

# TORONTO ULTIMATE CLUB

## SUMMER 5 WEEK LEAGUE CLINIC OVERVIEW

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### WEEK 1 - INTRODUCTION TO ULTIMATE AND BASIC SKILLS

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#### WARM UPS AND STRETCHES

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#### ULTIMATE OVERVIEW

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History of the Sport & TUC  
Basics of the Game  
10 Simple Rules of Ultimate  
Spirit of the Game and Self Officiating

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#### BASIC SKILLS

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##### *PRINCIPLES OF THROWING:*

Basic Throwing Concepts  
Basics to Throwing a Backhand  
Basics to Throwing a Forehand (Flick)  
Basics to Throwing a Hammer  
Basics to Pivoting

##### *PRINCIPLES OF CATCHING:*

Basic Catching Concepts  
Clap (Pancake) Catch  
Two Handed Rim Catch  
Catching One Handed  
Jumping For the Disc  
Layout Catch

##### *BASIC PRINCIPLES OF OFFENSE:*

Stack Offense (Vertical)  
Cutting  
Clearing

##### *BASIC PRINCIPLES OF DEFENSE:*

Basics to Person to Person Defense  
Marking & Forcing the Thrower  
Covering a Cutter

##### *SCRIMMAGE:*

Only Vertical Stack

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### WEEK 2 - ADVANCED INDIVIDUAL SKILLS

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#### Warm Up and Stretches:

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#### Advanced Skills:

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##### THROWING:

- Controlling The Disc's Flight Path
- Choosing a Receiver
- Pivoting and Faking
- Throwing To Space
- Breaking The Mark

##### CUTTING:

- Cutting Techniques
- Timing
- Clearing
- Bailing
- Handler cuts (Berkeley, etc.)

##### DEFENSIVE SKILLS:

- Fundamentals of Marking a Thrower
- Covering the Cutter Techniques
- 3-man drill, break-force 45s

##### SCRIMMAGE:

- Only Vertical Stack

### WEEK 3 - ADVANCED TEAM CONCEPTS

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#### WARM UP AND STRETCHES:

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##### OFFENSE:

- Advanced Vertical Stack
- Horizontal Stack
- Side Stack
- Defense to Offense Transition

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### END ZONE OFFENSE:

- End Zone Sets
- Spacing and Clearing
- End Zone Plays

### DEFENSE:

- Defensive Sets
- Trapping
- Sideline Communication
- Advance Force
- Switching

### SCRIMMAGE:

- Use all types of stacks
- Emphasize End Zone plays

## WEEK 4 – ZONE DEFENSE AND OFFENSE

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### DEFENSE

- Zone Concepts
- Positions and Responsibilities
- Zone Variations
- Transition: Zone to Person
- The Clam

### OFFENSE

- Zone Strategy
- Positions and Responsibilities
- Movement

### SCRIMMAGE:

- Zone Only

## WEEK 5 – ULTIMATE FITNESS AND PROGRAM REVIEW

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TRAINING DRILLS FOR SPEED, AGILITY AND QUICKNESS

STRENGTH TRAINING

REVIEW TOPICS COVERED THROUGHOUT THE PROGRAM

SCRIMMAGE: