

## Explaining throws

*At a recruitment practice it is essential that you don't explain too much about the different throws. For the first practice it is usually enough if you explain the grip and how important the movement with the wrist is. You can find some information about the two different main throws down here anyhow just to get an understanding of the throws yourself before teaching them.*

### Backhand

- *Hold onto the disc like on the picture, fingers on the rim inside of the disc and the thumb on top.*
- *Take a step to the left with your right leg crossing your left foot (the other way round for left-handed players).*
- *Look at the person you want to throw to.*
- *Pull the disc straight forwards and flick the disc away with your wrist. When you released the disc you should point at the person you're passing to.*
- *The flick with your wrist is generating the disc's rotation and contributes to a smooth flying path. The wrists movement is essential for a good throw.*
- *For angled throws: vary the angle of the disc when it is released.*
- *In case of wind: angle the disc down and release it low.*

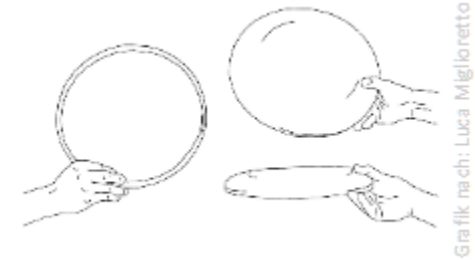


Grafik nach: Luca Miglioretti

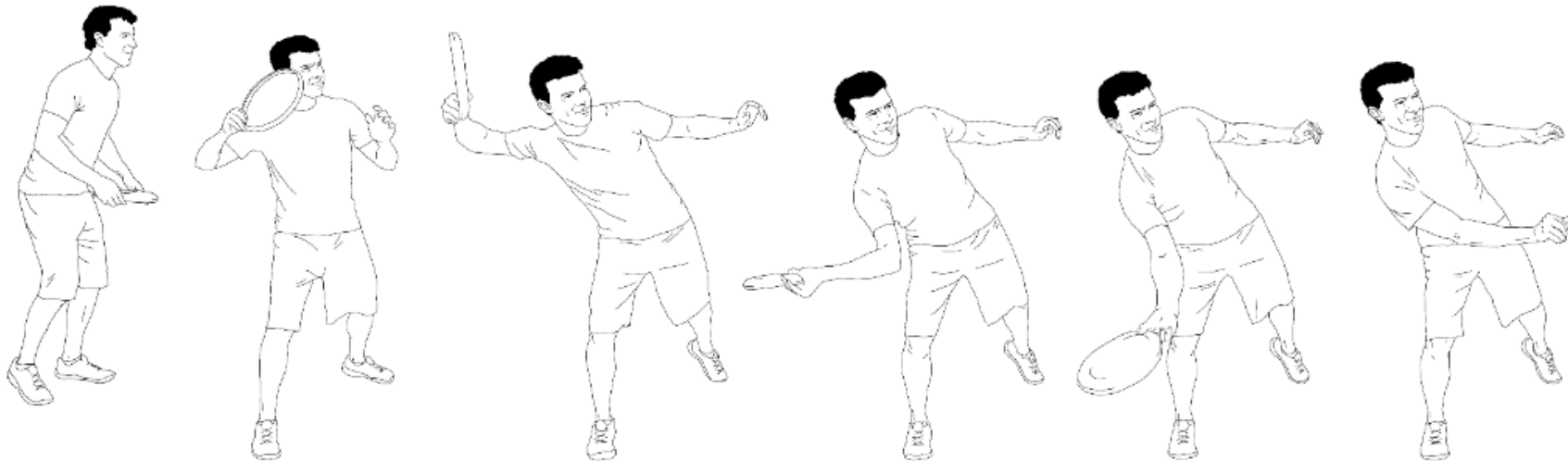


## Forehand

- Hold onto the disc like on the picture, the index and middle finger are holding onto the rim and the thumb on top.
- Take a step to the right with your right leg (the other way round for left-handed players). Your hips are pointing towards the person you want to throw to. The disc is straight. Look at your partner.
- Tear your hand backwards and pull the disc forwards with the help of your lower arm. Avoid to use your upper arm and shoulders too much.
- Complete your motion with a flick with your wrist and release the disc. Try to throw as straight as possible.
- The flick with your wrist is generating the disc's rotation and contributes to a smooth flying path. The wrists movement is essential for a good throw.
- The movement of a forehand throw is similar to the movement you do with a whip.



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## Catching

For 'Introduction to Ultimate Frisbee' we recommend to only explain one single way of catching: The pancake catch.

**Pancake:** The simplest and most often best catch. Do a clap with your palms touching the disc over and under the surface area. A pancake catch can be adjusted if wind is changing and in case you're missing the disc it can bounce back to you towards your stomach.

## Practice #1

**Practice time:** 1-1,5 hours

**Focus:** Throwing, running (but not with the disc), having fun

**Leave out:** Stall-count, Forcing, Stack, Handler and cutter positions

### Throwing:

Explain simple backhands and forehands, let the new players throw for 20-30 minutes with focus on catching (pancake catch) and throwing straight throws to the belly of their partner.

Don't explain too much technique but make sure that the players understand that it is very important when playing Ultimate to catch the discs. Cool amazing throws that are not caught are no use.

### Warm-up:

Very basic warm-up

Two laps around the field, some cutting in a line behind each other like on the pattern in the picture (so that people learn how to cut), stretching

Water break after warm-up so that people have a bit of time to warm-up and stretch whatever they feel is needed.



### Drill 1: Throw and run

**Level:** Easy

**Amount of players:** 4+

#### What?

- Sharp cuts
- Throws into space instead of to a standing target



#### Why?

In the beginning it's hard to make sharp turns/cuts when you are offense. This drill is easy and you learn to cut while having a given pattern. When you are throwing you learn how to throw to space towards a cone instead of throwing directly to the runner.

#### How?

Place four cones into a square like on the picture. The players are divided into two stacks behind two cones. Everyone but the first one from one stack has a disc. The one without a disc starts running straight forwards and cuts 90 degrees towards the next cone where the disc is thrown to. After catching the disc the cutter stacks up behind the stack on the opposite side. The thrower becomes the next runner and is doing the same cut but mirrored, catches the disc, stacks up and so on.

Do the drill without a marker and without a stall-count at this practice.

#### Challenge:

- Let the players get 10 catches in a row without dropping the disc.

### **Drill 2 (only if you at least have 1,5 hours of practice):**

**Level:** Easy

**Amount of players:** 4+

#### ***What?***

- Sharp cuts
- Vertical stack
- Running into the disc
- Clearing out



#### ***Why?***

Get a basic understanding of a vertical stack. Explain that the goal of a vertical stack is to make space for each other on the field. Let the beginners cut only, while one experienced player is throwing the whole time.

#### ***How?***

Place two cones opposite to each other in about 6 m distance. Put all the discs to one cone and one experienced thrower behind it. Everyone else is in a vertical stack behind the other cone. The last one in the stack is running a fake cut backwards, then turning sharply towards the thrower. The cutter receives the disc and immediately throws it back to the thrower and is clearing out to the front of the stack while the next cutter from the back starts the same procedure.

### **Game time:**

#### ***Explain:***

- How to get a goal, don't run with the disc in your hand.
- Try to explain man-man-defense but don't be too strict about it during the game.
- Explain that frisbee is played without body contact and referee.
- Explain that it's important to know when your team is offense (when the team has the disc) and when it's defense. You have to run and get free in offense but try to defend people in defence.
- Don't do stall-counting. Beginners tend to throw the disc directly after they caught it either way.

Focus on running and having fun. Don't explain much, let everyone pick up the disc even if they are not natural handlers. Try to make everyone get the disc even if you know they might drop it or they are not completely free.

## Practice #2

**Practice time:** 1-1,5 hours

**Focus:** Throwing, running (but not with the disc), having fun, stall-count

**Leave out:** Forcing, Stack, Handler and cutter positions

### Throwing:

Explain simple backhands and forehands, let the new players throw for 20-30 minutes with focus on catching (pancake catch) and throwing straight throws to the belly of their partner.

Don't explain too much technique.

Explain a bit more about how to get spin on the disc.

### Warm-up:

Very basic warm-up

Two laps around the field, some cutting in a line behind each other like on the pattern in the picture (so that people learn how to cut), stretching

Water break after warm-up so that people have a bit of time to warm-up and stretch whatever they feel is needed.



### Drill 1: Throw and run

**Level:** Easy

**Amount of players:** 4+

#### What?

- Sharp cuts
- Throws into space instead of to a standing target



#### Why?

In the beginning it's hard to make sharp turns/cuts when you are offense. The drill is easy and you learn to cut while having a given pattern. When you are throwing you learn how to throw to space towards a cone instead of throwing directly to the runner.

#### How?

Place four cones into a square like on the picture. The players are divided into two stacks behind two cones. Everyone but the first one from one stack has a disc. The one without a disc starts running straight forwards and cuts 90 degrees towards the next cone where the disc is thrown to. After catching the disc the cutter stacks up behind the stack on the opposite side. The thrower becomes the next runner and is doing the same cut but mirrored, catches the disc, stacks up and so on.

#### Challenge:

- Let the players get 10 catches in a row without dropping the disc.
- Do the drill without a marker and without stall-count first. After about five to ten minutes or after the players caught ten discs in a row without dropping the disc you explain

marking and stall-count and add a marker that is counting and forcing outwards (so that it's still easy to throw).  
Rotation: You mark, you throw, you run, you stack up on the other side.

## **Drill 2 (only if you have 1,5 hours of practice): Marking box**

**Level:** Easy

**Amount of players:** 6+

### **What?**

- Stall-counting
- Get an understanding of the space you have to take away when defending



### **Why?**

To get a basic understanding of defending and especially stall-counting.

### **How?**

Place four or five cones in a square or pentagon with one player at each cone. One disc is moved between those players. Two or three people are in between those players trying to defend the passes. One defence player is marking while the other ones have to position themselves in a way that it's hard for the offence players to pass to each other. The offence is not allowed to take more than a pivot step. Whoever is doing a mistake is going into the square to be defence.

Let one of the players in the middle always be the mark to get used to stall-count. Explain that it's only one person that is allowed to stand within three meters from the person with the disc.

### **Challenge:**

- The pass to the person on the open side next to you is not allowed anymore.

### **Game time:**

#### **Explain:**

- How to get a goal, don't run with the disc in your hand.
- Try to explain man-man-defense and be a bit stricter about it when setting up the lines during the game.
- Stall-count is used

Focus on running and having fun. Don't explain too much, let everyone pick up the disc even if they are not natural handlers. Try to make everyone get the disc even if you know they might drop it or they are not completely free.

## Practice #3

**Practice time:** 1-1,5 hours

**Focus:** Throwing, running (but not with the disc), having fun, Stall-count, Stack, Forcing

**Leave out:** Handler and cutter positions

### Throwing:

Throw for about 20 minutes: simple backhands and forehands, afterwards forehand and backhand outsides. Let all the pairs start at the same time and have a battle about getting 20 throws and catches in a row first. Whenever you drop the disc the count is starting from 0.

### Warm-up:

Very short warm-up as the first drill is used as the warm-up drill

Two laps around the field with high knees, heels to your butt, stretching

Water break after warm-up so that people have a bit of time to warm-up and stretch whatever they feel is needed.

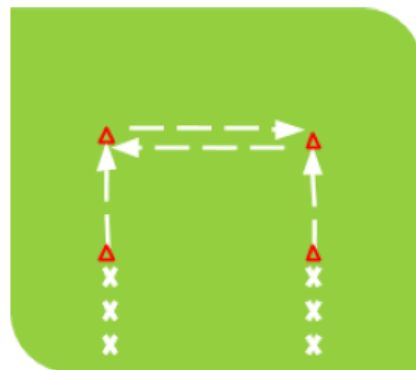
### Drill 1: Throw and run

**Level:** Easy

**Amount of players:** 4+

### What?

- Sharp cuts
- Throws into space instead of to a standing target



### Why?

A drill that everybody knows by now and that is a good warm-up drill after running it the last two practices.

### How?

Place four cones into a square like on the picture. The players are divided into two stacks behind two cones. Everyone but the first one from one stack has a disc. The one without a disc starts running straight forwards and cuts 90 degrees towards the next cone where the disc is thrown to. After catching the disc the cutter stacks up behind the stack on the opposite side. The thrower becomes the next runner and is doing the same cut but mirrored, catches the disc, stacks up and so on.

### Challenge:

- Let the players get 10 catches in a row without dropping the disc.
- Add a marker that is forcing inside after some minutes so that players get used to breaking



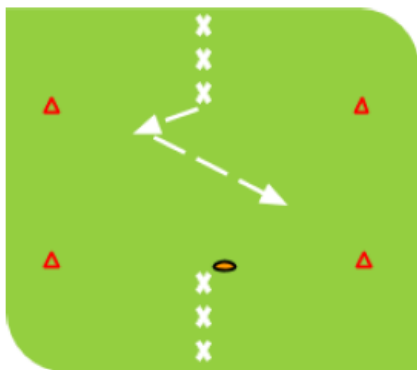
## **Drill 2 (only if you have 1,5 hours of practice): Endzone cuts**

**Level:** Easy

**Amount of players:** 4+

### ***What?***

- Sharp cuts
- Get an understanding of how to cut in the endzone



### ***Why?***

In the beginning it's hard to make distinct turns/cuts in the endzone. This drill is using a very basic endzone cut idea just to get used to it.

### ***How?***

Place four cones like an endzone. The players are divided into two stacks: One in the middle behind the endzone, the other one about 3-5 meters in front of the endzone in the playing field. Everyone in front of the endzone has a disc. The first one in the stack behind the endzone starts running about 30 degrees into one direction and turns then sharply towards the front cone in the other direction. This player receives the disc. After catching the disc the cutter is stacking up behind the stack on the opposite side. The thrower will go to the running stack. Start to always do the cuts into one direction and change the direction for everyone after a while.

### **Challenge:**

- Let the players get 10 catches in a row without dropping the disc.

- Let the thrower fake a throw into one direction before the cutter is allowed to change directions. So the fake is initiating the cut.
- Add a marker.

### **Game time:**

#### **Explain:**

- How to get a goal, don't run with the disc in your hand.
- Try to explain man-man-defense and be a bit more strict about it when setting up the lines during the game.
- Stall-count is used
- Force is used

Focus on running and having fun. Don't explain too much, let everyone pick up the disc even if they are not natural handlers. Try to make everyone get the disc even if you know they might drop it or they are not completely free.



## Practice #4

**Practice time:** 1-1,5 hours

**Focus:** Throwing, running (but not with the disc), having fun, Stall-count, Stack, Forcing, handler and cutter positions

### Throwing:

Throw for about 20 minutes: simple backhands and forehands, afterwards forehand and backhand outsides and insides. Explain more about the angle that is causing the disc to turn in different directions. Let all the pairs start at the same time and have a battle about getting 20 throws and catches in a row first. Whenever you drop the disc the count is starting from 0.

### Warm-up:

Very short warm-up as the first drill is used as the warm-up drill  
Two laps around the field with high knees, heels to your butt, stretching

Water break after warm-up so that people have a bit of time to warm-up and stretch whatever they feel is needed.

### Drill 1: Endzone cuts

**Level:** Easy

**Amount of players:** 4+

**What?**

- Sharp cuts
- Get an understanding of how to cut in the endzone



### **Why?**

In the beginning it's hard to make distinct turns/cuts in the endzone. This drill is using a very basic endzone cut idea just to get used to it.

### **How?**

Place four cones like an endzone. The players are divided into two stacks: One in the middle behind the endzone, the other one about 3-5 meters in front of the endzone in the playing field. Everyone in front of the endzone has a disc. The first one in the stack behind the endzone starts running about 30 degrees into one direction and turns then sharply towards the front cone in the other direction. This player receives the disc. After catching the disc the cutter is stacking up behind the stack on the opposite side. The thrower will go to the running stack. Start to always do the cuts into one direction and change the direction for everyone after a while.

Let the players get 10 catches on each side.

Afterwards you add a defence stack in the back of the endzone and a mark on the thrower (rotation: you mark first and then you throw).

The goal is that the offence cutter is running free on the open side to receive a pass.

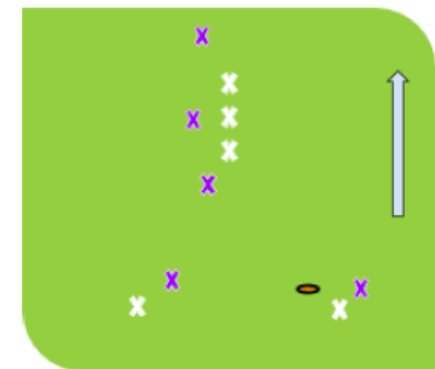
### Drill 2: Vertical stack rotation

**Level:** Easy

**Amount of players:** 10+

**What?**

- Vertical stack
- Learning different positions on the field



### ***Why?***

Game like situation with players being able to try out different positions.

### ***How?***

This drill is very close to a proper game. You play 5on5 with one team in defence and one in offence. The offence is setting up with two handlers and three cutters in a vertical stack. The defence is forcing one way. One of the handlers has the disc and once it is checked in the players are starting to play. If the disc is dropped the game stops and the offence players rotate clockwise to the next position while the defence players are rotating counterclockwise. The game starts again at one at the handlers.

After five-seven turns the offence team becomes defence and vice versa. The game is still played into the same direction.

### **Game time:**

#### **Explain:**

- How to get a goal, don't run with the disc in your hand.
- Try to explain man-man-defense and be a bit more strict about it when setting up the lines during the game.
- Stall-count is used
- Force is used
- Play with strict handler and cutter positions

Focus on running and having fun. Don't explain too much, let everyone pick up the disc even if they are not natural handlers. Try to make everyone get the disc even if you know they might drop it or they are not completely free.

## **After the recruitment practices**

After four weeks we recommend to merge beginners and experienced players more and more but make sure that you continue with beginner-friendly practices. La Bamba is for example having one beginner's practice and one practice for more advanced players a week. At the beginner's practice it's all about less experienced players where it's essential to explain basic things all over again. Players that want to come regularly and invest more time in the team and the sports are welcome to advanced practices after about six weeks. But make sure to only allow one or two new players to advanced practice at a time.

Talk about becoming a member of the club and that people that want to continue playing with you should pay the member's fee.