

Advanced Ultimate – HPEC 2011

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This handout is meant to serve as a reminder of the main points covered in the 2011 HPEC for ultimate Frisbee. Each main point has the key touch points which I will attempt to cover in the allotted time. My contact information is at the end of this handout if you have any questions after the session.

Marking

- 180° principle – by defending a player, you are essentially taking away half of the field, or only leaving them with 180° where they can move. Same with marking the thrower – they will only have half the field into which they can effectively throw
- The goal is to take away options – to do this, the marker must be dynamic and move to take away a cut or a throw
- Don't be too close – using the same principle as a goalie does, if you give some space to the person you're defending

Cutting

- Open space – when a person is cutting, they want to move into open space so they will become a threat. When someone moves into open space, they are effectively creating a new open space that another cutter can move into. This is what the term “flow” refers to in ultimate.
- Be a threat – no matter where a person is on the field, they should either be in a position to receive a throw or be in a position to move their defender away from an open space to create more space for the other cutters
- Stay active – a cutter should always be moving as it's good to keep the defender on their toes, aware of the field and prevent their defender from getting a D block on another cutter

Defense

- Control their movement – it's important to not let the offense dictate where they want to cut on the field. As the defender, you need to direct them where you want them to go

- Take chances – in order to be a good defender, you must be ready to take chances on D; however, make sure you take calculated risks. If you are too risky, it can hurt the rest of your team and allow for an easy score

Man Defense

- Choose a force – since man defense depends so much on all 7 defenders working together, it's super important to choose a force and have all 7 defenders hold that force. This will allow the greatest chance for a D
- Run – since man D is all about defending your player, there will be a lot of running involved so if the other team is faster & in better shape, man D is a tough defense to run

Zone Defense

- Limit options – zone D is effective because it limits the options of the thrower and the other offensive players
- Covering space – zone D is about covering a zone (or space on the field) instead of covering individual players
- Force turnover – zone D forces the offense to throw more passes which will increase the chance of a throwaway or a drop
- Less running – since zone D focuses on space instead of a player, there is less running but it is riskier since it's more imperative to be aware than when on man defense

Horizontal Offense

- Uses shallow and deep space
- Works by having the cutters move to the middle of the field
- Handlers will be more on the sidelines

Vertical Offense

- Uses open and closed side of the field (forced and non forced side)
- Cutters will move towards the sideline
- Handlers will be working from the middle of the field

Planning of Practices

- Consistency is key
- Start with a warmup after the players have had a chance to throw a bit and get loosened up
- Each practice, incorporate skills work and strategy work (ie throwing/catching and man defense)
- Be positive but discipline for things like drops and throwaways. Drops are mostly mental and happens when focus is lacking. Discipline/consequence helps gives the players focus
- End with a team cooldown (stretch, ab work, introduce the next event (practice or game so they have expectations))

Goal Setting

- Work off the S.M.A.R.T. principle (Specific Measurable Attainable Realistic Timely)
 - o Instead of “win league” make it “win the next game”
 - o Instead of “score 3 in a row” make it “score the next point”

Game Scenario Drills

- 5 offensive players vs 4 defensive players
- Endzone drills (learn patience)
- 10 pulls each (1 pt for score, 1 pt for a D – add them up)

For many more drills, visit: http://www.menalto.com/ultimate/play_list.php

For articles & videos on ultimate, visit: <http://www.ultimaterob.com>

If you have any questions, email me at rob@ultimaterob.com