



## INTRODUCTORY NOTES

This is the first of a series of workshops/practices, promoted by the Portuguese Flying Disc Federation, which aims to create increased knowledge and skill in the Portuguese Ultimate community. These workshops are integrated in the National team's project proposed by FPUDD's VP, Pedro Vargas.

In agreement with the above-mentioned project, it is highly desirable that the Portuguese club teams and players in general, use this document and the drills herein, as a practice guide for the next 3-4 weeks.

Without wanting to impose these contents, we at FPUDD believe that the repetition of these drills will be fundamental for a full comprehension and assimilation of the proposed concepts, deeply contributing for the general development of the average level of the Portuguese Ultimate player.

## PART 1 - FOCUSED THROWING + SPEED THROWING (7 REPS EACH THROW AND THEN REPEAT IT AT MAX SPEED)

- 1 – Flat forehand
- 2- Flat forehand + deep pivot + farther release point
- 3 – Outside-in forehand
- 4 – IO forehand (it can be flat but focus on deep pivoting and throwing to the partner's right hand)
- 5 – Flat backhand
- 6- Flat backhand + deep pivot + farther release point
- 7 – Outside-in backhand
- 8 – IO backhand (it can be flat but focus on deep pivoting and throwing to the partner's right hand)
- 9 – Hammer from a forehand fake
- 10 – Scoober from a backhand fake (you need to half pivot for this – only pivot foot in contact with the ground when throwing);

## PART 2 - CUTTING MECHANICS

### TAKEAWAYS POINTS (FAKING AND CUTTING)

- On sand if your defender gives you more than 3 meters distance you don't need to fake – Just take what the defender gives you and cut at 100%;
- Do only 1 or 2 fakes before deciding where to go (again take what the defender gives you);
- If you still don't know how to read the defender decide where to go before initiating the cut and stick to the plan;
- Either way, after faking, explode at 100%;
- After faking always explode from the outside leg;
- Finish your cut... If you cut deep, then you need maintain your speed until you reach the endzone;
- Clear out if you cut under and you don't get the disc - **ALWAYS!!!!**



## TAKEAWAY POINTS (SPRINTING TECHNIQUE)

- Start low;
- Swing your arms forcefully;
- Keep your head down during the first 5-8 steps (especially when you cut deep)
- High knees;
- Triple extension (Hip/Knee/Foot);
- Push back, not down;

<http://www.youtube.com/watch?v=4Wq5DwcT7B4>

<http://www.youtube.com/watch?v=l9ZaPQV3RTI>

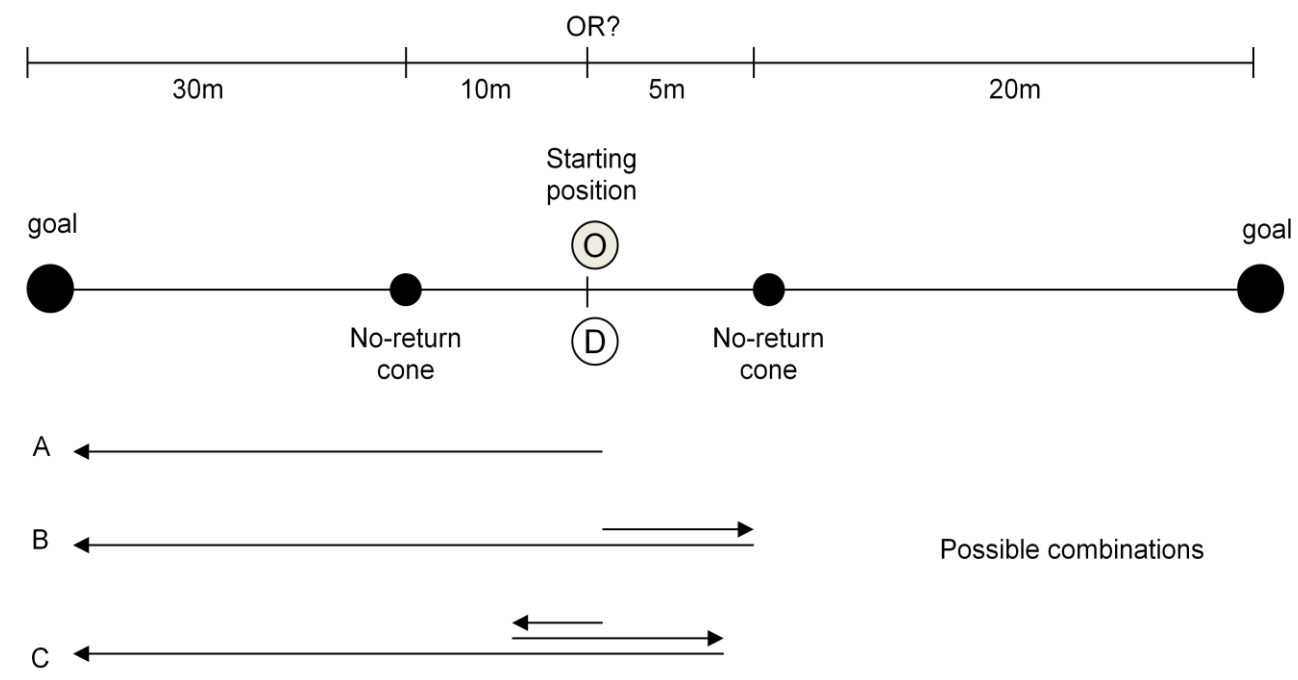
Since one of the big problems of Portuguese Ultimate players is their ability to cut at 110%, especially after faking (after decision-making), we propose 2 drills to overcome that:

### DRILL 1 – ONE- ON-ONE TAG DRILL

# Players (O + D): 1+1

**Goal:** O player tries to reach the goal point before being tagged by the D player;

**Description:** An O player tries to touch one of the cones located on both ends of a straight line before being touched by the D player. Both players start in the middle position. The O player is allowed to change direction a maximum of two times, in that straight line, and only between the two middle range cones (No-return). After s/he passes either of these middle cones, the D player is allowed to tag (touch) the O player.



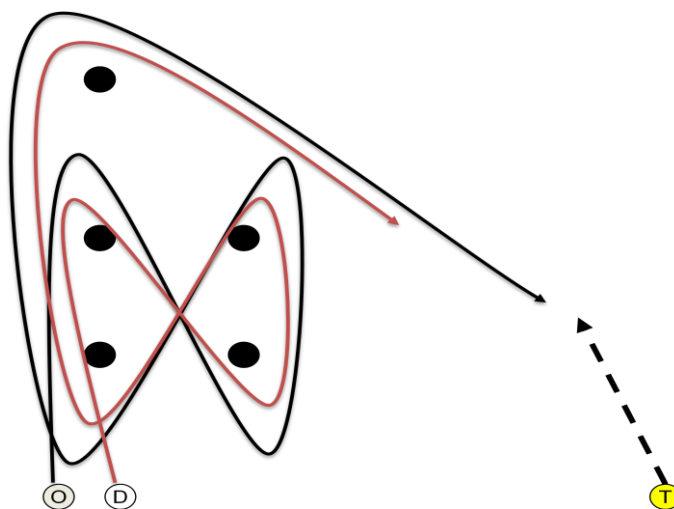


## DRILL 2 – STAR CUTTING DRILL

# Players (O + D): 1+1

**Goal:** The O player tries to get the disc before the D player. Maximum speed cutting is fundamental, especially after the last change of direction;

**Description:** The O player tries to receive the disc from the thrower after running around a cone course (as described in the diagram below). After running it, the O player cuts under at 100% and tries to receive the disc from the thrower, while the D player tries to impede it. During the drill the D player should always try to keep inside position. In order to make this more O focused, the D player should start in a slight disadvantage.

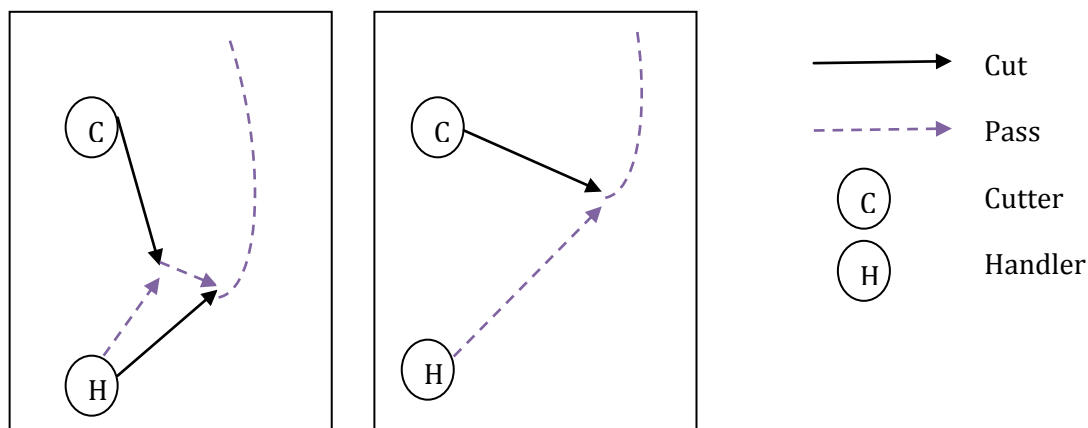


<http://www.youtube.com/watch?v=xcH4o5ptAPw&feature=relmfu>

## PART 3 – HANDLER-CUTTER CONNECTION (WHEN CUTTING UNDER)

An elevated percentage of under cuts results in cutters getting the disc with their back to offensive endzone. This means that's likely that the defense will have enough time to set up before another throw. As a rule of thumb, when cutting at less than a 45° angle the first passing option should be (to throw a "dishy" pass – a fast push or lay-up pass) back to one of the handlers (normally the one who passed the disc).

The handler is facing downfield and has a clear perspective of what are the viable passing options. If the handler starts running as soon as the disc is released from his hand he will get a 2-3 meter advantage from his defender, giving him a 2s window to throw without any real opposition. If the disc is not thrown during this first seconds there's a high likelihood of catching the speeding defender out of balance and breaking the force with an around throw to the middle of the field (or even a huck).





## TAKEAWAY POINTS

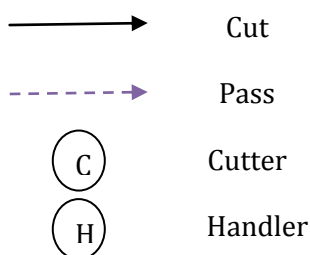
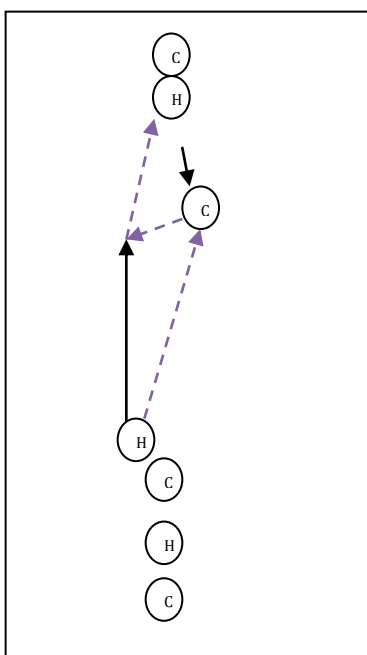
- Cutters - If cutting angle is tight (less than 45°) go for a “dishy” pass back to the handler;
- Cutters - If cutting wider than 45° look downfield immediately, after getting the disc;
- Handler instantly goes for the “dishy” pass as soon as the disc gets out of his hand;
- Handlers should get out of the habit of jumping in the air when caching the dishies as this will waste time and allow for potential mark to setup;
- During a game situation, when a fast handler-cut happens a potential huck or flow situation is created. Downfield cutters should start their cuts as they see this movement happening. **Learn to identify this situation and take advantage of it;** (not on the drawings);
- During a game situation, if a lead pass is not possible after this collective movement, then the handler should look for a reverse pass to the center of the field, or around huck, taking advantage of the opponent’s momentum. Like before, **learn to identify this situation and take advantage of it**

### DRILL 3 – DISHY GO-TO

# Players: 6+

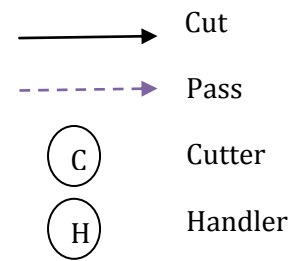
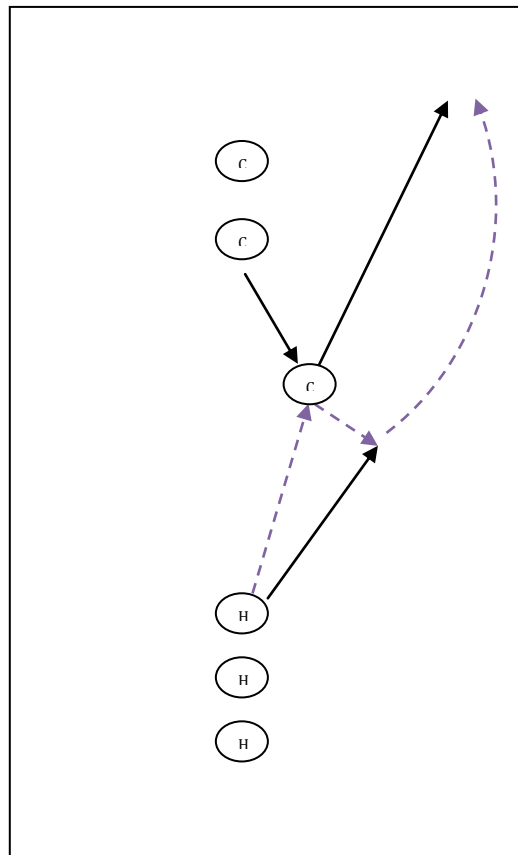
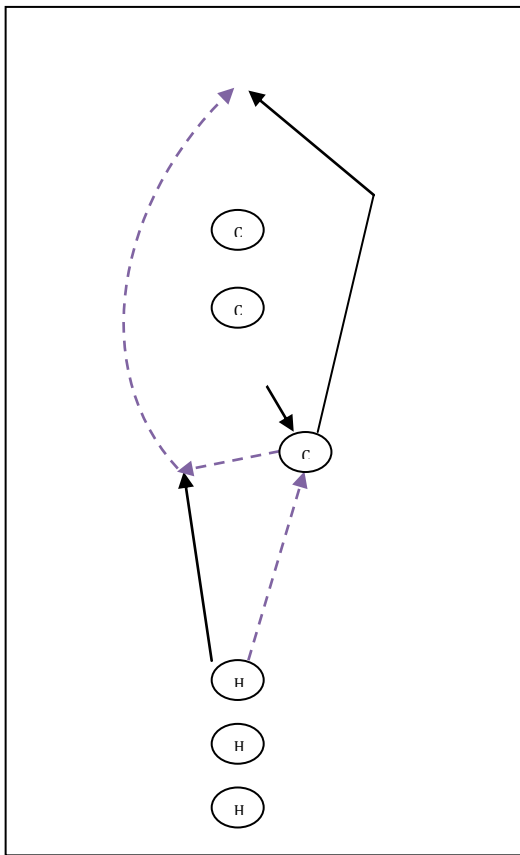
**Goal:** Handlers try to throw and start running on the same movement (push off from the non-pivot leg). Cutters try to release the disc as soon as they get it with a short push or lay-up pass;

**Description:** Basic Drill for this movement with 2 lines facing each other. A cutter runs from line one and catches a pass from a thrower (handler) in the opposite line (line 2). The thrower in line 2 immediately runs towards the cutter and catches a “dish” pass. The thrower then throws a fast pass to the front of the opposite line. The receiving player will now be the handler.





A progression may include having a cutter and a handlers line in which the cutter runs for a lead pass after throwing a "dish". Difficulty can also be increased by having a marker on the handler.





*DRILL 4 – DISHY GO-TO HUCK*

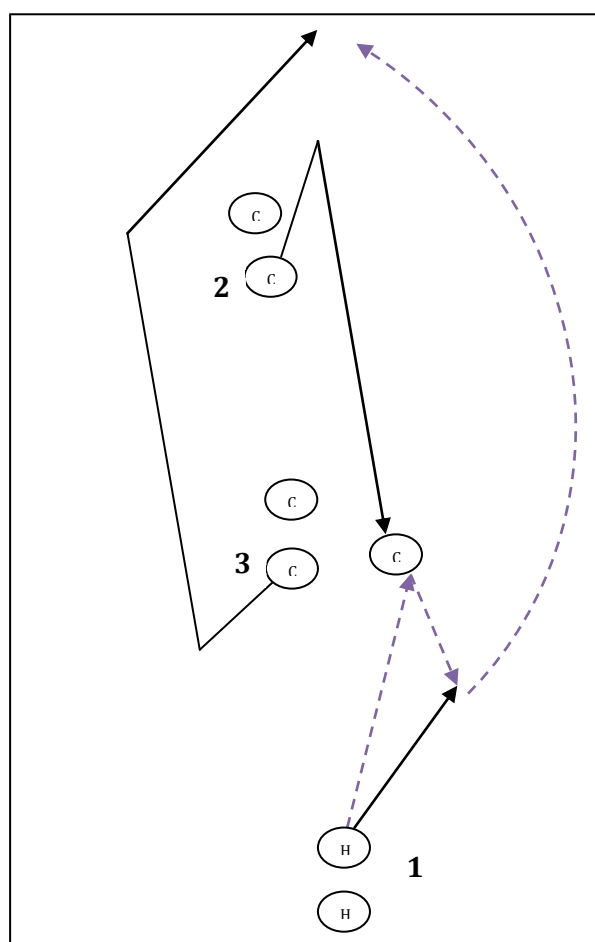
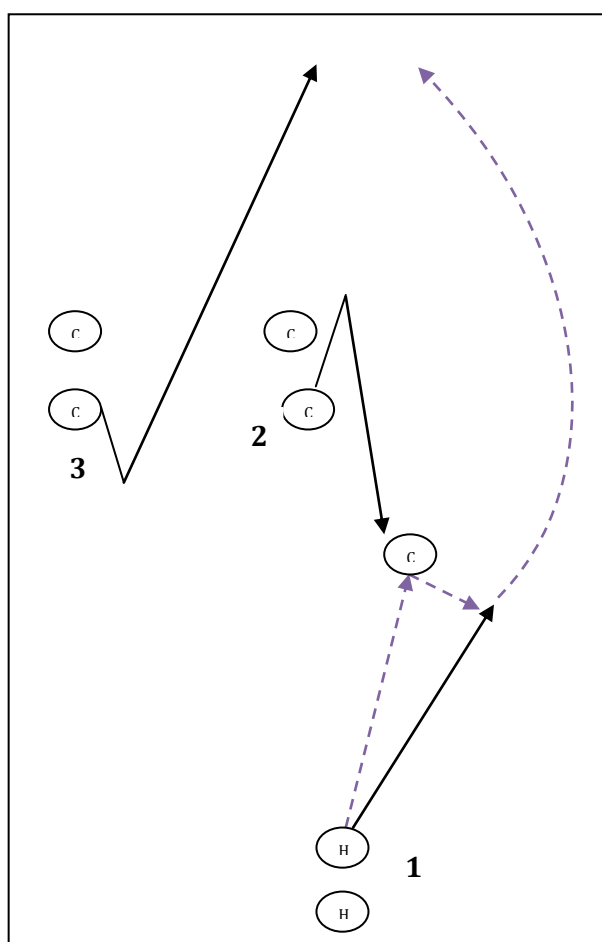
# **Players:** 6+

**Goal:** Develop throwing and pushing off for the sprint on the same movement (push off from the non-pivot leg). Cutters develop releasing the disc as soon as they get it with a short push or lay-up pass. Downfield cutters develop cut timing;

**Description:** This is an advanced version of the previous drill, with three separate lines. A thrower in line 1 passes to a cut in line 2. The thrower runs towards line 2 to receive the “dishy” from the cutter. Right before the “dishy” is thrown, the deep cutter in line three cuts deep, and the dishy receiver hucks it.

**An advanced version** of this drill may allow throwers to choose to pump fake and go for an around huck or wait for the long cutter to cut back under.

**This drill can be run from a vertical or horizontal cutter positioning.**



—————> Cut  
 - - - - -> Pass

(C) Cutter  
 (H) Handler



## PART 4 - GETTING THE DISC OUT OF THE SIDELINE – BACKUP HANDLER CUT IN AN L-STACK /VERTICAL STACK

### TAKEAWAY POINTS

- Dump – Cut at an angle – never cut straight ahead;
- Dump – the up the line for a lead pass cut is the ideal one (maximum yardage gaining and possibility of initiating flow/huck) but it's also normally heavily defended;
- Handler – Throw to space (lead pass);
- Handler – Step out.
- Front of stack (**on advanced drill options**)– time the cut according to when the dump receives the disc;
- Front of stack (**on advanced drill options**) – wait to see if back-up handler goes upline of for the dump;

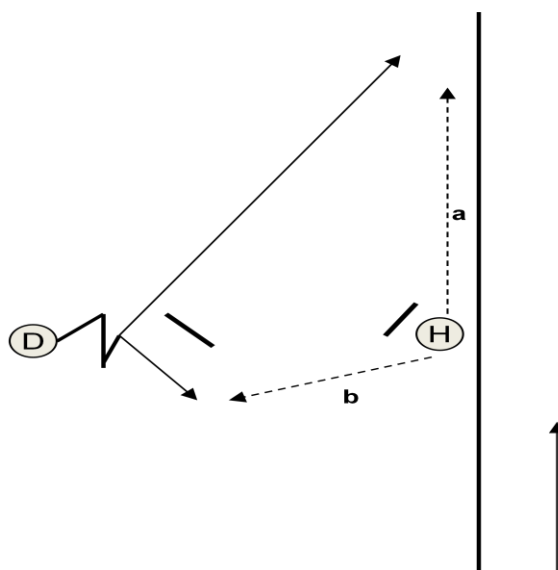
### DRILL 5 – GETTING OF A LINE TRAP

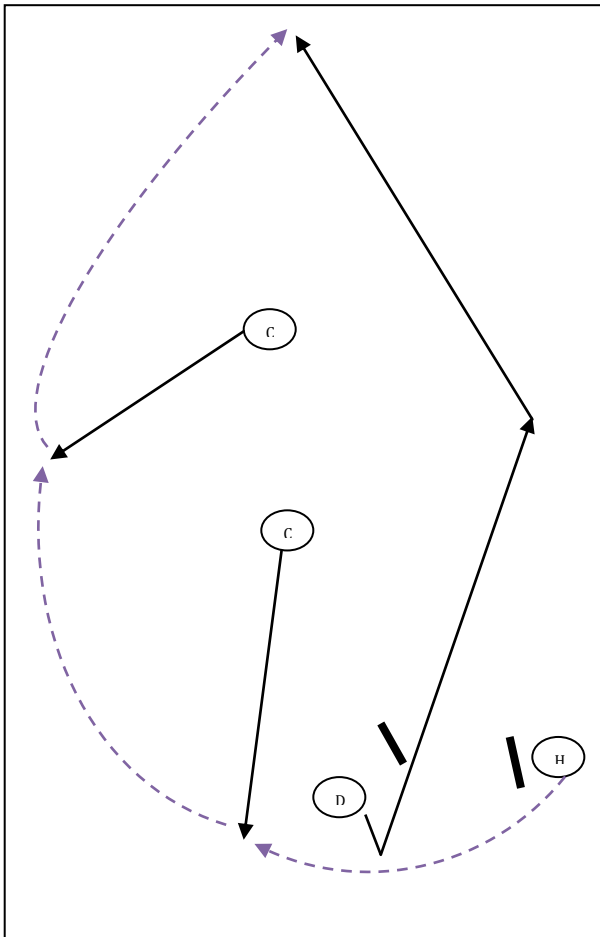
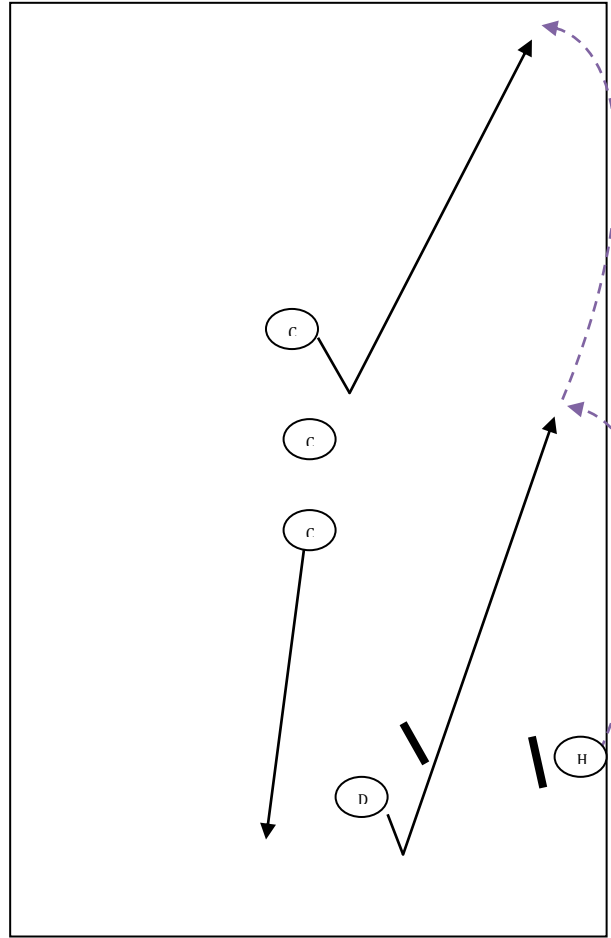
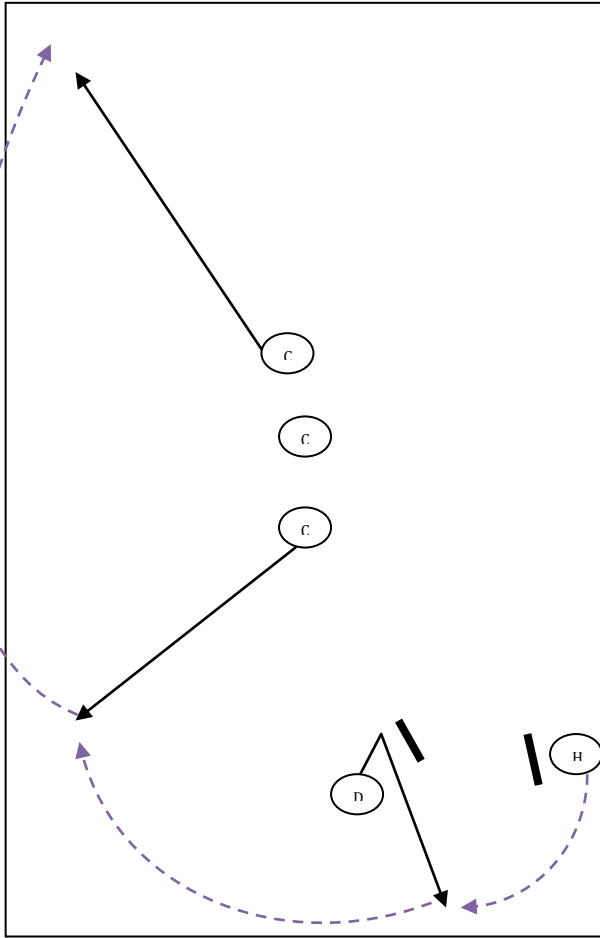
# Players: 4+

**Goal:** Develop short up the line lead passes and break mark throws for a dump when trapped on the line. Develop back-up handler cuts.

**Description:** One player trapped on the side line with line force tries to pass to a dump. The marker is supposed to put on a proper force. The thrower has two options: a) throw up the line to the player going up the pitch or b) break the marker to swing it for a dump. The backup handler (D) cuts straight at his/her defender, making him to backpedal or compromise to one of the sides, fakes and cuts to the opposite side.

**Advanced versions** (next page) of this drill may involve at least 5 players. On offense: a handler with a disc (trapped on the sideline), a dump, and third attacker at the front of the stack. On defense: a handler mark and a dump mark. We can make these advanced drills more gamelike by having the last of stack doing a continuation cut;





- Cut
- - - - - Pass
- (C) Cutter
- (H) Handler
- (D) Dump



## PART 5 – MIXING IT ALL TOGETHER – THE WEAVE/DOMINATION/HOME-BOY

This can be an effective offensive structure, considering how Portuguese players are used to the beach, their athleticism and speed and the fact that a lot of them like to play “chaos” ultimate. In this, setting three handlers throw short passes to each others to work the disc downfield. The downfield cutters stay out of the way giving extra room for handlers to work the disc down the field. Unlike the majority of game situations, the handlers will not clear after a failed cut, cutting back instead. This should continue until one of the handlers receives a leading pass with his defender behind him. This is the signal for the downfield cutters to cut. This weave can be very effective especially in defensive squads after getting the disc back, since the opposite team is already tired and their strongest handlers might lack the athleticism to counteract this kind of offense. Thus the player that are being marked by the opposite handlers should be part of the weave. However, since it’s so demanding it should be used sparingly during a game.

### TAKEAWAY POINTS

- Run it until one handler gets a lead pass with his defender behind;
- Downfield cutters stay out of the way;
- After failing a cut don’t clear out... instead reverse cut;

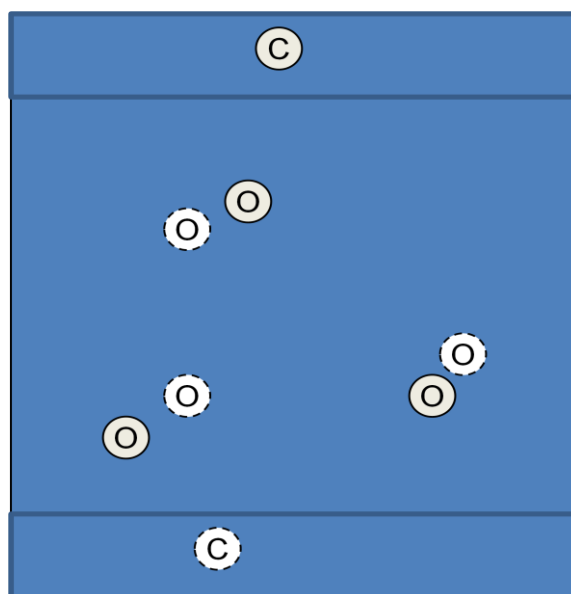
### DRILL 6 – DISCO AO CAPITÃO (CAPTAIN’S DISC)

# Players (O + D): 3 + 3

**Goal:** Create lead pass opportunities for handlers running a weave. Recognition of those circumstances as potential huck situations.

**Description:** a small pitch (25m x 55m) is set up and two teams of 3 players who have work the disc around until they manage to throw a downfield lead pass to a handler with is defender on his back. When getting the lead pass they should throw it immediately to his captain. Each successful catch by the captain represents 1 (one) point;. The team’s captain is confined to his endzone (he can’t get out of his offensive endzone); The stall count should be 3 to 5 seconds.

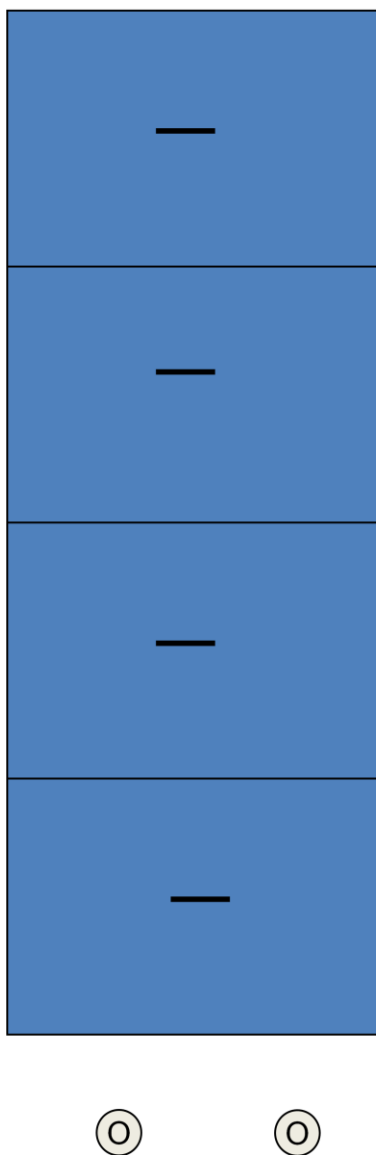
Another, more analytical drill to practice this never stopping handler cutting can be found on the next page.



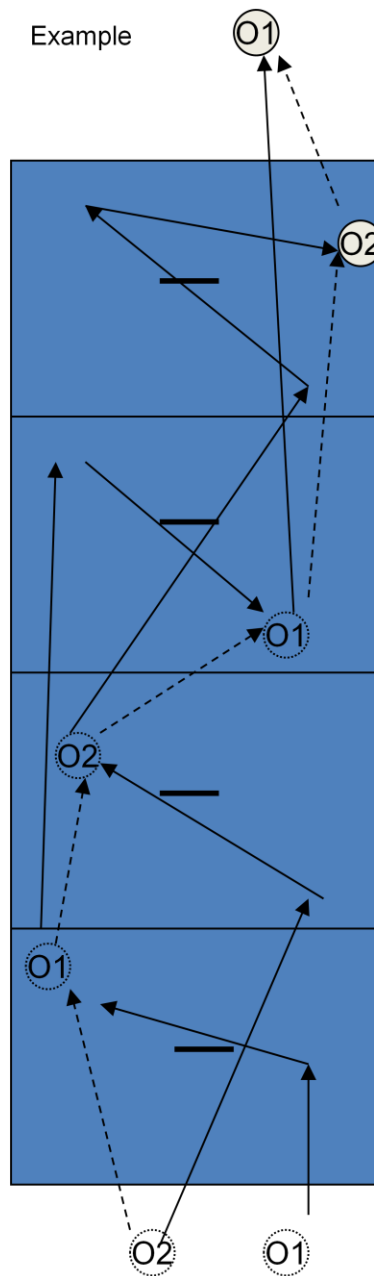


In this drill a pitch with 4 large squares is set up. Each square has a defender guarding it. The defender can go anywhere inside the square, but cannot go to any of the other squares. Starting on one end of this 4-lined-up-squares-pitch, the pair on offence as to catch the disc inside each of the 4 boxes in order before they move on to the next, until they reach the other side (or the disc is defended).

Set up



Example





## PART 6 – FINISHING IT UP WITH A BLAST – BOXING-OUT

### *DRILL 7 – SKYING*

In pairs, have someone to throw high, floaty passes to them. The two players should strive to get an inside position as this increases the percentage of successively getting the disc. Although body contact is not allowed, some unintentional contact always occurs. WFDF rules 12,6 and 12,7 explain how one can use is body in these particular situations.

*12.6. A player in an established position is entitled to remain in that position and should not be contacted by an opposing player;*

*12.7. When a player is making a play on the disc, an opposing player may not move to intentionally impede that player's movements, unless they are also making a play on the disc;*

This means that I can block my opponent using my body as long as I'm actively making a play on the disc.

Thus the **MAIN TAKEAWAY STRATEGIES** are:

- Get inside position as soon as the disc is released;
- When getting there use your body to keep inside position, blocking your opponent 's trajectory (hands and arms are not allowed);
- Time your jump to catch the disc at the top of your jump and jump as soon as possible to avoid being skyed by your opponent;
- IF failing to get inside position, position yourself as close as possible of your opponent. If the disc is overthrown, your body will block your opponent's trajectory and you will have a chance of getting a bid on the disc. Remember you have to always show that you're actively making a play on the disc, otherwise is a foul;