

Ultimate Drills

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Straight on Throwing Drill

Split the team into squads of five or so, standing in 2 lines facing each other about 30 to 40 feet apart (when more skilled, 40-50 yards). Once the drill starts, Player B from the front of one line runs at the thrower (Player A) in the front of the other line (see Fig 1-1). This thrower must throw directly at the person running at them. After throwing, player A clears out to the back of the far line to make space for the next cutter. Once the disc is caught by player B, the player at the front of the other line (player C) makes a cut straight toward the player who just caught the disc (see Fig 1-2). Player C must wait until the disc is caught though, or the drill doesn't work as well. These timed cuts will help once athletes start playing the game and realize that they aren't getting thrown to. Over time, players should learn to time their cuts to get open better.

Fig 1-1

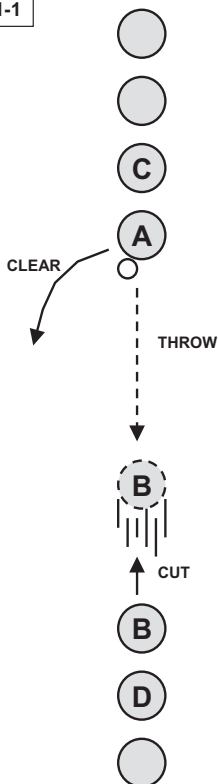


Fig 1-2

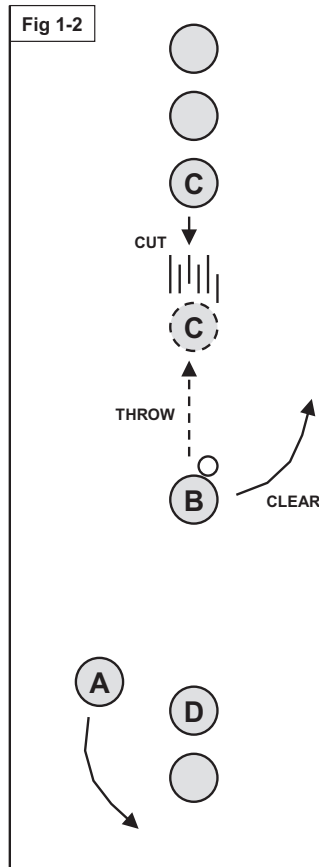
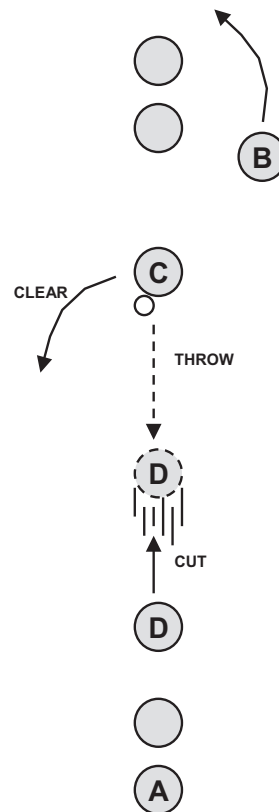


Fig 1-3



Three Person Throwing and Marking Weave

Have players get into groups of three and set up a simple weave. Thrower plays defense as soon as they release the disc. Player B throws to player C with player A covering the throw (Fig 2-1). Then player C throws to A with B playing defense (Fig 2-2). Finally, player A throws to B with C playing defense (Fig 2-3). If they have learned about the stall count, have the count be five (5). This drill will build up their faking skills, their pivoting, marking, and their ability to make good decisions quickly.

Fig 2-1

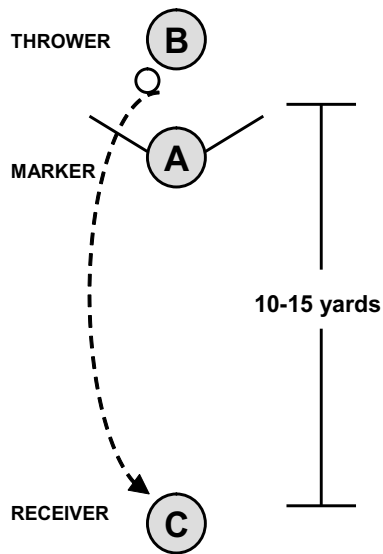


Fig 2-2

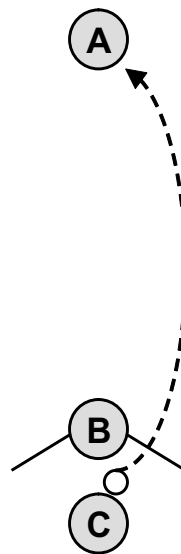
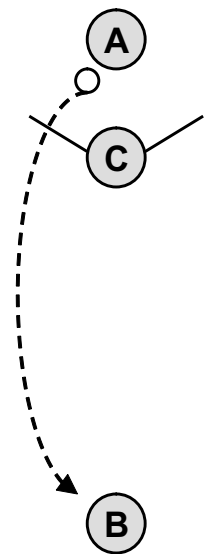


Fig 2-3



Four Corners Drill

This drill takes time to learn but is great for cutting, anticipating cuts, setting up fakes that lead to good throws, and throwing a lead pass to space. This drill should be used in both directions (clockwise & counter-clockwise), so as to practice both forehands and backhands. Cones are set in a square pattern, about 25 yards apart. Players line up several yards behind each cone. Again, as in the “Straight-on Throwing” drill, the cutter waits for the thrower to actually catch the disc before they start their cuts and run to the next cone. As players improve over the course of the season, they should start setting up their cuts before the disc is caught. Imagine a square, with another square inside, with its corners at the midpoints. The player starts at the cone (first square) and runs toward the next cone, but catches the disc at the midpoint. After catching the disc, they stop, pivot and throw to the next player.

Fig 3-1 demonstrates the forehand version of the Four Corners Drill. Player A cuts toward Player B while receiving a throw from Player D. Once Player A catches the disc, Player B cuts towards Player C, receiving the disc from Player A. Immediately after throwing to the next receiver, players must clear out to the back of the next line.

Fig 3-1

