



**GRASSROOTS GROWTH. NATIONAL PARTNERS.**  
Build your community's youth programs with USA Ultimate.

# Play Ultimate!

## What is ultimate?

Ultimate is a fast-paced, player-controlled, non-contact team sport played with a flying disc on a playing surface with end zones. All actions are governed by the Spirit of the Game.™

## Where can I play?

Ultimate can be played in schools and in your community! Contact your local disc organization, parks and recreation department or school to find out about playing opportunities.

USA Ultimate has State Outreach Coordinators who volunteer to help create and find playing opportunities for youth players in every state! Visit [usultimate.org](http://usultimate.org) for contact information.

If you can't find a contact, please reach out to us via email at [info@hq.usultimate.org](mailto:info@hq.usultimate.org), and we'll help you get connected!

## When can I play?

Local leagues run seasonally. School-based teams typically play in the fall and spring. Youth club teams go year-round.

## Why should I play?

### Character

Ultimate develops acceptance of responsibility for one's own behavior. Because players make their own calls, participation develops character, self-reliance, listening ability, negotiating skills and leadership qualities. Many schools and programs use this fun sport to promote good sportsmanship and help participants develop conflict-resolution skills.

### Community

Ultimate players love being part of the sport's inclusive community! Teammates spend hours playing together and developing their ultimate skills, while building comradery. Through these experiences, teams often feel like a family, and many players make lifelong friends. Also unique to the sport is the inherent friendly dynamic between teammates and opposing teams which is facilitated by Spirit of the Game.™

### Competition

There are opportunities to play at all age levels! We currently have rapidly growing youth, college, club, masters, grand masters and beach divisions! Within each division there is an opportunity to play in women's, mixed gender and men's formats. We also have national teams that represent the U.S. at world championships.



## Connect with us!

 [usultimate.org](http://usultimate.org)

 800-872-4384

 [info@hq.usultimate.org](mailto:info@hq.usultimate.org)

# Practice Basic Ultimate Skills and Drills

## Catches:

- **Pancake - Arms Extended-Elbows Loose**— One hand on top of the disc and one hand below
- **Crab**- Above shoulders, catch with four fingers on both hands on top and thumbs underneath the disc. Below waist, place thumb above the disc and other fingers below.

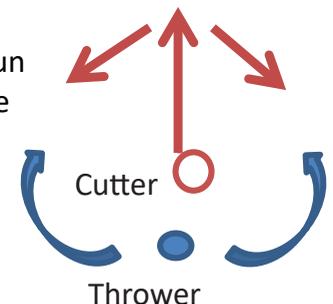
## Throws:

- **Backhand – Grip-Step-Snap** – Stand with your shoulder to the receiver. Step out to the side and slightly forward with same foot as your throwing arm. Snap your wrist and release disc with your throwing hand pointed at the receiver.
- **Forehand – Grip-Step-Elbow-Wrist** – Put your middle and pointer fingers under the disc (together or split finger, like a peace sign) with the thumb on top of the disc. Hold disc out from the side of the body, like a serving tray. A quick flick of the wrist releases the disc.
- **Hammer – Grip-Lift-Snap**—Use the forehand grip. Turn the disc upside-down. Lift it over your head and release it with a quick flick of your wrist. It should be upside-down when caught.

## Practice:

**Grip Changes (1 person):** Practice changing your grip on the disc, from forehand to backhand to forehand again. The faster and more fluid this transition is, easier you will be able to fake out your mark. This can be done daily while watching TV or listening to music at the same time!

**Catching (2 people):** Set up two cones about 10 yards apart and have the cutter run toward the cone and make a small V cut. In order to practice different catches, the thrower will throw the disc directly to the cutter, behind the cutter, above the cutter's head and below the cutter's waist. Try different catches: two handed, left-handed and right-handed. Practice catching both forehand and backhand throws.



**Disc Golf (1+ people):** Pick a location or object (fence, sign, tree, etc.) and try to hit it in as few throws as possible! Each throw to hit the spot is one point and each spot is a "hole," like golf. If you are playing with multiple people, keep track of your total score over multiple holes. The lowest total score wins!

**Marking (3+ people):** One person marks a thrower, while a receiver stands 5-10 yards away. The thrower attempts to break the mark (throw through/around the mark) by throwing a catchable throw to the receiver. After each throw, the thrower becomes the marker of the opposite line. If you have enough people, you could turn this into a game of "knock out." Once the marker gets a block or the throw is errant, then the thrower must repeat a block to stay in the game.

**Cutting Practice (1+ people):** Set up five cones to form an M. The cutter will start at the far left or right and follow the cones. Get low, take a few quick steps in between the cones and as you plant into the ground to change direction, explode into a sprint toward the next cone. At the end of each V, pretend you are receiving the disc. You can add in a person throwing to the cutter.

