



Youth Rec League Curriculum

Practice Session Structure

Use the outline below to plan out a schedule for each session. Don't be afraid to adjust section times depending on the drills or games being used, number of players in attendance, or anything else! If the kids hate it or something isn't working, try a new idea or way of explaining. If pairing a scrimmage with a drill, encourage the concept from the drill in the scrimmage as well. If pairing a fun game with a drill, try to pick a game that uses a concept or skill from the drill.

- Opening circle (5 minutes)
 - Names, ice breaker, and a short introduction to the day
- Warmup, throwing instruction, and throwing (10 minutes)
- Teaching concept and/or Drill 1 (15 minutes)
- Scrimmage or fun game (15 minutes)
- Teaching concept and/or Drill 2 (15 minutes)
- Scrimmage or fun game (15 minutes)
- Closing circle (10 minutes)
 - Summary of the day, shoutout circle, closing cheer

Total time: 120 minutes/2 hours

Game Day Structure

Use the outline below to plan out a schedule for each game day. Try to keep talking time to a minimum and playing time to a maximum! For advanced groups or later in the 8 week session, try introducing a specific theme or skill in the warmup drill and then ask the players to focus on replicating it in the game for that day.

- Opening circle (5 minutes)
 - Names, ice breaker, and a short introduction to the day
- Warmup, throwing instruction, and throwing (10 minutes)
- Warmup drill (15 minutes)
- Scrimmage (85 minutes)
- Closing circle (5 minutes)
 - Summary of the day, shoutout circle, closing cheer

Total time: 120 minutes/2 hours

How To Lead a Drill

Set up the activity or drill ahead of time if possible. You can also have an assistant lay out cones as you explain the drill to players.

- **Introduction:** Share the name and main focus of the drill.
- **Logistics:** Show the drill using cones, a whiteboard, people, or other objects. Make sure to explain the rotation. At minimum, demonstrate what a successful repetition looks like. More advanced groups can benefit from seeing an unsuccessful or incorrect repetition as well, just make sure to explain why it's incorrect.
 - When possible, participate in the demonstration yourself (or use assistant coaches) so players can see what a good, full-speed repetition looks like.
- **Explanation:** Briefly elaborate on how the drill incorporates the previously stated focus. Make sure to provide context for the drill; where would this fit in in a game?
- **Comprehension Check:** Ask for questions, ask players to summarize or explain parts of the drill where appropriate.
- **Get Started:** Arrange players into lines at the appropriate spots and have them start the drill. Correct players if they make a mistake, and don't be afraid to pause the whole drill to review a concept or instruction if many players are all making the same mistake.

Keep total time for drill explanations to 5 minutes or less!

Tips and Tricks

- Variable skill level: Most, but not all, participants in the Youth Rec League will have some prior experience. However, some may have very little experience or may not have played recently and will need refreshers on skills and rules. Keep the skill differential in mind as you teach and coach.

Week 1 - Spirit of the game; basic rules; throwing and catching

Teaching Points

- Spirit of the Game
 - Respect for the game, self, and others. Never cheat or ignore rules even if it is to your advantage.
- Basic rules
 - Non contact: No touching, pushing, hitting, or grabbing other players, even by accident.
 - No running with the disc.
 - Catch the disc in the end zone to score!
- Throwing and catching
 - Practice catching with two hands.
 - Practice throwing the disc directly to your teammate or partner. More spin and keeping the disc flatter will help the disc fly more accurately.

Drills + Games

- Suggested
 - [Focused throwing](#)

- [Go-to dishy](#)
- [Isolated cut with coach throw](#)
- [Pizza disc](#)
- Advanced
 - [“Water balloon” toss](#)
 - [Unders to unders](#)
 - [10 touch](#)
- Regressed
 - [Box cut](#)
 - [Disc freeze tag](#)

Week 2 - Throwing with a mark; marking/stalling; cutting intro

Teaching Concepts

- Throwing with a mark
 - Throw around or through the mark. Either pivot and step wide around them or find the gaps between the mark’s limbs.
 - Fakes: Use pretend throws to make the mark move. Use fakes to get them out of your way for a split second so you can throw the throw you want.
- Marking/stalling
 - Stand no less than an arm’s length away from the player with the disc. Count to 10. If the disc has not left the thrower’s hand by the time of the “t” in 10, this is a “stallout” and a turnover.
 - Move your arms, legs, and body to get in the way and to try and prevent the thrower from throwing the disc. Make sure to not touch the disc unless it is no longer in the hand of the thrower.
- Cutting intro
 - Cut while in front of the player with the disc, about 10 yards directly upfield of them. ○ Juke or make a move to get open, then run towards the disc. The goal is to be between your defender and the disc so that if thrown you can be the first player to catch the disc. ○ If you aren’t open, clear the space in front of the thrower and let someone else try a move of their own.

Drills + Games

- Suggested
 - [Cutting tree walkthrough](#)
 - [Isolated cut with coach throw](#)
- Advanced
 - [Unders to unders](#)
 - [Breakmark](#)
- Regressed
 - [3 person mark](#)

Week 3 - Stack intro; cutting timing

Teaching Concepts

- Stack intro
 - Vertical stack
 - One handler with the disc, one reset standing nearby, and all additional players downfield in a vertical line in the middle of the field.
 - Cuts should come one player at a time from the back of the stack, furthest away from the disc. Follow the cutting tree and watch for fakes from the handler.
 - Side stack
 - Same as vertical stack except the stack is pushed to one side of the field.
 - Allows more space for cutting, but makes clearing back to the stack more important.
- Cutting timing
 - The first cutter should start to make their cut as the disc is picked up and tapped in. ○ Each subsequent cutter should start their cut after the player in front of them changes direction 1-2 times.
 - If the disc is thrown, all cutters in the stack must immediately push downfield. This is especially important for the new back of the stack so they can set up their cut.

Drills + Games

- Suggested
 - [Vert stack flow](#)
 - [Unders to unders](#)
- Advanced
 - [Black mountain](#)
- Regressed
 - [Cutting tree walkthrough](#)

Week 4 - Forcing; downfield defense

Teaching Concepts

- Forcing
 - The goal of forcing is to take away part of the field and make it more difficult to throw there. The mark should stand in front of the player with the disc and angle themselves to take away the desired half of the field.
 - Force side/open side
 - The side of the field the mark is allowing the thrower to throw.
 - Break side/around
 - The side of the field the mark is attempting to block off and take away

from the thrower.

- Trap side
 - The sideline of the field that the mark is forcing towards. When the disc is on the trap side, the mark will often be between the thrower and the rest of the field, closer to parallel to the sideline.
- Flat side
 - The sideline of the field that the mark is not forcing towards. When the disc is on the flat side, the mark will often be more perpendicular to the sideline.
- Teams should choose one side of the field, usually referred to as the flick side or the backhand side, to force towards.
- Downfield defense
 - Downfield defense should work with the designated force. Whichever side is the open side is where the downfield defense should work hard to prevent their cutter from getting open in.

Drills + Games

- Suggested
 - [Breakmark](#)
 - [3x defense](#)
 - [1v1 cutting](#)
 - [Black mountain](#)
 - [Cutting tree walkthrough with defense](#)
- Advanced
 - [Breakmark](#) (add 7 cut)
 - [3 person mark](#)
 - [Hollywood squares](#)
- Regressed
 - [Isolated cut with coach throw](#)
 - [3 person mark](#)
 - [Cutting tree walkthrough](#)

Week 5 - Cutting with defense

Teaching Concepts

- Cutting with defense
 - Two main strategies may be used to get open: change of speed and change of direction.
 - Change of speed: Cutters change speed from slow to fast to catch their defender off guard and gain space.
 - Advanced move: A hesitation cut where the cutter briefly slows down and then rapidly accelerates.
 - Change of direction: Typically accompanied by a change or variation in speed. Sharp, angled changes of direction are most successful.

Drills + Games

- Suggested
 - [Breakmark](#)
 - [1v1 cutting](#)
 - [Black mountain](#)
 - [Cutting tree walkthrough with defense](#)
- Advanced
 - [Breakmark](#) (add 7 cut)
 - [3 person mark](#)
 - [Hollywood squares](#)
- Regressed
 - [Isolated cut with coach throw](#)
 - [3 person mark](#)
 - [Cutting tree walkthrough](#)

Week 6 - Resets; hucking and skying

Teaching Concepts

- Resets
 - In addition to the player holding the disc, at least one (but no more than two) additional offensive players should stay near the thrower in order to serve as a reset. This person should be available and able to get open when needed in order to reset the stall and prevent a high-stall turnover.
- Hucking
 - To throw the disc further, players should:
 - Grip the disc tighter
 - Put more spin on their throws
 - Throw harder, but not too hard
 - Experiment with different edge shapes
- Skying
 - The goal of skying is to jump as high as possible and catch the disc at its highest possible point in the air.
 - Make sure to reinforce the non-contact aspect of Ultimate, discouraging fouls in the air.

Drills + Games

- Suggested
 - [Reset walkthrough](#)
 - [Apples](#)
- Advanced
 - [Partner jump drill](#) (with defense)
 - [Bumper cars](#)
- Regressed
 - [Solo jump drill](#)

Week 7 - Reset defense

Teaching Concepts

- Reset defense
 - Playing defense on a reset handler is different than playing defense on a downfield cutter. Reset defenders must be prepared for quick, repeated lateral movement. Defenders should focus on keeping both the disc and their offensive player visible. Drills + Games

- Suggested
 - [Reset walkthrough with defense](#)
 - [Box cut](#)
- Advanced
 - [3v3](#)
- Regressed
 - [Reset walkthrough](#)

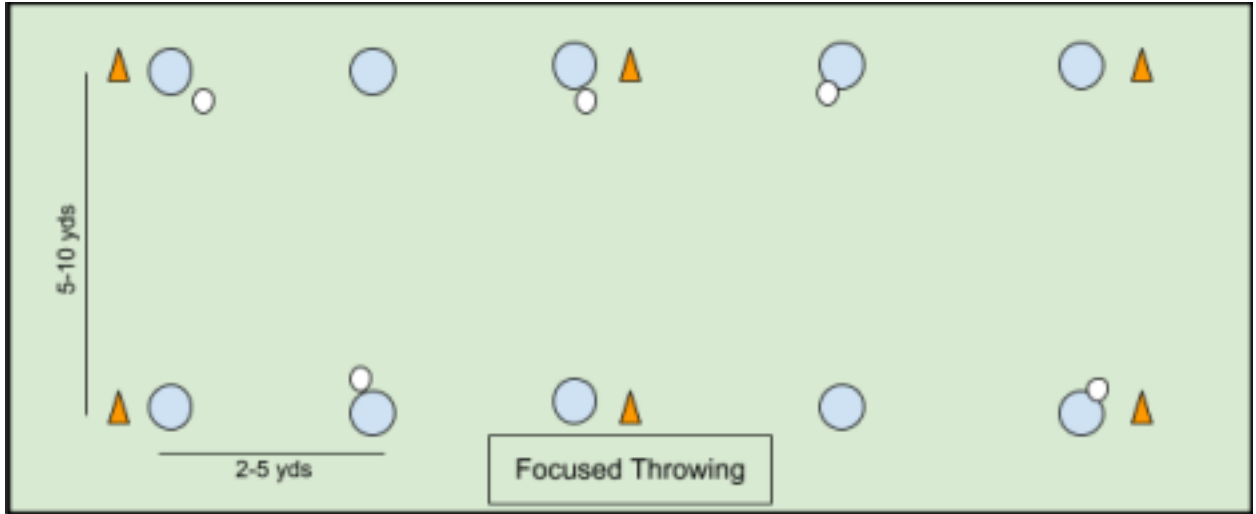
Week 8 - Review topic(s) as needed; crazy game week

Drills + Games

- Apples
- Galaxy wars
- Mac line
- 500/Jackpot
- Scrimmage with fun rules
 - Dinosaur 3v3
 - Pick 6
 - Walking Ultimate
- Check out the [Fun Games](#) section for more!

Drill Library

- **Focused throwing**
 - Setup: Two lines of cones 5-10 yards apart. Players find a partner and a disc and stand with one partner on each line of cones.
 - Have players throw the disc back and forth to their partner. Focus on accurate throws and good catches.
 - Advanced groups can spread out further to make throws more difficult.

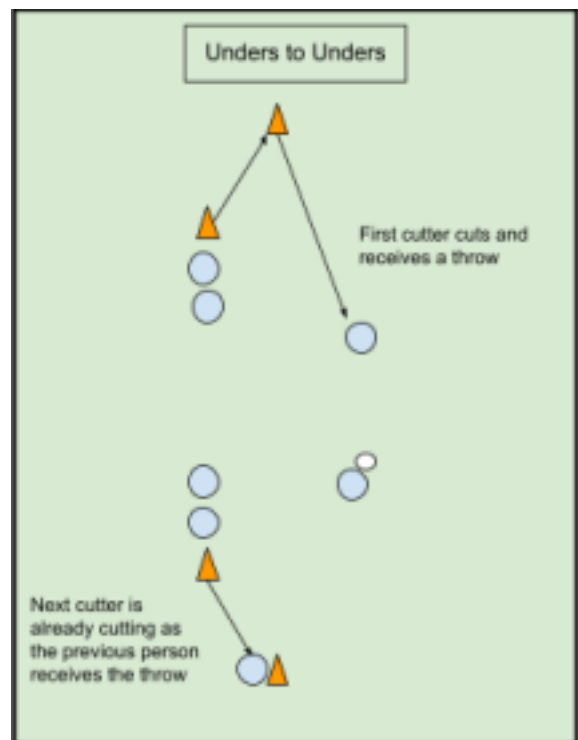


● **Water balloon toss**

- Setup: One line of cones. Players find a partner and a disc and stand with 1 partner on the line of cones and the other partner one yard away. Setup is similar to the focused throwing but starting off much closer.
- Have players throw two total passes to each other. Each person should throw once and catch once. Then have the partner who is not on the cone line take 1 big step backwards. Repeat the two passes at this new distance. If players cannot complete one or both passes, they are eliminated.
- For advanced groups, you can dictate the specific throw you'd like them to use (i.e. OI backhand, hammer, etc.).

● **Unders to unders**

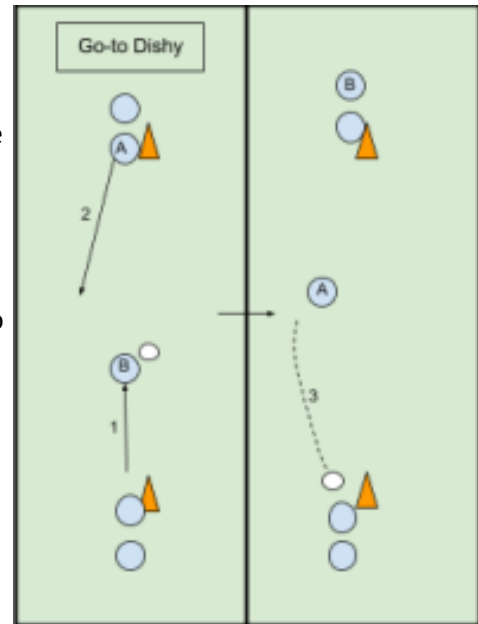
- Setup: two cones 10-15yds apart. Each cone has a line behind it, facing outwards with the tail of the lines pointing inward towards the other cone. This is meant to simulate two vert stacks that are pointing in opposite directions. One disc per drill.
- Optional, shown in diagram: Add in a guide cone to encourage the players to make an out and under cut instead of just running straight towards the disc.*
- Players make an out and under cut first away from the drill and then towards the player with the disc. The player with the disc throws to the cutter and hits them in stride. The receiver then stops, sets up a throw, and throws to another out and under cut that has come from the opposite



line. The lines alternate, with each under cut throwing to another under cut, over and over. ○ The goal should be for each cutter to be able to catch the disc, set a pivot, and immediately have the next cut already cutting towards them and ready to receive.

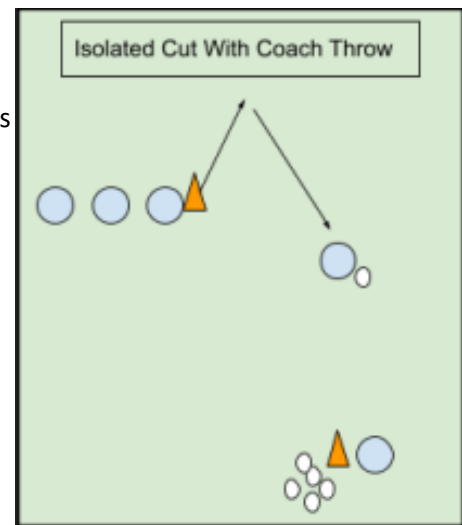
- **Go-to dishy**

- Setup: Two cones 5-10yds apart. Each cone has a line behind it, facing the other line. 1 disc per drill.
- Player A starts with the disc. Player B from the opposite line runs towards the disc and receives a backhand pass. Player A follows their throw, receives a small dishy pass, and again throws the disc, this time to the new player at the front of the opposite line. This player becomes the original thrower for the next repetition and the pattern resets and repeats, alternating which side of the drill it starts on.
- Advanced groups can try throwing off-hand backhand passes.



- **Isolated cut with coach throw**

- Setup: Coach or player with a stack of discs. One cone with a line behind it.
- Players take turns cutting into the open space to receive a throw from the thrower. Different types of cuts can be used or encouraged depending on the focus for the day or week.
- Advanced groups can make it a 1v1 cutting drill, with one player designated as offense, trying to catch the disc, and one player designated as defense, trying to prevent the offense from catching a completion.



- **Not-break breakmark**

- Setup: Two cones, each with a line behind it. A thrower and a mark on one cone. A cutter starting at the opposite cone. *Optional: cutting guide cones to encourage the correct shape of cuts.* Several discs at each cone in the hands of the players waiting in line.
- Each cutter cuts out and under on the open side. The mark holds the force and the thrower throws an under to the cutter in motion.
- After throwing, the thrower cuts for the new thrower (at the cone where the original cutter started), the mark gets ready to become the next thrower, and the cutter takes the disc to the back of the opposite line from where they started.

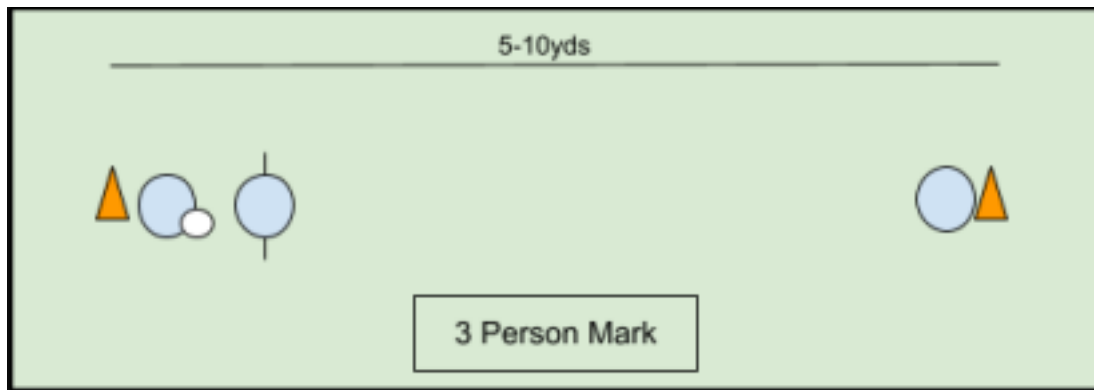
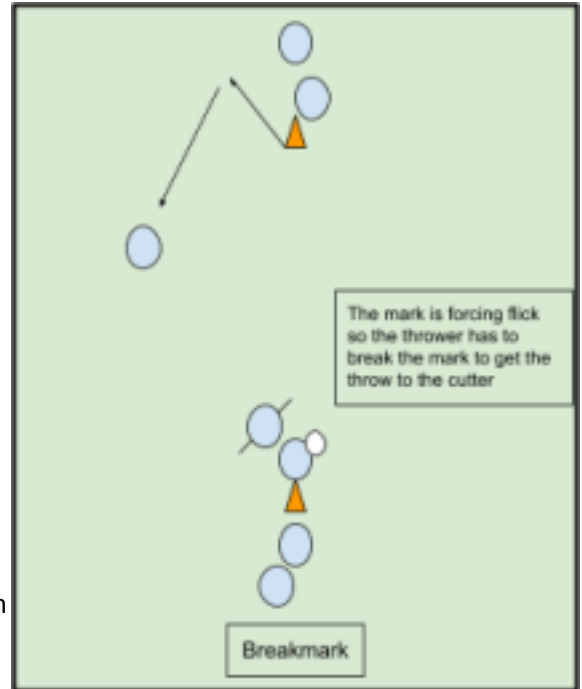
- **Breakmark**

- Setup: Two cones, each with a line behind it. A thrower and a mark on one cone. A cutter starting at the opposite cone. *Optional: cutting guide cones to encourage the correct shape of cuts.* Several discs at each cone in the hands of the players waiting in line.
- Identical to not-break breakmark except the cutter should cut out and under on the break side.
- Rotation is still throw > mark > cut.

- For advanced groups, add in a 7 cut after the under cut. Have the throwers use their fakes to practice communicating to cutters when to change direction. Encourage players to try a different throw each time.

● 3 person mark

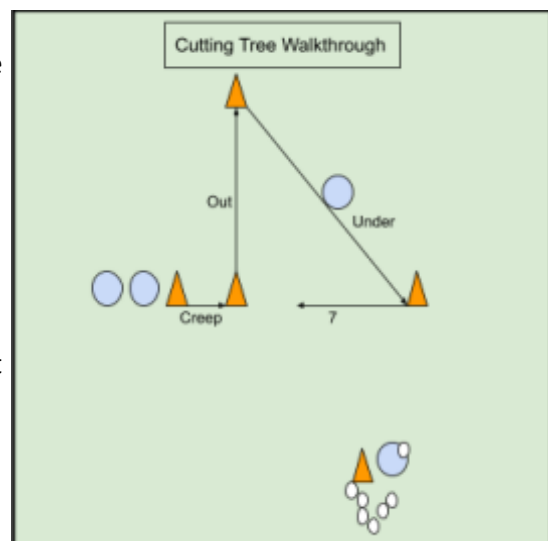
- Setup: Two cones 5-10yds apart. Three people and one disc. Two people, a thrower and a mark, on one cone and the third person on the second cone ready to catch the disc.
- The mark starts stalling as the thrower fakes and pivots around the mark. The mark should do whatever they can, within the rules, to prevent the thrower from throwing a completion.
- After throwing, the thrower should follow their throw, cross to the other side, and put a mark on the player who has just received the disc. The rotation should continue as throw > mark > receive.



- Alternate rotation: One person marks 5-10 times in a row, simply switching back and forth after the disc is thrown across. This version is best used when the focus is on marking.

● Cutting tree walkthrough

- Setup: Coach with a stack of discs. One cone with a line of cutters behind it. Three additional cones in approximately a right triangle, each about 10 yards apart.
- Begin by having one player creep out to the first cutting cone and then immediately cut deep to the deepest cone. Once they reach the cone, throw a fake and have the player cut under towards the under cone. Once they reach the under cone, throw another fake and have them 7 across back to the start of the



pattern. The same player should again follow the same pattern all the way through until the coach decides to throw a pass. The pass can come during any part of the cut; deep, under, or 7.

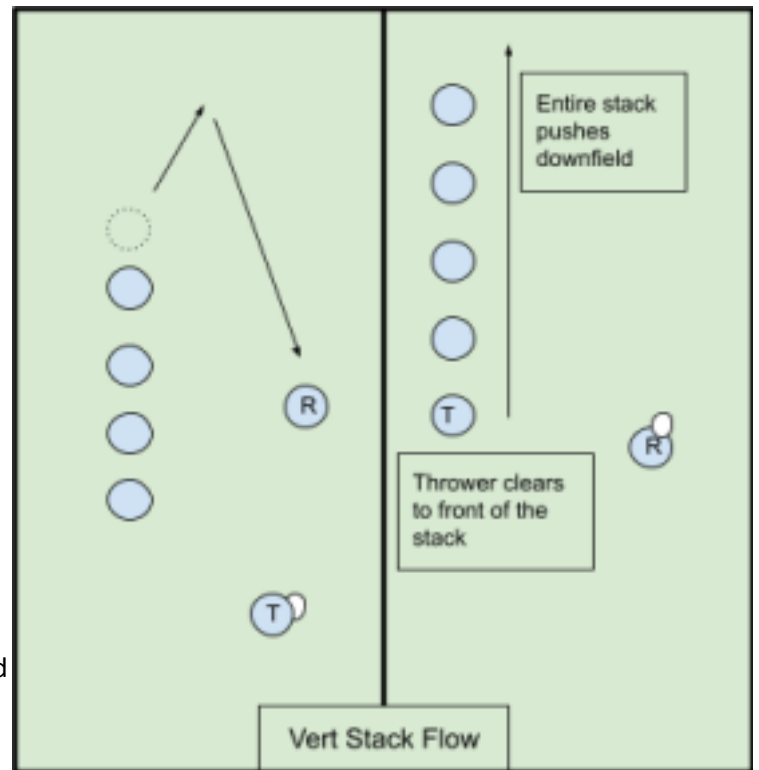
- Advanced groups can remove or ignore the cones and practice changing direction entirely on the coaches' fakes.

● Cutting tree walkthrough with defense

- Setup: Identical to the above cutting tree walkthrough, except with an additional player who plays defense on the cutter.
 - The defense should practice staying on the open side of the offense throughout the whole pattern. Each pair of players should go through two revolutions of the pattern; one "ghost" rep where only fakes are thrown, and one "live" rep where any cut and any throw are viable.

● Vert stack flow

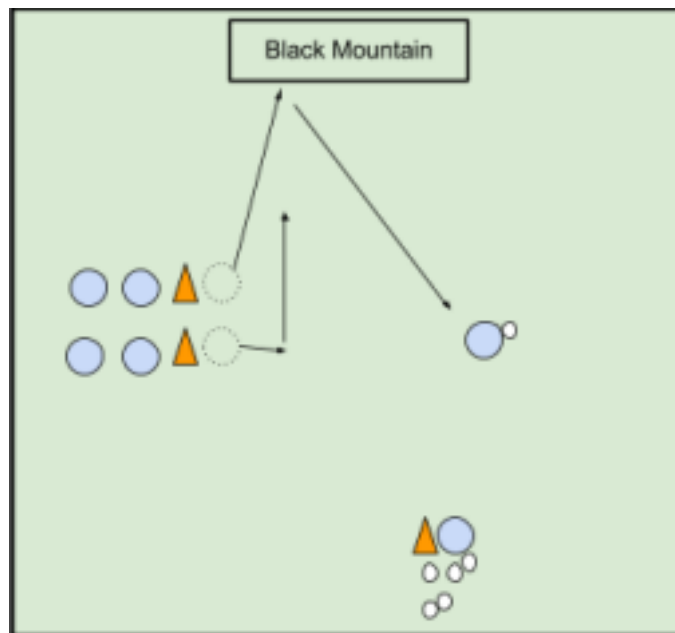
- Setup: Three to six players in a vertical stack. One player with a disc behind the stack and out in space.
- Players take turns cutting out and under from the back of the stack. The player with the disc can choose to either fake a cutter off or throw an under.
 - If the thrower chooses to throw a fake, the cutter should clear to the front of the stack.
 - If the thrower chooses to throw an under, they should then immediately clear to the front of the stack as the entire stack pushes downfield to stay in front of the disc. The cutter receives the disc and becomes the next thrower. Repeat the pattern until a desired distance has been traveled by the entire group.



● Black mountain

- Setup: Two cones in space, one over top of the other to simulate the last two cutters in a vert stack. Even lines behind each cone. Coach with a stack of discs.
- The further away cutter makes an out and under cut to receive an under from the coach. As this cut is happening, the second cutter should be creeping downfield and preparing to make an out and under cut of their own. The goal is to be cutting under and ready to receive the disc as the first cutter turns around and is ready to throw.
- Advanced groups can add defense to the second or both cuts. The first cut should only have "ghost" defense where the defender practices positioning but doesn't actually

prevent the completion. This is so the second half of the drill is still able to be completed.



- If defenders start cheating the drill and overcommitting to stopping the under, the deep cut or 7 cut can be opened up as viable options.

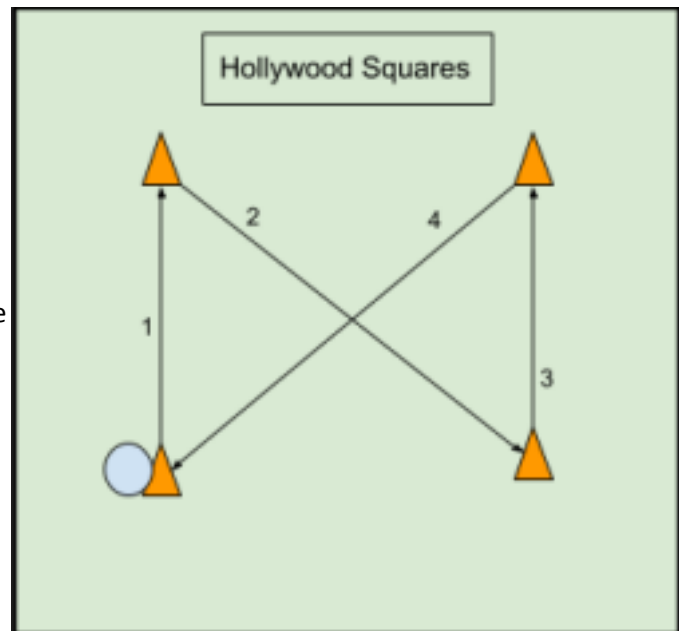
● Hollywood squares

- Setup: Four cones in a 10ydx10yd square.

Optional: Thrower in space with a disc to help players visualize the field and/or force.

- Players run through the square in an X pattern. Practice triangulating; staying on the open side, keeping eyes/hips towards the imaginary cutter, and keeping eyes/hips towards the disc as much as possible. When the player gets back to the starting cone the rep is over.

Optional: Have 2 players run through the drill together, one designated as offense and one as defense. This along with having a thrower standing out in space can help the defense visualize where they are meant to be positioned and where the open side is.



● Zig zag tunnel

- Setup: Approximately 5 cones set in a zig zag pattern 3-5 yards wide and 5-10 yards long. The last cone should be on the side of the tunnel that is further away from the thrower.

Coach out in space with a stack of discs. *Dimensions and number of cones can be manipulated to make the drill more or less challenging.*

- Two players run through the zig zag. One player is offense and the other is defense. Defense should practice staying on the open side and triangulating the offense and disc.

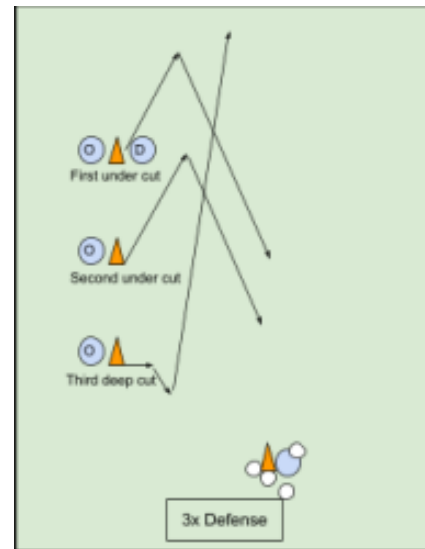
When the offense gets to the final cone, they make an under cut and get thrown to. Before the last cone, defense is working on positioning only. After the last cone, defense is “live” and can attempt to get a block on the throw.



- For advanced groups or if defenders start cheating the drill, encourage the offense to juke or make a move to throw off the defense. Deep cuts can also be introduced as an option for the offense.

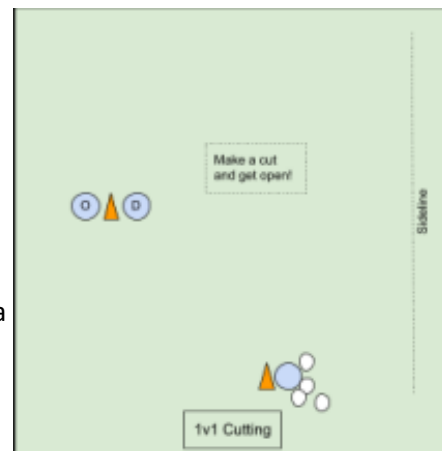
● 3x defense

- Setup: Three cones each with a cutter lined up and ready to go. One defender who starts matched up on the deepest cutter. Coach with a stack of discs.
- In order from deepest to shallowest, each cutter makes a cut and tries to get open. The same defender defends all three cuts in order. The first two cuts must be under cuts and the third cut must be a deep cut. Make sure to allow the defender to return to the next cutter and get set up before the cut starts.



● 1v1 cutting

- Setup: Two players starting in space on one cone. One player designated as offense and the other designated as defense. Coach with a stack of discs.
- The offense makes a cut and attempts to get open. Cutters should use basic cutting principles and the cutting tree in order to get open and get a throw.



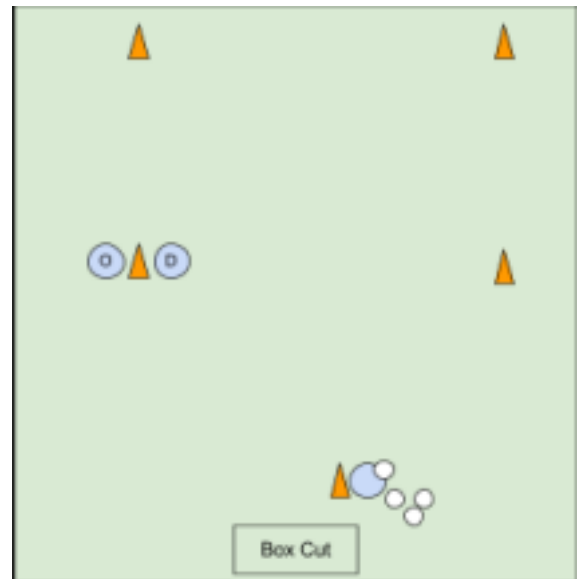
- Consider starting with just under cuts or just deep cuts depending on what your focus is. If defenders start cheating the drill, allow for any cut and any throw to happen. This can include the 7 cut!
- Emphasize to players that they should use vertical cutting principles and should not simply run straight sideways. You may need to mark out a sideline to help them visualize this concept.

● Box cut

- Setup: Identical to the 1v1 cutting drill but with an additional three cones to make a box. Players should start on one designated corner of the box.
- Players make a cut and try to get open but they must remain inside the box at all times.

This drill is meant to help players work on jukes, moves, and reactive defense rather than reinforcing cutting patterns.

- Try varying the size, shape, and starting cone of the box to challenge players to try new things.

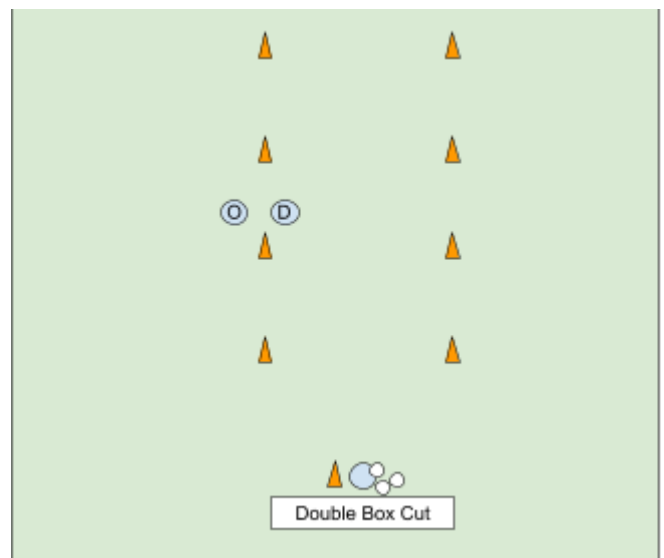


● Double box cut

- Setup: Identical to the 1v1 cutting drill but with two boxes out in the cutting space. One box should be set up in the under space and one box in the deep space.
- Players make a cut and try to get open but they can only receive a throw if they are inside one of the boxes. Receiving a throw outside of the boxes is equivalent to a turnover or block by the defense.

● Reset walkthrough

- Setup: Cones set up in the initial positions for the reset being practiced. One player on each cone. *Optional: Adding a mark on the thrower can help players visualize the field. Advanced groups can also add a third player to simulate someone cutting from the stack downfield for a continue.*

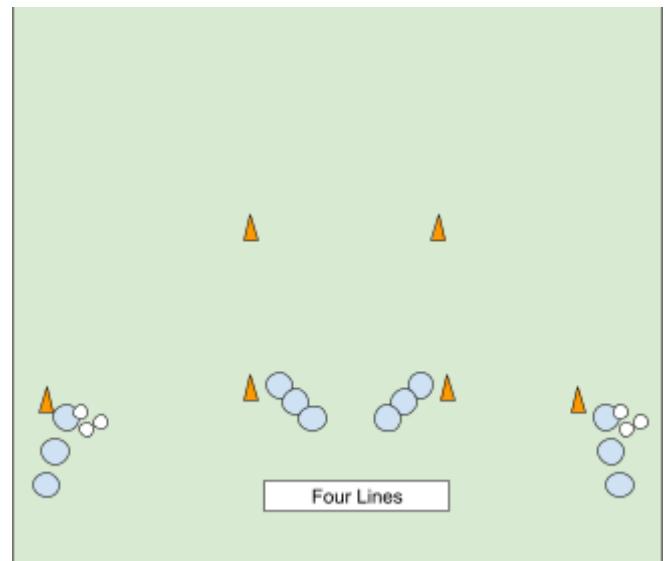


- Reset walkthrough with defense

- Setup: Identical to reset walkthroughs but adding a defender. When playing defense, players should keep in mind the direction of the force and the field.
- Trap side “Railroad”
 - Defenders should try to prevent upfield and upline passes as these are the most offensively threatening.
 - Small lateral passes or negative passes are ok.
- Middle of the field “Hurricane”
 - Defenders should try to prevent upfield passes or large horizontal completions.
 - Small lateral passes or negative passes are ok.
- Flat side “Bounce”
 - Defenders should try to prevent the bounce throw and the disc getting off the sideline.
 - Negative passes are ok.

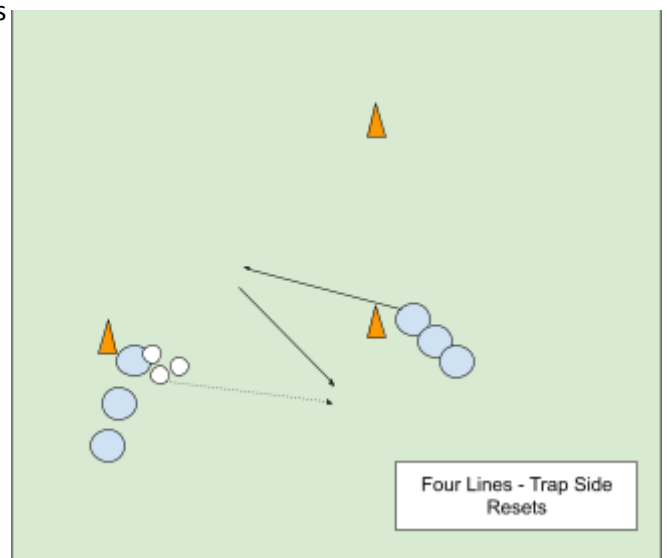
● Four lines

- Setup: Four cones, each with an even line of players behind it. The two cones on the outside should have a stack of discs. *Optional: Cutting cones to remind and encourage players to make sharp, quality cuts. Also try adding a mark in the throwing lines for advanced groups.*
- Both sides of the drill can happen simultaneously. Players make the designated cut and receive a throw. A variety of cuts can be run. The four most standard or basic cuts are outlined below.



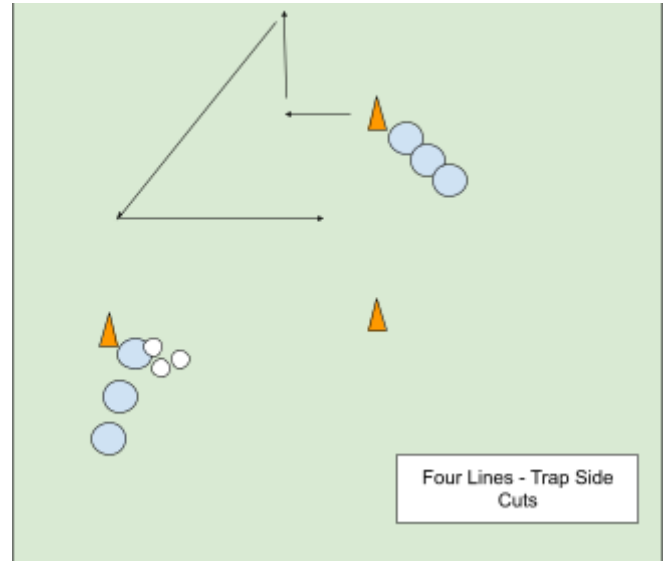
- Trap side reset: The mark forces towards the sideline. Cutters should start even or slightly positive of the thrower, towards the middle of the field. When the thrower turns to look and engage the cutter, they perform the trap side railroad pattern and receive an around or inside throw towards the middle of the field.

- Trap side upline: The mark forces towards the sideline. Cutters should start even or slightly positive of the thrower, towards the middle of the field. When the thrower turns to look and engage the cutter, they perform the trap side dump set and receive an upfield or



upline throw.

- **Trap side under:** The mark forces towards the sideline. Cutters should start out in space positive of the thrower and towards the middle of the field. This is meant to simulate cutting from a downfield stack. When the disc is tapped in by the thrower, the cutter should make an out and under cut and receive the throw.
- **Trap side away:** The mark forces towards the sideline. Cutters should start out in space positive of the thrower and towards the middle of the field. This is meant to simulate cutting from a downfield stack. When the disc is tapped in by the thrower, the cutter should cut vertically straight out and receive a deep pass.



● 3v3

- Setup: A miniature field with end zones and sidelines. The size of the field can vary depending on the age and experience of players. Larger fields tend to be more tiring and more difficult.
- All the normal rules of Ultimate apply. Due to the more tiring nature of having a smaller field and fewer players, games are typically played to only 3 points. Some scoring and possession variations can be used.
 - **Make it pull it:** Normal Ultimate scoring rules. After a team scores, play stops, teams line up on the end zone lines, and the scoring team pulls the disc to the other team to give them possession.
 - **Make it drop it:** After scoring, the scoring team drops the disc in the end zone and the other team picks it up and attempts to score in the opposite end zone. In this version, the same team is trying to score on the same end zone for the entire game.
 - **Make it take it:** After scoring, the scoring team checks the disc back in and attempts to score in the opposite end zone. In this version, the scoring end zone of each team switches with every goal.

● Solo jump drill

- Setup: One disc per player. Each player needs a decent amount of space.

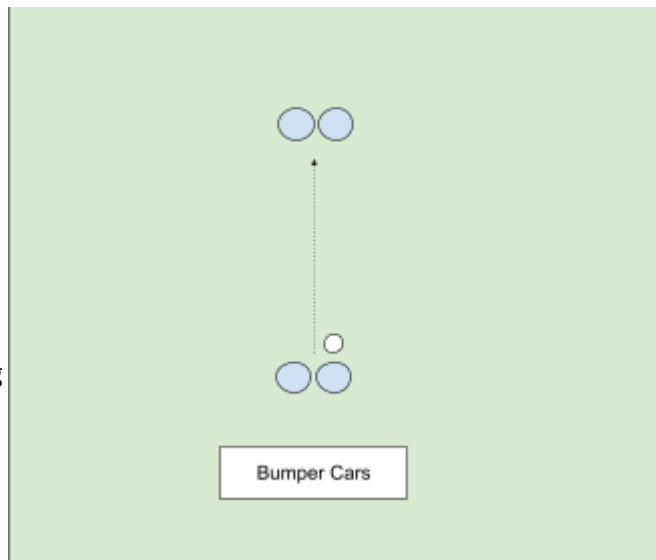
- Each player tosses the disc up in the air in front of them and practices jumping to catch it. Encourage players to catch the disc as high off the ground as possible.
- Advanced groups can pair players and have them jump at the same time for one disc to create a more game-like situation.

● Apples

- Setup: One cone with all players behind it.
Players should try to pair up with teammates who are similar in height and speed. Coach with a big stack of discs.
- On the coach's go, both players sprint deep from the starting cone and attempt to catch a huck. Both players can be designated as offense, where both are trying to catch the disc; or one can be offense and the other defense, where offense is trying to catch the disc and defense is trying to get a block and force an incompletion.

● Bumper cars

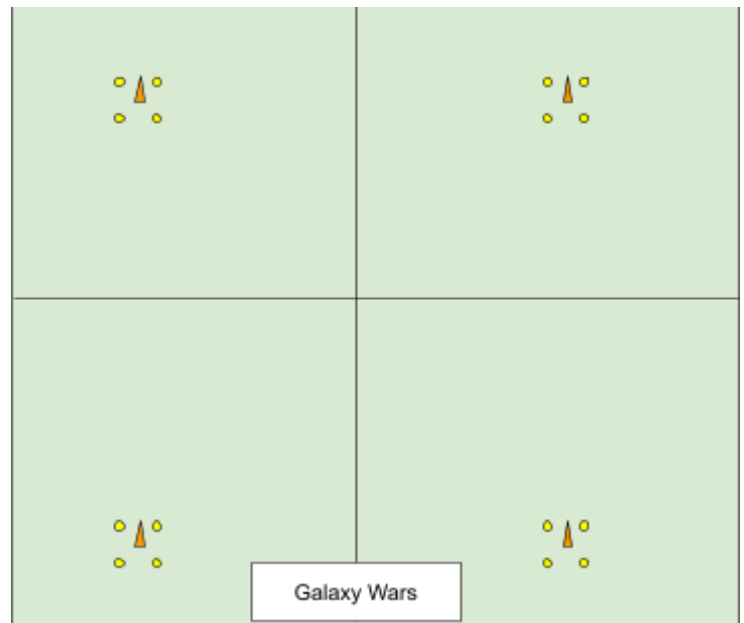
- Setup: Players partnered off with teammates of similar height.
Each group needs two partner pairs (four total players) and one disc. Partner pairs stand 10-20 yards apart.
- Each partner pair takes turns lofting the disc to the other pair.
The receiving players are both trying to catch the disc, but they **cannot jump**. Running and walking around is ok, but both feet must remain on the ground.



Fun Games

● Galaxy wars

- Setup: Players divided into two or more teams. Each team should have at least 4-5 players. Each team gets one disc for every ~3 players. The field is split into equally sized zones, one for each team. Inside each zone is a smaller box of flat cones with 3 tall cones in the middle in a triangle shape. No players from any team can go inside the small boxes of flat cones



- To play the game, players from each team work together to throw and catch the disc according to the rules of Ultimate. The goal is to use the disc to knock down the other team's tall cones. If the disc is dropped at any point, that team must pick it up and run it all the way back to the cones that they are defending before that disc can be used for offense again. Players may play defense, including stalling, only in their own defending portion of the field. Once a team's cones are all knocked down, that team is "out" but can still play offense. Last team with any cones standing wins!
- For advanced groups, allow each team to have 2-3 players who can puppy guard the tall cones. Another option is to simply have a box and in order to score the attacking team must have the disc stop moving inside the box (this version is also known as Schtick).

● Flutterguts

- Setup: Two players standing 3-5 yards apart. One disc per group.
- Players take turns flipping the disc end over end to each other and attempting to catch the disc with only one hand.

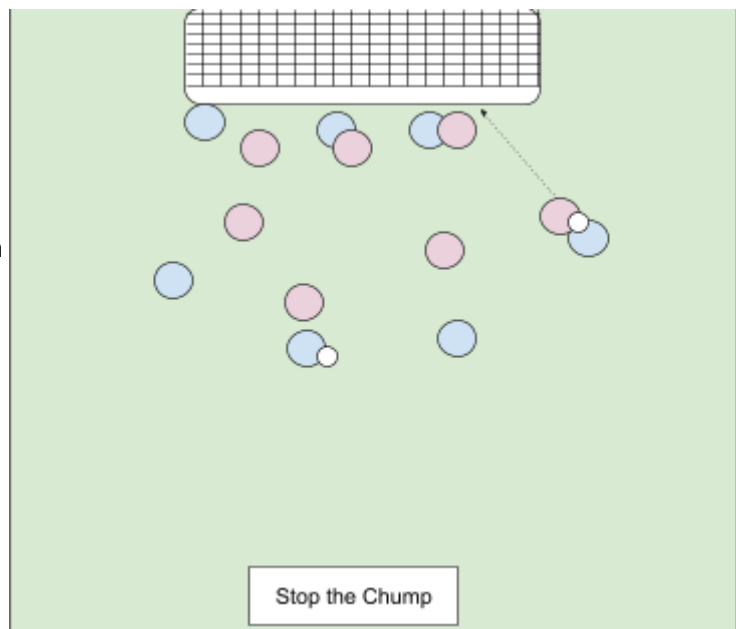
● Stop the chump

- Setup: Players divided into two even teams. One soccer goal. *The smaller the goal the more difficult it will be.*
- Teams pass the disc to each other according to the rules of Ultimate. The goal is to throw the disc towards the goal and then have a teammate bat or "mac" the disc so that it hits the inside of the net of the goal before touching the ground. If the disc bounces and then hits the net it doesn't count. After any turnover, similar to half court basketball, the other team gains possession but must take

the disc back outside of the 18 yard box (or any designated line) before attempting to score. The opposing team can play defense, including stalling. Anyone may stall from anywhere on the field.

- For large or advanced groups, have each team line up their substitutes on either side of the soccer goal. If a player causes a

turnover (drop, bad pass, etc.) then that player must immediately sub off and another member of their team replaces them.



● Mac line

- Setup: Two designated throwers approximately 20-25 yards apart. All remaining players lined up 1-2 yards apart in a line between the throwers.
- Throwers take turns throwing the disc with a soft and relatively slow flight path to each other.

Players

attempt to mac the disc so that it continues roughly along the same flight path. In order to get “out” and qualify for the next round, a player must touch the

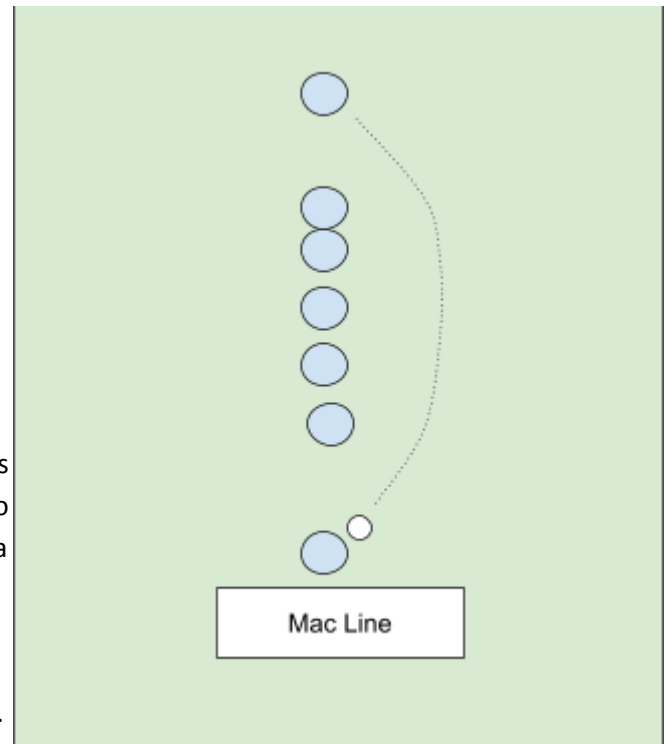
disc as it flies and the second thrower must still be

able to catch the disc before it hits the ground.

Multiple players can get out each round. If players

mac the disc but the second thrower is unable to catch it, all players remain in. The last player(s) standing each round is eliminated from the game until there is one winner!

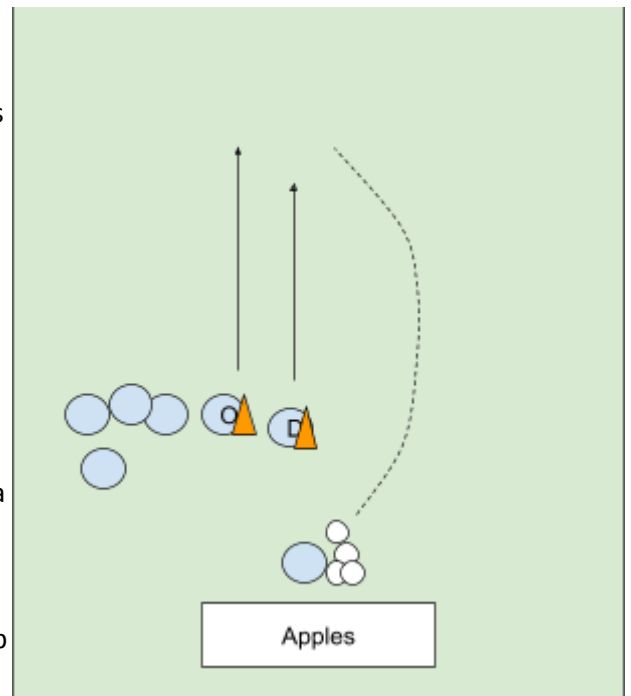
- For advanced groups, the throwers must catch the disc with only one hand for it to count.



● Apples

- Setup: One cone with all players behind it. Players should try to pair up with teammates who are similar in height and speed. Coach with a big stack of discs.

- On the coach's signal, both players sprint deep from the starting cone and attempt to catch a huck. Both players can be designated as offense, where both are trying to catch the disc; or one can be offense and the other defense, where offense is trying to catch the disc and defense is trying to get a block and force an incomplection.

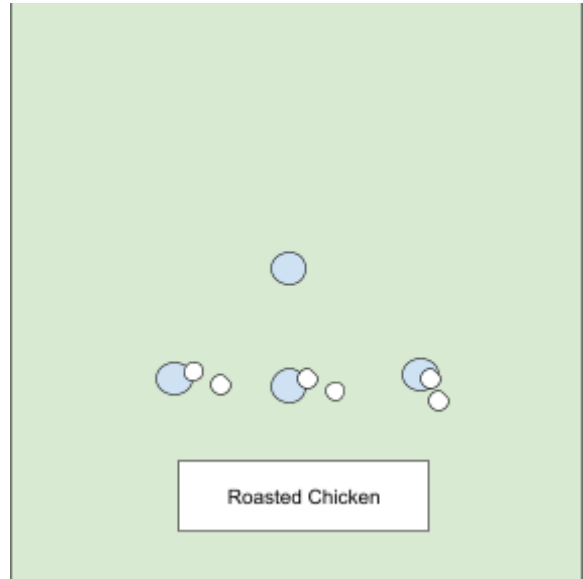


● Roasted chicken

- Setup: Players split into groups of four. Each group needs two discs. One player is designated as the chicken and stands facing the other three players who are 2-3 yards away.
- One at a time, the non-chicken players take turns

throwing small dishies to the chicken. The chicken should catch and throw each pass as fast as possible. Try to avoid throwing the disc back to the same player it came from.

- For advanced groups or for more fun, have non chicken players ask the chicken questions that they must answer truthfully or to the best of their ability while still catching and throwing as fast as possible. Try simple math questions, getting to know you questions, etc.



● Disc tag

- Setup: One disc and 2+ designated taggers wearing pinnies or a different color. Taggers and the remaining players are inside a large 10-15 yard box. Box dimensions and number of taggers/discs can be increased for large groups.
- Taggers work together to tag the other players. While holding the disc the taggers can only pivot or throw, just like in Ultimate. Taggers can only tag players with the disc **while it is in their hand**. Do NOT throw the disc at players to tag them. Play for time or play until everyone is out.

● Disc freeze tag

- Setup: Regular freeze tag except “it” players hold a disc and must touch the disc to people in order to freeze them.

● Pizza box

- Setup: All players in a large box of cones. Each player has their own disc and are balancing it upside down (picture side down) on one hand.
- Players attempt to knock other player’s discs off their hands or otherwise cause them to drop the disc. Any player who drops their disc **OR** uses another part of their body to avoid dropping their disc is out.
- For large groups or to keep participation high, allow players who are out to still attempt to knock discs down. To increase the challenge try restricting them using any of the following rules or more!
 - From outside the box only. Feet must stay outside but the rest of their body can be inside the boundary.
 - One foot outside the box, one foot can be inside the box.
 - Players can form a chain by holding hands. One player must stay outside of the box.
 - Players must keep one hand on the ground when inside the box.
 - Players must hop on one foot when inside the box.

● 500/Jackpot

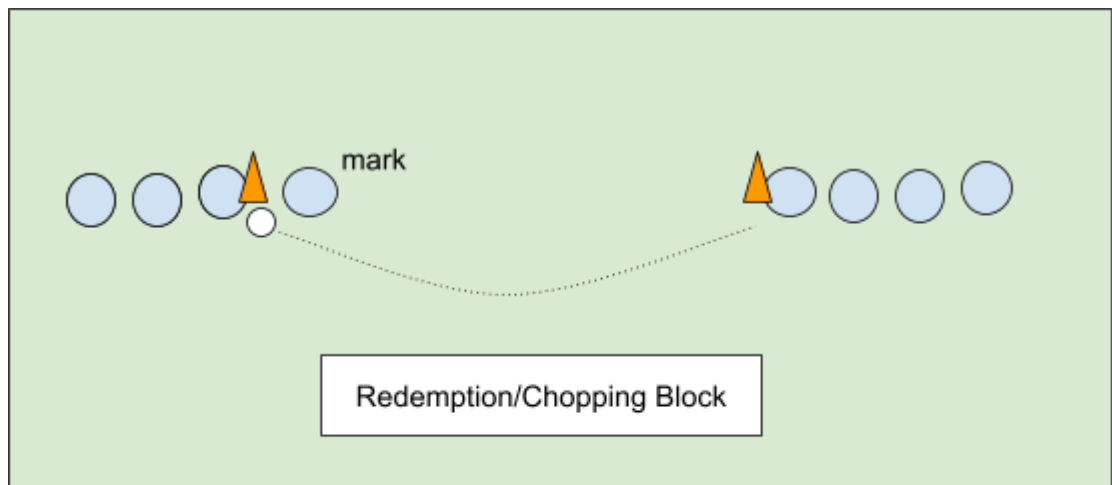
- Setup: One designated thrower. All other players standing in a clump 10-20 yards away. ○ The thrower calls the status and points of the disc for that throw and then tosses the disc

towards the clump of players. Whichever player correctly ends up with the disc gets the points. The first player to accumulate 500 points wins and gets to be the next thrower.

- "Dead:" The disc must touch the ground before anyone touches it in order for the points to count.
- "Alive:" The disc must be caught without touching the ground for the points to count.
- "Dead or alive:" The disc can be caught or picked up from the ground. Points apply no matter how possession is gained.

● Redemption

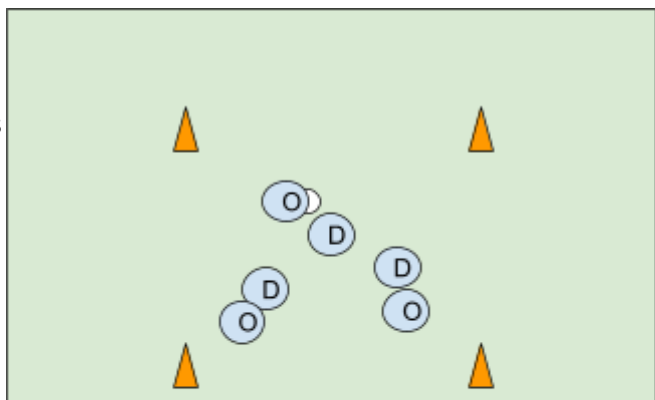
- Setup: Identical to 3 person mark but with more players in line behind the cones.
- Players take turns attempting to throw around the mark. The receiver must keep at least one foot on the cone and cannot move to catch. If a throw is incomplete due to a throwing error, a stall-out, or a block by the mark, the thrower enters "redemption." In order to stay in the game they must now force an incompleteness from the next thrower. The last 1-2 players standing win.
 - If the next throw is completed, the player who was in redemption is eliminated.
 - If the next throw is incomplete, the player who was in redemption gets to stay in the game and the thrower of the incomplete throw enters redemption instead.
- For beginner groups, allow a coach overrule for incompleteness due to receiver error or inability to catch.
- For advanced groups, modify or shorten the stall count, spread the throwing cones



apart, or require receivers to keep both feet in the same spot (no pivots).

● 10 touch

- Setup: A small to medium sized box of cones. Players split into even teams of 3-5 players. Each box needs one disc.
- Staying inside the box the entire time, each team's goal is to connect 10 passes in a row without dropping



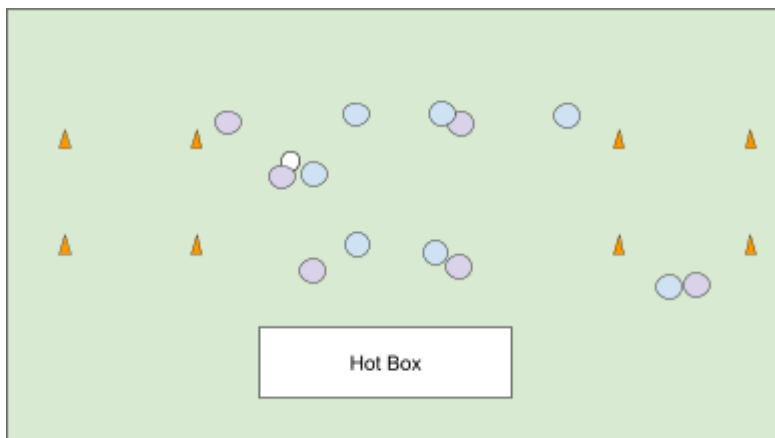
or otherwise turning over the disc. The other team should play defense and try to prevent 10 passes from happening. If there is a turnover, the opposite team picks up the disc and puts it in play. Each time a team makes it to 10 passes they earn one point.

- For advanced groups, increase the number of passes or restrict the kinds of throws that are allowed.
- For beginner groups, reduce the number of passes or allow one “free” turnover that doesn’t restart the count or change possession.

● Hot box

○ Setup: A large space with a 1-3 yard box of cones marked out on either end. Players should be divided into two even teams.

○ Teams work together to score a goal by catching the disc inside their attacking box. All regular rules of Ultimate apply except there is no out of bounds and the disc and players can go past and around the hot box. Players’ first point of contact must be on the ground inside the box for the goal to count.



- For advanced groups, reduce the stall count to encourage faster disc movement.
- For smaller spaces or smaller groups, set up only one box and a line. On a turnover, similar to half court basketball, the team that is picking up the disc must first pass it beyond the line before they can score.

● Throwing race

- Setup: A start line and a finish line. A one-direction race or an out-and-back setup can be used. Players partner up, one disc per pair.
- On the coach’s go, each pair throws and catches the disc as fast as possible until they and their disc are past the finish line. The first pair across wins. When holding the disc they cannot run, walk, or jump. If the disc is dropped, both partners and the disc must return all the way back to the starting line before retrying the race.
- For advanced groups, restrict the types of throws the players can use.
- For beginner groups, add in a checkpoint so that pairs don’t have to go all the way back in the case of a dropped disc.

● Disc golf

- Setup: A designated landmark to serve as the golf hole (cone, goalpost, tree branch, gate, etc.) and every player with their own disc.
- Players take turns throwing their disc to try to get as close to the hole as possible. Once all players have thrown once, the closest disc to the hole goes first for the second throw. Repeat this process until all players have struck the landmark with their disc. Optionally, keep score and repeat for multiple holes to see who can get to each hole in the least number of throws!
- For advanced groups, restrict the types of throws the players can use or add in obstacles

such as going around a cone or fence or over a specific tree branch.

- **Ultimate bocce**

- Setup: Every player with their own disc. One extra disc to serve as the Jack.
- Begin by having one player, using an upside down or special throw (not a flick or a backhand), throw the jack. The same player will then start play by throwing their own disc however they want to try and get it to land as close to the jack as possible. Once all players have thrown, the disc that remains closest to the jack wins.
- Optionally, divide players into teams and/or keep score according to regular Bocce rules.