



WHAT IS ULTIMATE?

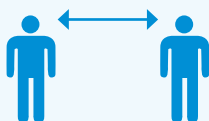
Ultimate is a team sport played with a flying disc (frisbee) that each team tries to possess. The disc's flight is three-dimensional, so the techniques the players use to throw and catch it have different levels of difficulty and the skills they need to play the sport are highly transferable to all team sports. Ultimate can be played with small groups on any surface: grass, sand, asphalt, even snow. This means that Ultimate can be played during the summer or winter!

▶ Video created by **Montreal Gazette** on their YouTube channel: <https://www.youtube.com/watch?v=wB4HnH3KeKA>

EQUIPMENT

 1 disc per 2 players  Numbered jerseys (or t-shirts in the same colours)  Flat cones  Hula hoops

HOW TO MAKE THIS ACTIVITY A SUCCESS



Place pairs far apart to reduce the chance of contact with a disc.



Bring **enough equipment** to make sure everyone gets a chance to play with the disc.



Learn the **basic rules** of ultimate



Spend **less time explaining** and more time **having fun!**

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo



On windy days, players may not have much success with passes: the wind will blow the disc in every direction! In this case, try to make short passes or postpone your session to a day when the weather is better!

WARM-UP

GROUPS



OBJECTIVE: Moving and changing direction properly.

Walk in a 20 m x 20 m square (marked by cones or lines on the ground). When the instructor announces a number, form a group with the same number of players. Give a challenge to players who are not in the group or who do not do it quickly enough (within 3 seconds). Repeat.

VARIATIONS:

- Change **the way the players move**: try jogging, chasing, striding, or squatting.
- Gradually decrease the **size of the field**.



To avoid contact with other players, look directly ahead when changing direction suddenly.

WARM-UP

ANDLING THE DISC

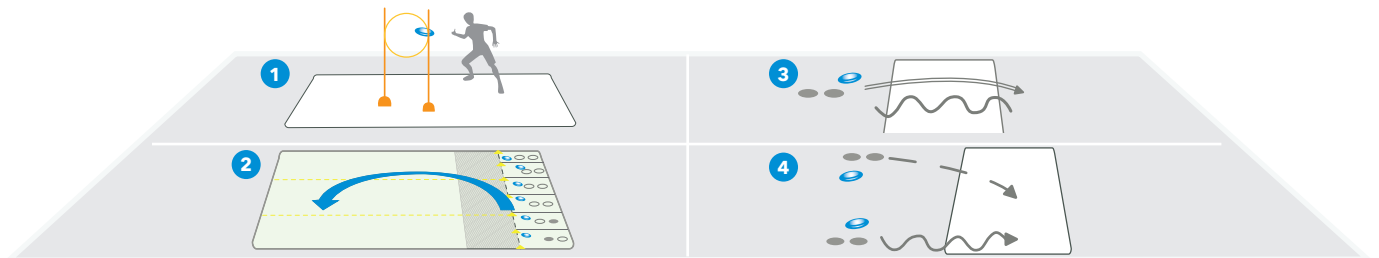


EQUIPMENT: 1 per player, some and some

OBJECTIVE: Learning to throw the backhand.

Set up workshops and separate the group into 4 smaller groups.

- 1 Throw the discs through **targets at different levels** (e.g., attached to wall bars or a tree).
- 2 Throw the disc far, so it lands on the **ground target** (hoop).
- 3 Throw the disc in front of you and try to **catch it yourself** before it hits the ground.
- 4 **In pairs**, throw the disc high and far to a partner, who must run to catch it before it hits the ground.



For greater safety, set up your workshops to make sure that the discs land on the outside of the field.

TECHNICAL ACTIVITY

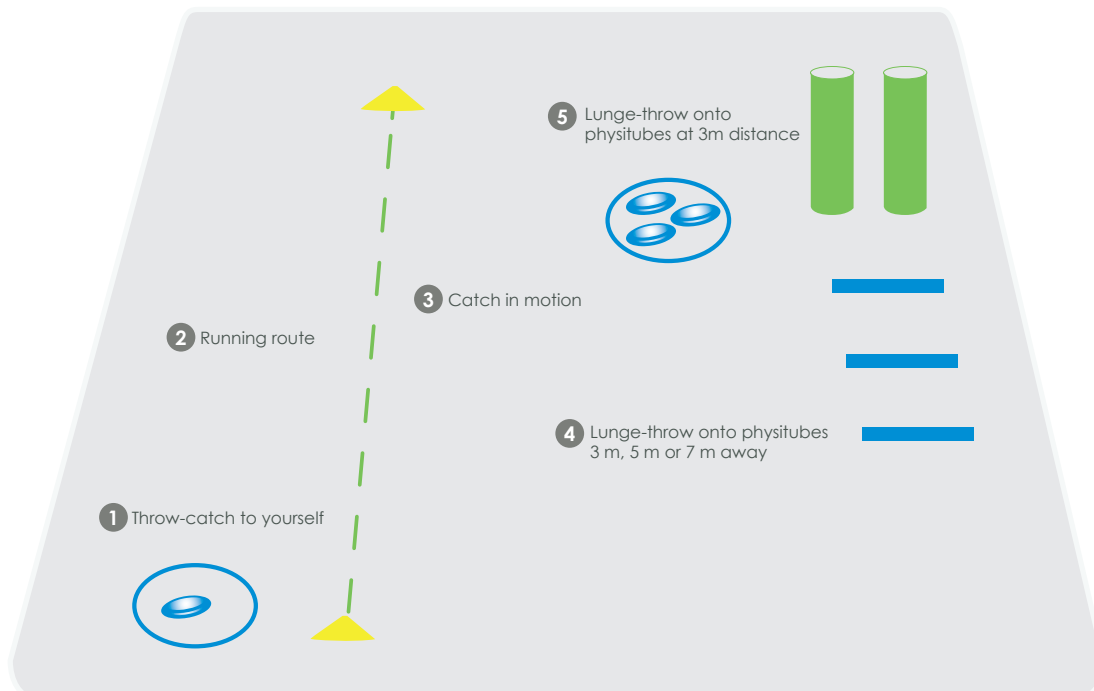
THE CHAIN



EQUIPMENT: some , some , 2 and high targets (tubes or trees)

OBJECTIVE: Linking different ultimate throwing and moving skills.



On your own, complete each task with the help of a 2nd player or the instructor at **stations 3 and 5**.



TECHNICAL ACTIVITY

PASSING



EQUIPMENT: 1  per pair and some  (or lines on the ground)

OBJECTIVE: Practicing the backhand or forehand pass and the crocodile or rim catch.

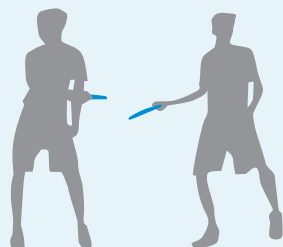
Stand in **pairs**, facing each other (5 m to 7 m apart) to practice the **backhand or forehand pass** and the **crocodile or rim catch** with a disc. After **10 consecutive successful passes**, take 1 step back and repeat the challenge, and so on. If the disc lands on the ground, move back to the previous distance, and restart the passes at 0.

VARIATIONS:

- Throw to **make your partner move** sideways or back and forth.
- **Hammer** throw over your head.

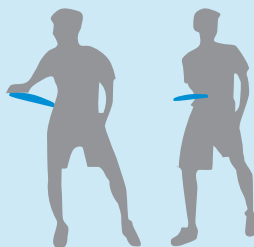
THE 3 STEPS FOR THE BACKHAND AND FOREHAND THROWS

1



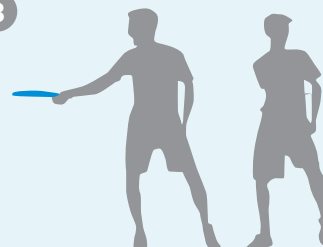
Pull your arm back and take 1 step towards your target.

2



Uncurl your wrist.

3



Release the disc and hit your target.

TECHNICAL ACTIVITY

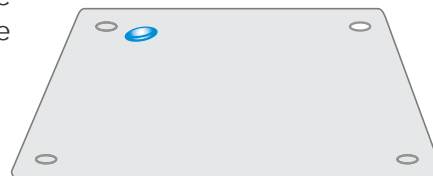
THE SQUARE



EQUIPMENT: 1  and 4  per team

OBJECTIVE: Perfecting the backhand or forehand pass and the crocodile or rim catch.

Form teams of **4 players** at each of the 4 corners of a 5 m x 5 m square (marked by cones or lines). Make as many consecutive passes as possible **towards the right** with the **backhand** throw and the **crocodile** catch.

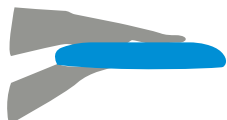


VARIATIONS:

- Require players to do the **pincer catch** with 1 or 2 hands.
- Do the passes **towards the left**, then pass the disc back and forth to **any of the 4 corners**.

CROCODILE CATCH

- Form a target with 2 hands (one above the other).
- Clench your hands to catch the disc in the center.



RIM CATCH

- Form a target, with 1 or 2 hands, separating your thumb from your other fingers (like a **mitt**).
- Clasp your **fingers** on top and your **thumb** on the bottom to catch the edge of the disc (do the opposite if it's below the waist).



THE RELAY




EQUIPMENT: 1  per team

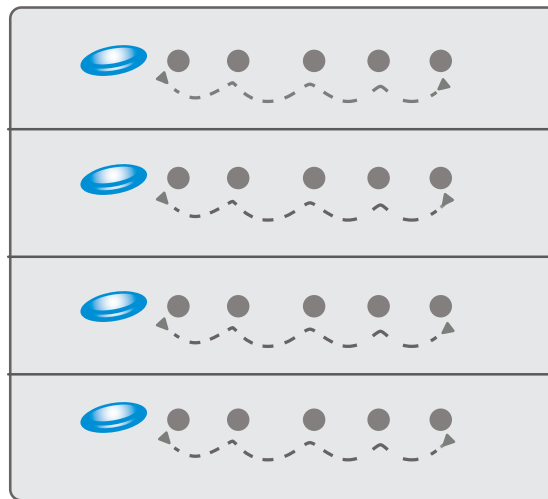
OBJECTIVE: Perfecting disc passing and catching in a competitive situation.

Form teams of **4 to 5 players** in columns about **2 arm lengths apart**. At the signal, use the backhand pass to get the disc from one end to the other. The last player in line must sprint with the disc to take the place of the first one (and so on), until each player returns to his or her original position. If any player drops the disc, the **whole team must do jumping jacks**.

VARIATIONS:





- Do a **forehand pass**.
- Pass with your **non-dominant hand**.

 **Backhand passes with the dominant hand** are the most effective. **Forehand passes** should be used to get around a defender in a game situation. **Pivot** to pass with your right foot in front.



TEAM PASSING



EQUIPMENT : 1  per team, a few   and some 

OBJECTIVE: Completing passes in a confined space, despite moveable obstacles (other players).

Place **4 teams** on a rectangular field (size adapted to the level of difficulty you prefer). Do passes with your teammates without any **defence**. If the disc lands on the ground or goes out of bounds, simply resume play. Watch out for collisions! Do not allow walking with the disc in hand. **Allow** pivoting.

VARIATIONS:

- Assign the receivers of the passes: the **YELLOW** team can only pass to the **GREEN** team, which must pass to the **RED** team, and so on.
- Do not allow passes to players who made the original pass (different pass receivers).
- Make **as many consecutive passes as possible**.
- Vary the **size of the field** (larger = easier or smaller = more difficult).

TECHNICAL ACTIVITY

THE FORBIDDEN ZONE



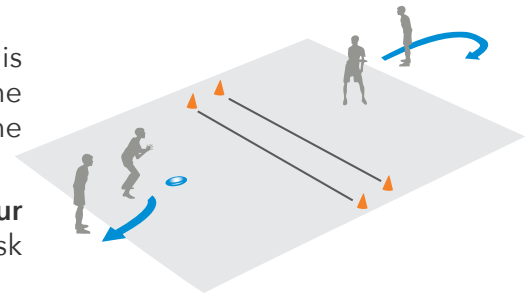
EQUIPMENT: 1 per field and some

OBJECTIVE: Make as many consecutive passes as possible.

Place **2 teams** of **4 players** on a basketball court and create **1 forbidden zone** with cones. The thrower passes the disc to the player in front of him, on the other side of the forbidden zone, and goes to the back of the line. The player who caught the disc does the same thing, and so on.

VARIATIONS

- If a player does not make the pass (bad throw) or if the disc is dropped, go **to the end of the opposing team's line**. Here, the goal is to have as many players as possible on your side of the forbidden zone.
- Same as the previous variation but throw the disc to **make your opponent move** (sideways only, since there's too much of a risk of injury moving forwards and backwards).



TECHNICAL ACTIVITY

THE FIVE PASSES



EQUIPMENT: 1 , some and some per field

OBJECTIVES: Breaking away (forward, backwards or in support) and scoring against opponents in a modified game situation.

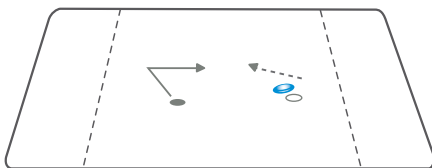
Form **2 teams** of **4 to 5 players** on a rectangular field. Try to complete 5 consecutive passes without the other team stopping you. If the disc lands on the ground, goes out of bounds, is intercepted, or knocked down, the other team takes possession, and the game continues.

Prevent **collisions** with other players! Stay **1 arm length away** from your opponent.

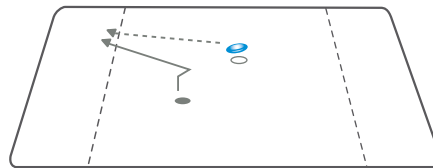
VARIATIONS:

- Do not allow passes to players who made the original pass (**different pass receivers**).
- Vary the **size of the field** (larger = easier or smaller = more difficult).

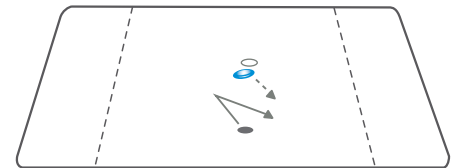
BREAKAWAY TOWARD HANDLER



BREAKAWAY TOWARD THE END ZONE



BREAKAWAY IN SUPPORT



MODIFIED GAME VERSION

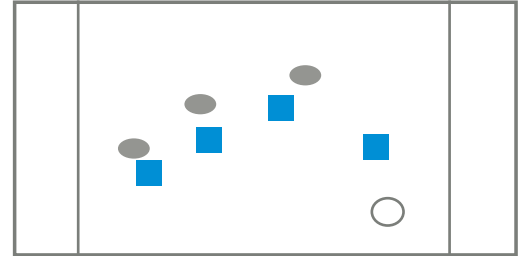
ULTIMATE-FOOTBALL



EQUIPMENT: 1 per field, some and some

OBJECTIVE: Advancing the disc to the end zone with passes in a modified game situation.

Play short games using a **4-on-4** (preferred) or **5-on-5** format. Start the game at the end zone line (no throw-ins to start the game). Award **1 point** when the disc is caught in the end zone after **three consecutive passes**. Give the offense **3 chances** to score 1 point. If the disc lands on the ground, goes out of bounds, is intercepted or knocked down, the offensive team loses **1 chance** and starts their next attempt at that spot.



To put the disc back into play, tap it on the ground. Keep **1 arm length of distance** between the disc and the opposing player. Assign 1 player to each handler and cutter ("**man-on-man**" defence).

MODIFIED GAME VERSION

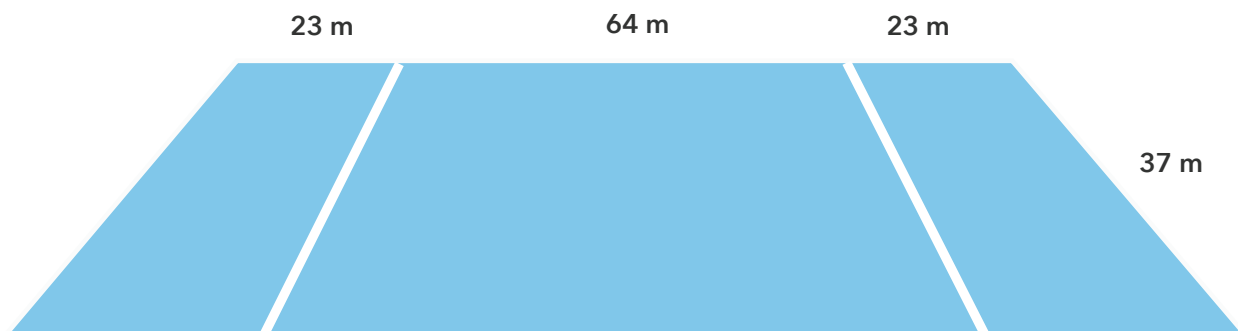
PROGRESSIVE PLAY



EQUIPMENT: 1 per field, some and some

OBJECTIVE: Advancing the disc towards the end zone with an increasing number of opponents.

Form teams of 4 to 5 players. Have **2 teams** play against each other: place a complete offensive team at one end of the field and **1 defensive player** at the other end. The defensive player throws the disc to the offensive team and starts to move as soon as an opponent catches the disc. On offence, **make at least 3 passes**, then attempt to catch the disc in the end zone. If the disc **lands on the ground, goes out of bounds, is intercepted, or knocked down**, the attempt is over. The offensive team changes places and 1 defensive player is added to the game. Continue until both teams are complete, then switch sides.



Use the **pivot** to get away from a defender and make the pass: pin one foot to the ground and allow the other to move. The pivot foot is the foot opposite the throwing hand.



For more details on the **ultimate** leagues in your area, please visit the RSEQ website.

RSEQ.CA