



2-3 DAY ULTIMATE FRISBEE CURRICULUM

Based out of Grand Rapids, MI



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Created by Zig Zag Ultimate

ZigZagUltimate.com

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1. Curriculum Overview

- HOW TO USE THIS

- This curriculum is designed to aid PE teachers in teaching Ultimate Frisbee. We have chosen just enough info to cover 2-3 days worth of classes. We LOVE Ultimate Frisbee and we hope this helps your students see how beautiful of a game Ultimate Frisbee is.
- Zig Zag Ultimate would love to offer a complete curriculum! Just send us an email.

2. Concepts:

- SPORT OVERVIEW

- Ultimate is a team sport similar to football or soccer, but without physical contact or a referee.
- It is so much bigger than you think it is! You can also play it for the rest of your life.
- Play in middle school, high school, college, pro (Detroit Mechanix), National team
 - Middle School teams in Grand Rapids, Kalamazoo and Ann Arbor
 - High School teams in Grand Rapids, Kalamazoo, Ann Arbor, Saginaw, Detroit and more!
 - Professional Team: Detroit Mechanix
 - National Teams! World championships...and recognized by the Olympic Committee.
- Zig Zag Ultimate hosts Learn-to-Play Clinics and overnight camps all around the state
- Adult leagues in every major city in Michigan
- There are 3 divisions: Open, Women and Mixed (co-ed)
- HUGE in other cities, just not in Michigan (yet)
 - Portland Maine: 60 teams. Seattle: Nearly every school. Chicago: dozens of youth teams
 - Over 1 million annual members of USA Ultimate nationwide.

- HOW TO PLAY:

- Ultimate Frisbee is a team sport in which players work together to score points by catching a frisbee in an endzone.
- A player can't run when he/she has the frisbee, the player can only pivot and/or pass it to another teammate in any direction.
- The opponent will try to block or intercept the pass. Play would then immediately change possession.
- It's not a contact sport – a player cannot hit or knock down other players, and a player cannot grab the disc from someone's hands.
- 7v7 is regulation for all levels except middle school (5v5). However, we recommend multiple 3v3, 4v4 or 5v5 fields. Fewer subs so more people can play!

- WHAT IS SO GREAT ABOUT ULTIMATE?
 - Truly a “team” sport
 - Everyone has to be the “quarterback” as soon as he/she catches the disc. No one or two players can dominate the action.
 - No referees!
 - Ultimate is governed by “Spirit of the Game.” Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play.
 - Huge benefits of teaching conflict resolution skills at an early age.
 - Cheap and simple setup
 - The only supplies that are needed are: cones, a disc and a field and you can play!
 - Safe
 - Ultimate is non-contact! While incidental contact may occur, the sport is very safe and injuries are infrequent.

3. Throws

- Basic concepts for all throws
 - Step to get away from defender
 - Establish a pivot foot (similar to basketball)
 - No matter the throw, step with the foot you are throwing with
 - Baseballs require you to follow thru-- Frisbees are a flick of the wrist
- Throw tips
 - Always keep eye contact on target
 - Pinch disc tighter
 - Release the disc when your foot lands
- Throw pitfalls
 - Not enough wrist snap
 - Stepping with the wrong foot
 - Forehand grip on the backhand side
- BACKHAND



Bring fingernails to the rim of the disc. Pinch the disc.



Step across your body (cross your heart) to avoid a defender.

• FOREHAND



Hold disc with non-dominant hand with the text on the disc facing you and the bottom of the disc pointing down.

With dominant hand, straighten all fingers. Then, slide hand down the backside of the disc until your middle finger is at the bottom rim of the disc.

Straighten ring finger and pinch middle finger and ring finger together.



Step out with foot throwing with. Place thumb along rim.



Drop shoulder.



Point elbow at target



Point wrist at target



End with palm facing the sky. Snap your wrist.

- BASIC TYPES OF THROWS



Outside in (OI)

- Lift the outside of the rim (point of the disc furthest away from you) as you throw.
- Typically used to curve around a defender OR to fight against/use the wind



Flat

- Keep disc level the entire throw.



Inside out (IO)

- Lower the outside of the rim (point of the disc furthest away from you) as you throw.
- Typically used to curve around a defender OR to fight against/use the wind



4. Catching:

Pancake: One hand on top of the other



C-Catch: Thumbs along the rim

- PANCAKE CATCH

- The safest and most common catch. One hand on top of the other.
- How do you catch a football? Why do you catch it like that - because it's shaped that way. Why do we catch a frisbee like a pancake? Cause it's shaped that way.
- More safe! Very tough to get hit in the face if catch like this
- More consistent catching = more success

- C-CATCH

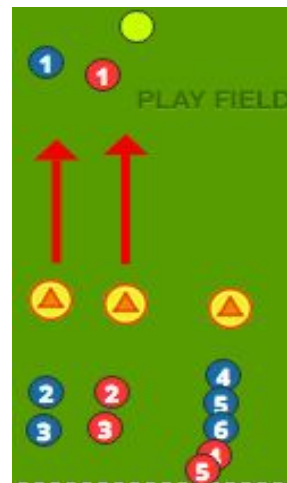
- NOT recommended for new players and arguably not recommended on any level if you are able to pancake catch it
- Use this catch when it's away from you and you can't get 2 hands to pancake it.

5. Defense

- PERSON-TO-PERSON DEFENSE
 - Before the point starts, the pulling team will communicate who they are going to guard that point.
 - If there is a turnover, the other team usually guards the same person who was guarding them.
 - In general, stay between the disc and your defender at all times.
- MARK
 - The “mark” is the defender who is guarding the person with the disc.
 - In regulation Ultimate, you may be a disc space away. However, an arm's length for beginners is great.
 - The mark gives the “stall.” The is much like a shot clock in basketball. Since there are no refs, the mark says “Stall 1...2...3” (Actual seconds). If the mark gets to 10, it is a turnover.
 - The only person who can stall is the mark and they must be within 10 feet. Only one person can be within 10 feet of the person with the disc, unless another offensive player is nearby.

6. Drills:

- HUCK DRILL
 - WHAT:
 - Two cones 2 yards apart. One is offensive line (further from thrower). Other is defensive line (closer to thrower). One throwing line 10 yards away, but even with the other cones.

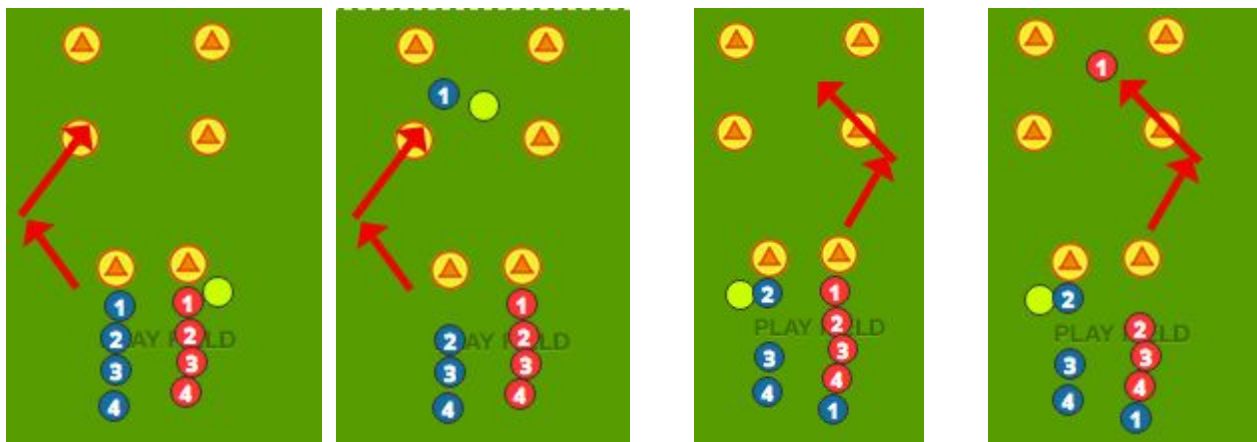


- Thrower says “3,2,1 go!” Both runners run STRAIGHT (imagine a “go” route)
- Thrower does their best to throw the disc to the offensive player
- WHY:
 - FUN: Always the most liked drill from students
 - Works on reading the disc and throwing it far
- HOW:
 - 3 lines: Offense, defense, thrower. Rotate from throwing line, to defensive line, to offensive line.
 - Remind players to rotate to the opposite side that the person is throwing.
- ADVANCED:
 - Teach “UP”
 - Easiest way to do this is yell “UP” every time the disc is thrown. Then ask why you are yelling it. “So your teammates know that the disc is thrown and to look for it.”
 - Teach “Reading the disc”
 - The disc will naturally curve to one side and speed up as it falls to the ground.
 - Learn how to predict where the disc is going to land by seeing the curve of the disc and run towards its landing point right away.

- LEADING YOUR RECEIVER DRILL

- WHAT:

- 4 cones in a 10x10 square. 2 cones 10 yards away from the square and 3 yards apart.
- Object is to catch the disc in the square from the thrower from the opposite line throwing an “outside” throw. Outside meaning away from other line.
- Person 1 gives disc to person 2 and becomes the “mark”. The mark is the player guarding the person with the disc. Person 1 forces person 2 to make a throw to the outside of the drill.
- After you throw, cut to the square to receive a pass from the opposite line. Then switch lines.



- WHY:

- Focuses on leading receiver (frisbees float! Footballs fly in a parabola up and down...)
- Stepping out and away from the mark
- Lots of throws and catches

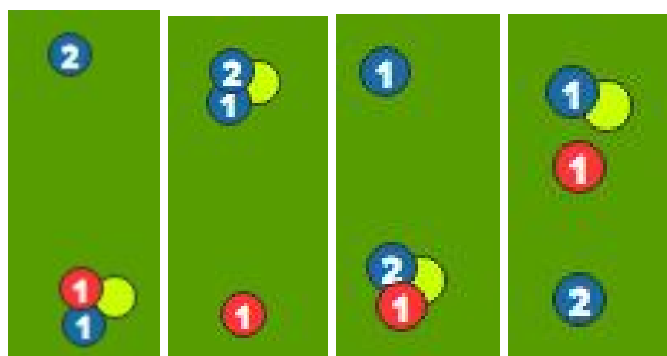
- ADVANCED:

- Cutter runs as if he/she is running one direction, then plants and turns to run in the square
- As a group, complete 10 passes in a row
- Step out as far as you can away from the mark

- 3 PERSON MARKING DRILL

- WHAT:

- 3 people. One disc. 2 people stand 10-15 yards apart and will not move until the pass is completed. The 3rd person is marking the person with the disc.
- The person with the disc is only able to pivot. The person receiving the disc is not allowed to move. The 3rd person is trying to prevent the thrower from completing a pass by “marking” the thrower. Remember, the person defending the person with the disc is called the “mark.”
 - The “mark” says “Stall 1...2...3...4...” trying to get to 10 which is a turnover



- WHY:
 - Learn what a stall is and throw under pressure
 - Learn the need for both forehand and backhand
 - Get a lot of throws and catches in!
- ADVANCED:
 - Start at stall 5 so thrower only has 5 seconds instead of 10 to get a good throw off.
 - Only catch with non-dominant hand
 - Throw at different height levels
- CUT-TO DRILL
 - WHAT:
 - Two cones 20-30 yards apart. One disc total. Everyone lines up behind these two cones.
 - Person at the front of the cone runs towards the person with the disc. Throw the disc towards person running at you and then run to the other line.
 - Don't travel! Slow down and set your feet and then throw.



- WHY:
 - Lots of throws and catches
 - Emphasis is on easy simple throws and catches. More fancy means less chance of catching the disc and slows the team down as you have to run and pick up the disc.
- ADVANCED:
 - Multiple drills going on at once! Have them race each other to go 2 times thru.
 - Only throw with forehand
 - Only catch with non-dominant hand
 - Don't slow down as you are receiving the disc! Defenders LOVE when you slow down...

7. Demo Game:

- We recommend having a “demo game” before you start for 2-3 minutes. Review everything here - and that’s enough to get playing.
- Always play on small 3v3, 4v4 or 5v5 fields.
- HOW TO PLAY:
 - Score by catching it in opposite end zone
 - Each point starts with a pull (called a kickoff in football). This is a long throw to the other team.
 - When ready, pulling team
 - 1) decides who they are going to guard
 - 2) puts a foot on the goal line
 - 3) raised the disc in the air
 - When ready, receiving team
 - 1) puts a foot on the goal line
 - 2) one person raises their hand in the air
 - If your team scores, stay in that end zone. If scored on, walk to the other end zone.
 - If the disc is dropped or the other team intercepts the disc, it's a “turnover” and the other team gets the disc and play continues!
 - Substitutions occur only after a score (unless there is an injury)
 - If there is an injury on the field, play immediately stops. If an injured player on Team A is replaced, then Team B has the right to replace any one of their players without giving a reason. This offsets the advantage that Team A will get by having a rested player come into the game.
- WHAT HAPPENS WHEN...
 - Disc pulled out of bounds (on the kickoff)
 - Take the disc ½ the way up the field in the center of the field. (think touchback like in football)
 - Disc rolls out of bounds or lands out of bounds
 - Walk the disc to where it went out and play continues
 - Disc lands in the endzone as a turnover.
 - Walk straight up to the front of the end zone
 - Disc lands in the end zone on a pull
 - Play it from there
 - Disc is touched, but not caught on a pull
 - Technically, it's a turnover. But, you can let it slide for the first few times.
 - Two people catch the disc at the same time
 - Tie goes to the offense
- HOW TO RESOLVE FOULS
 - Whenever a call is made, the player that call is directed to can “contest” that call. If he does not, then the call stands and play continues. As part of SOTG (Spirit of the Game), the players on the field deal with all contests. Sideline players and coaches are not allowed to become involved in the dispute resolution process, unless players on the field ask for a rule clarification, or help with perspective. If, after 30 seconds, a resolution cannot be reached then the disc is returned to the last thrower to have possession. Play resumes with the disc being “checked in” by the mark. This ensures that the defense is ready.
 - In Ultimate, it is acceptable to “agree to disagree”. Players should refrain from loud, heated arguments, and focus on resolving the issue quickly and calmly. Otherwise; “Back to Thrower”!

8. About Zig Zag Ultimate

- We exists to grow Ultimate Frisbee! We would love to get a team going at your school! Low commitment. low cost. SO FUN! Once a week practices and once a week round robin games with the other teams in the league.
- Let us host a workshop, Learn-to-Play Clinic or teach a PE class at your school!
- Zig Zag Ultimate has a middle school club team, high school club team, runs the West Michigan College league, hosts indoor tournaments and more!
- Mission Statement:
 - To introduce the game of Ultimate to all ages and skill levels with the purpose of providing the opportunity for each player to develop and have fun. We strive to maintain an environment that promotes community, integrity, hard work, and having fun - while cultivating a passion for Ultimate.
- Contact info:
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ZigZagUltimate.com/resources for video curriculum and more!

GO ULTIMATE!