



**ULTIMATE  
FRISBEE**

# Drills

## Key for Diagrams

○	Thrower
●	Receiver
●	Previous Position of an Offensive Player
—	Defender/Marker
—	Previous position of a Defensive Player
→	Cut
----->	Throw

### Throwing Drills

#### Warm-up Toss

**Purpose:** To warm up and develop disc handling skills.

**Level:** Beginner-advanced

**Number of Players:** 2

**Number of Discs:** 1

**Description:**

Divide into pairs and line up across from each other approx. 10 yards (10 long strides) apart. Throw with your partner 10 backhands and then 10 forehands in succession. As you get more comfortable with your throws, try to throw as if you were being marked.

**More difficult variations:**

- Try to throw a certain number of passes with no turnovers
- Add more complicated throws such as hammers, scoobers, and inside-outs.
- Throw to each other while cutting up and down the field. Practice hitting a receiver in stride and catching without slowing down.
- Make it a group game – see which pair can throw the most completed passes in a minute.

## Speed Flow

**Purpose:** To isolate and improve the arm and upper body motions in backhands and forehands and improve pivoting.

**Level:** Beginner

**Number of Players:** 2

**Number of Discs:** 1

**Description:**

- Stand 7-10 yards apart and begin throwing backhands (B/H)
- After throwing 10 throws each drop to one knee and throw 10 more.
- Now stand back up and, for 10 throws, try to step out to the pivot side, attempting to get the same sort of extension on release as when down on one knee.
- Proceed to forehand (F/H), again throwing to partner for 10-15 throws.
- Now drop again to one knee, but this time to the forehand side, and throw 10.
- (this only works on the F/H side) sit down facing partner and throw 10. This isolates the action of the upper body - shoulder and trunk rotation, arm motion and wrist snap.
- Rise back up to one knee and throw 10, still somewhat isolating upper body but enabling more of the butt to get involved.
- Finally, rise all the way up to both feet and throw 10-15 F/H's.

**Variations:**

- Shout out the throw (B/H or F/H) you want to see, switching randomly
- One whistle and partners drop disc, sprint to switch sides with partner, pick up disc and continue with instructed throw
- Double whistle and partners drop disc, sprint away from each other 10 strides and return, pick up and continue with instructed throw
- Mix up and add to above (i.e., double whistle followed by instruction to switch throw to F/H upon return to disc OR one whistle signaling a switch sides w/partner followed by instruction to do 10 pushups before continuing to throw)

**Notes:** Be sure to encourage stepping out and lowering of body - as in the progression to simulate a lower and wider release point. Emphasize periodically why it is important to extend away from the body to develop various release points.

## Back and Forth (AKA “Yo-Yo’s”)

**Purpose:** To develop accurate passing to a moving target, catching while running, and conditioning (focus on making accurate and crisp passes and catches even when tired)

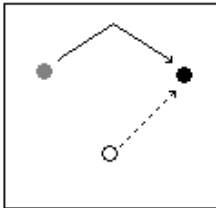
**Level:** Intermediate – Advanced

**Number of Players:** 2

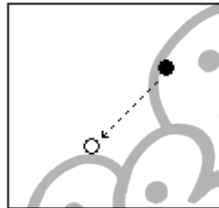
**Number of Discs:** 1

### **Description:**

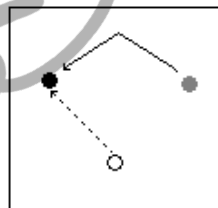
- Players begin 7-10 yards apart
- One player is stationary (thrower) while the other player is making cuts
- The cutter runs three steps to the right and away from the thrower and then cuts back sharply (Fig. 13a)
- The thrower throws the correct throw to the cutter (Backhand if the cutter is cutting to the thrower’s left, forehand to the right) (Fig. 13a)
- The cutter catches, sets a pivot foot and throws the correct throw back to the thrower (Forehand if the cutter has just cut to his right) (Fig 13b)
- The cutter then cuts back in the other direction (Fig 13c)
- The cutter continues this for 1 ½ minutes and then the thrower and cutter switch



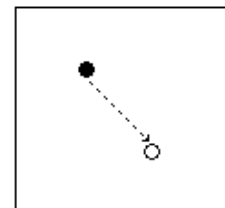
**Fig. 13a**



**Fig. 13b**



**Fig. 13c**



**Fig. 13d**

### **Variations:**

- When the cutter receives the disc he fakes the outside throw, pivots, and throws the inside throw
- Cutter makes cuts towards the thrower and then away from the thrower

## Line Drills

### Go-to Drill

**Purpose:** To practice throwing to a moving receiver, straight cuts, and catching while running.

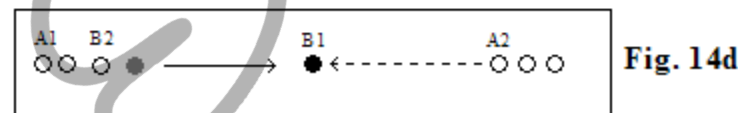
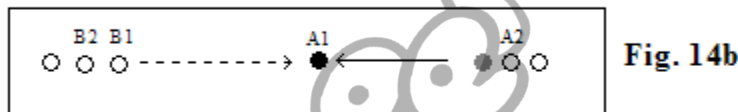
**Level:** Beginner – Intermediate

**Number of Player:** 5+

**Number of Discs:** 3+

**Description:**

- Establish two single-file lines facing each other at least 50 feet apart. Set cones at the front of each line to help people remember where to start. (The lines try to sneak in on each other without the cones.) (Fig. 14a)
- The first person from line A (A1) makes a straight cut towards line B. (Fig. 14b)
- The first person from line B (B1) throws it to A1 (Fig. 14b)
- After A1 receives the disc he runs to the back of line B (Fig. 14c)
- B1 makes a straight cut toward line A (Fig. 14d)
- A2 throws the disc to B1 (Fig. 14d)
- Continue ad infinitum



**Variations:**

- Specify backhands or forehands
- Give your group a goal of total complete passes. Yell and count out loud to keep the non-players involved.

**Notes:**

- Make sure to continue running until you catch the disc

## Cutting Line Drill

**Purpose:** To practice throwing a leading pass to a receiver, the two-step juke, and catching while running.

**Level:** Beginner – Intermediate

**Number of Players:** 5+

**Number of Discs:** 3+

**Description:**

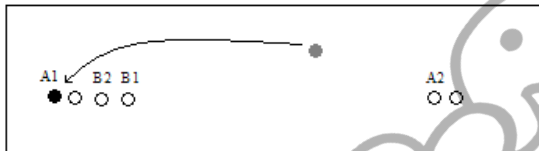
- Set up like the go-to drill (Fig. 15a)
- A1 makes a two-step juke starting to the left and going to the right (Fig. 15b)
- B1 throws a leading backhand to A1 (Fig. 15b)
- A1 runs the disc to the first person in line B without a disc (Fig. 15c)
- B1 makes a two step juke starting to her left and going to the right (Fig. 15d)
- A2 throws a leading backhand to B1 (Fig. 15d)
- Continue ad infinitum



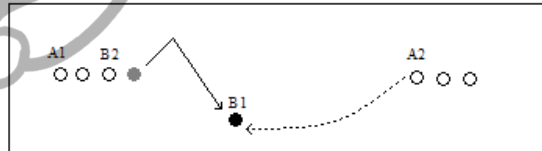
**Fig. 15a**



**Fig. 15b**



**Fig. 15c**



**Fig. 15d**

**Variations:**

- Switch to forehands – cutters now juke to the right and cut to the left
- Throw inside outs to the cutter