

Essential Skills and Abilities for an Ultimate Unit

Backhand Throw

- Always pivot on the nonthrowing side when lining up throw or getting away from opponent.
- Grip: Thumb on outer flight ring, pointing away from center, with four fingers clenched together along the rim; disc lies comfortably in V formed by thumb and forefinger.
- Stance: Perpendicular to receiver, with throwing shoulder closest to target. Bring disc back past nonthrowing side, rotating nonthrowing hips and trunk away from target while transferring weight to back foot. Keep disc parallel with the ground. Pivot foot must remain on the ground when throwing or a traveling foul is called.
- Look at the receiver.
- Move the disc forward, increasing speed throughout swing and transferring weight from back to front leg with the disc. Just before release, increase arm speed and spin the disc with a quick wrist snap.
- Release and point throwing hand toward target, and hold as disc is flying.
- Outside-in backhand throw: adjusting the leading edge to tilt up. If right handed, throw so that the disc curves right.
- Inside-out backhand throw: Front edge of the disc tilts down so that when released, the disc curves to the left.

Forehand Throw (Flick or Two-Finger)

Used when closely guarded by an opponent

- Grip: Keep index and middle fingers together along the inside rim of the disc, with thumb on the shoulder of the disc gripping the edge, and middle and ring finger folded into palm or slightly stretched out. The disc is parallel to ground.
- Stance: Keep nonthrowing hand stationary, and step sideways and slightly forward with the throwing foot.
- Action: Shift weight to the throwing leg and bend knee, and lead the throw with the elbow (do not bring the outside edge up). The wrist should break under; release the disc with a snap and point to the receiver, with palm facing the sky.
- Follow through with the forearm toward the receiver (similar to a forehand in tennis).

Catching the Disc

- Clap catch: Most effective when the disc is at middle level.
- Two-handed rim catch: Receiver uses this when the disc is above the chin or below the waist.
- One-handed catch: Use for high throws when the receiver needs to jump or really low throws when the receiver dives and catches.

Offensive Team Strategies

- Cutting: Changing position to get to an open space (getting free from a defender).
- Clearing: Making a cut to get to an open space and if you don't get the disc, you reposition self and move to a new space to try to receive the next pass.

Stack offense

- A stack is a single vertical line of cutters downfield from the thrower, placed in the center of the field. This formation keeps both forehand and backhand passing lanes for one receiver at a time to cut.
- First cutter is no closer than 5 to 10 yards (5-9 m) to the thrower; other cutters should maintain a distance of 3 to 5 feet (1-2 m) apart.
- Responsibilities of the handlers (thrower; the person with the disc), middles (people in the middle of the stack), and deeps (people at the end of stack). All people in the stack must be taught where to move to gain an offensive advantage.

- Recycling and resetting the stack. After the disc is caught, players reset to continue moving the disc down the field utilizing the stack strategy.

Sideline (trapped) offense

- Pull stack farther away from the disc's location. This creates more space on the strong side for the cutters and throwers, and more areas for passing lanes.
- L-stack: Two players line up level with the thrower about 10 to 15 yards (10-14 m) away. These players can cut to either side, up the side line, or to the backfield reset. These players form the bottom of the L, with the rest of the stack in a line in the middle of the field perpendicular to the goal line.
- Diagonal stack: An end zone offensive with four players in the end zone in a diagonal stack. The player closest to the goal line is closest to the thrower. The last person in the stack is near the back of the end zone. The objective is for the players deepest in the end zone to cut and get open.

Pull plays: A full-field play an offense runs when receiving the disc at the start of the point.

- Deep strike: The last or next-to-last handler in the stack cuts to the force side. While the disc is still in the air, the cutter takes off down field for a long gain.
- Hot: Two last handlers in the stack cut quickly off the stack to opposite sides; the last one goes first, followed by the next to last. The next cutter in the stack then turns and runs straight down field toward the huck. The first two cutters cut and move down toward the goal.
- Money: After the last two receivers have cut in from the rear, the break-side cutter reverses direction and runs downfield toward the goal. The third-from-the-end receiver fakes deep and counter cuts to the break-side, where the now long cutter was headed.
- Give-and-go: Two or three handlers are up front running a two- or three-player give-and-go play until one player beats a defender into the open area. At this point a deep cutter breaks downfield from the middle of the stack, and the last in the stack bolts for an underneath cut. If the play does not work, players must restack.

Spread formation (split stack): Cutters line up along both sides of the field about 5 yards (5 m) from the line. This formation opens space in the middle of the field. A cutter can attempt to get open in the middle of the field. This play can involve two cutters on one side of the field or cutters on both sides of the field (four-person play).

End zone offense: The red zone, which is the space from the goal line to 20 yards (18 m) out, is a difficult area to score from since the defense is bunched. Good spacing and disciplined cuts from the stack is required.

- Cone cut: Stack is set up in the red zone. The last or second-to-last cutter immediately cuts diagonally to the front of the cone to force the side front corner.
- Gut cut: When the second-to-last cutter in the stack sees the last cutter heading to the cone, she moves on the same diagonal to a space 3 to 5 yards (3-5 m) to the inside of the cone. This opens two passing options.
- Moses or the Red Sea: The first and second players in the stack cut in opposite directions at the same time. The third player then runs straight ahead toward the thrower for a pass.
- Misdirection play: Offensive player makes the defensive player think he is moving in one direction. After the defender shifts to follow, the offensive player moves in the other direction.

Zone offense: The purpose is to keep the disc moving very quickly and keep the defense moving to tire them out.

Defensive Individual Tactics

Marking the thrower: Guard the player with the disc, preventing the thrower from getting off a throw.

- Marking fundamentals: Put weight on balls of feet, which are just beyond shoulder-width apart. Bend knees and ankles, and keep head and torso upright. Hands are near or below knees, with palms facing the thrower.

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- Do not fall for fakes. Watch the thrower's eyes, and occasionally scan the field for possible receivers.
- Point blocks: To prevent throws, take a step back from the mark or move in closer. Use a drop step on the force side, stepping back from the thrower, and listen for teammates' cues. Can block with either the hand or foot

Covering a cutter: Position self between the passer and receiver to prevent the offensive player from receiving the disc.

Coverage skills: Backpedaling, jumping

Defense Team tactics

- Communication: As they see plays developing, the defensive team must talk to each other to get coverage where it is needed.
- Poach blocks
- Forcing
- Zone defense
- The clam