

Essential Knowledge for an Ultimate Unit

- Ten Rules of Ultimate
 - Field
 - Initiating play
 - Scoring
 - Movement of the disc
 - Change of possession
 - Substitutions
 - Noncontact
 - Fouls
 - Self-refereeing
 - Spirit of the game
- Basic concepts of throwing and catching
- Areas of the disc
- Behaviors of personal responsibility and good sportspersonship
- Why the game is a good way to stay active
- Offensive and defensive strategies
- Positions: handlers, middles, and deeps
- Common mistakes when throwing backhand and forehand and solutions to correct problems