle into which it is most difficult to throw.
- Velocity** The forward rate of motion of the disc.



Irv "Doctor I" Kalb

Tom "TK" Kennedy

Ultimate: Fundamentals of the Sport

Over the years since Joel hit Buzzy with the first lead pass, thousands of people have played Ultimate. Of these many players, a certain number have made critical contributions off the playing field which have helped the game to grow. Those contributions range from taking local club responsibilities, to developing international channels of communication and organization. It is appropriate that this first book on Ultimate come from the two most tireless contributors to the growth of the sport.

Tom Kennedy lives in the dreamtown of Santa Barbara, and enjoys that life to the fullest. No stranger to the beach, he also plays ball golf, bicycles, weight trains and is a terror in the city basketball and softball leagues.

Irv Kalb is a northern California resident plying his trade as a computer programmer/analyst in the Silicon Valley region. Bicycling, basketball, and swimming help fill his leisure time. The interest that brings these two together is Ultimate.

TK and Irv both devoted an incredible amount of time and energy to the furtherance of Ultimate. Irv has been involved with virtually every organizational development since 1970, and TK has been a member of the Ultimate Players Association since its inception.

They also play, being involved in competitive disc sports of all types. Irv is a national champion, holds the world record for the accuracy event (21 of 28), and was the 1979 Santa Cruz Overall World Champion. On the national level, he has won events in virtually every discipline.

Irv is one of the very few players to have won world titles in both team events as he captained the Foothill Guts team to the 1979 and 1980 Guts Players Association titles. In 1975 he also won the U.S., Canadian, and World Freestyle Pairs titles—an achievement that has never been duplicated.

Despite their many successes in other areas, however, Ultimate remains their first love and both Irv and TK have established themselves among the finest players ever to play the game. Irv began at the very roots of Ultimate as he captained the Columbia High team to 19 consecutive victories. On the college level, he again served as captain as Rutgers took four national titles and went an incredible 45 games without defeat. At his best, he had an unequaled control of the game. His example served as an inspiration for a whole generation of players, and forecast a level of play only recently realized by others.

TK has captained the Santa Barbara Condors since their establishment in 1973. Many talented players have worn the Condor jersey, but the continuing thread of greatness through the years has been the competitive spirit of their leader. When he has the disc, good things are going to happen, and his fiery determination has helped to mold teams that have won five straight western titles and three national triumphs.

In short, these boys know the game. Now, through their efforts in this volume, you will too.

—Dan Roddick, Director, International Ultimate Players Association

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