

8 Simple Ultimate Drills for Fun and Team Improvement

As a beginning or newer team, one of the issues that captains often run into is knowing what skills need to be worked on, but not knowing drills that will help with these skills. The following handout lists 8 fairly simple drills that work on some basic skills so that your team members internalize these skills as *habits* and start doing them subconsciously.

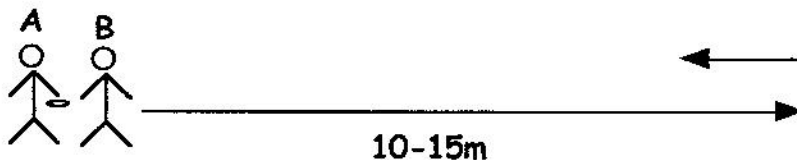
1) Three Person Drill



This is a very simple drill often used as a warmup. A and C are about 10-15m apart, B marks A for a maximum stall of 5. A tries to throw to C and then follows the throw to mark C, then C will be trying to throw to B, follow the throw etc.

Skills: Throwing, marking, breaking the mark, pivoting, "lunging" around the mark

2) Two Person Drill or "Come to" Drill



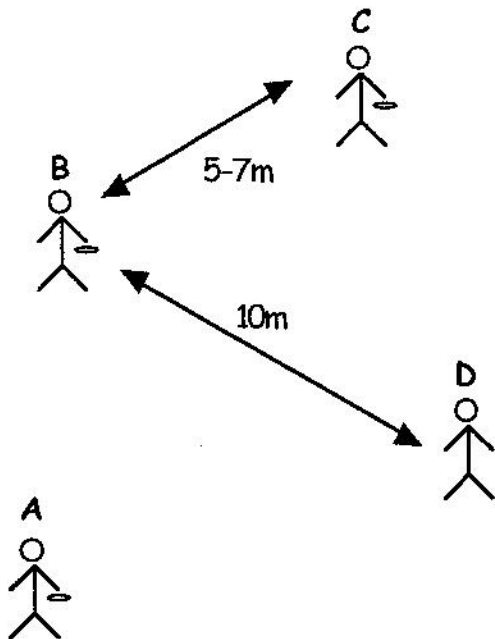
This drill will require a whole field. Person A is the "thrower" person B is the "runner". The runner runs straight away from the thrower for 15-20m, stops, turns and comes back to the thrower. The thrower throws just as the runner is stopping so when the turn is made the disc is "right there". The runner catches the disc, puts it down, and goes out another 15-20m to repeat the cut, meanwhile the thrower has followed her throw, picked up the disc and is ready to repeat her part of the drill. When the far end zone is reached (after 5 or 6 repetitions) the thrower and runner switch spots and come back down the opposite side of the field.

Skills: Throwing, throw timing on short "under" cuts, coming to the disc, conditioning

Tip: Stopping and waiting when the disc is in the air is one of the most common errors that beginners and newbies make. When doing this drill emphasis should be put on *coming to the disc*, running "through the disc" until it is in the catcher's hand.

3) Four Person Drill

(Arrows show distances only)



Another simple drill that helps with quick catch and release. Person A throws to D, D catches and returns the pass as quickly as possible, D then turns to receive the pass from B, catching and returning it as quickly as possible, then turns to C to catch and return her pass. Then D turns back to A etc. etc. The emphasis here should be on quickness and having the throws arrive at the person who's "it" as soon as he has turned. (i.e. no time to think). This makes grabbing any disc that's there, and getting ready to throw quickly, second nature.

Skills: short throws, quick catch and release, concentration, nimble hands

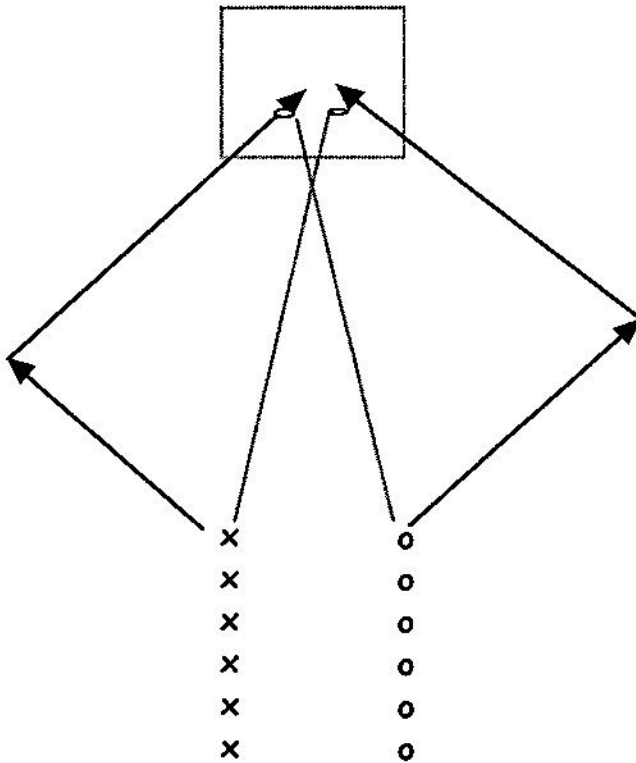
Tip: When working on this drill emphasize "snappy" throws with lots of spin. This reduces the chances of the the disc being knocked down and keeps throws more stable when playing with a wind.

4) The Cage Drill

This simple drill is just a version of the old game of "keep away". Make a 10m x 10m box with cones. Inside the box two teams of two people just try to control the disc and keep it from the other team. If it drops...turnover. Score can be kept, like one point for four complete passes in a row.

Skills: Handling in a small space, getting open for dump/very short passes

5) Throwing to the Box



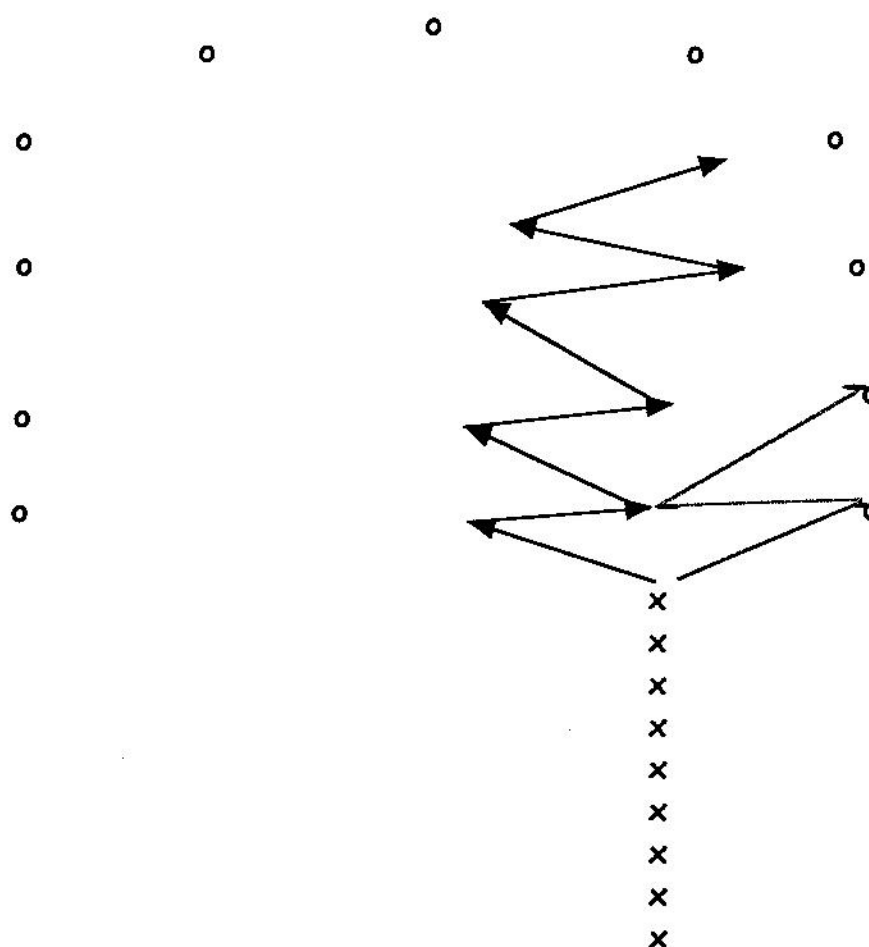
A box is marked out using cones, the first person from the x line cuts out and then back toward the centre of the box, the first person in the o line throws to the middle of the box for the x player to run onto it. Then the first person from the o line cuts out and in and the next person in the x line throws to the box etc. etc. Return to the opposite line from which you started. For right handers o line throws flicks, x line throws backhand.

Skills: throws, cutting, leading the runner/throwing to a spot, going to the disc

Tips: There are lots of small adjustments that can be made to this drill. Change the throw to practice inside out passes, have the second person in each line act as a mark, adjust the size of the box to work on accuracy, have cutters do boulder type cuts, adjust the length of the cuts. Use your imagination!

6) Around the World

(Cuts are solid lines, passes are dotted lines)



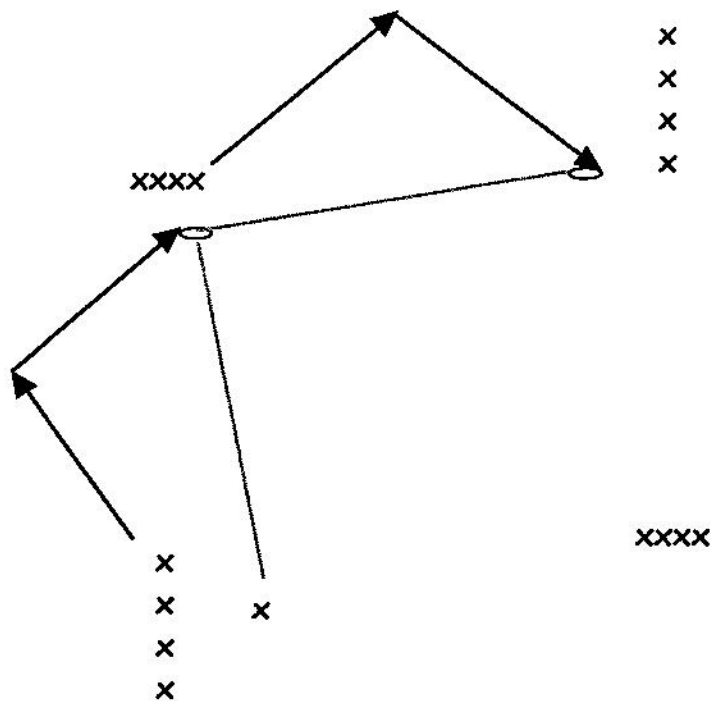
The first person in the x line throws their disc to the first o person then cuts away from her and then comes back to her at which point she returns the throw. The first x then throws to the next o and repeats the cutting pattern. The second x starts after the first has made 3 throws. Going this way round the x line will be throwing backhands and the os will be throwing flicks. When everyone in the x line has gone all the way around, do the same thing coming back. This time the throws will be reversed. After this is done xs and os switch places.

Skills: Throwing, cutting, planting properly before throwing, conditioning

Tips: When running this drill with beginners emphasize sharp cuts, running through the disc and planting before making the continuation throw. If the team is more advanced, catching and throwing without planting or traveling might be a focus.

7) Four Corner Drill

(Solid lines are cuts, dotted lines are throws)

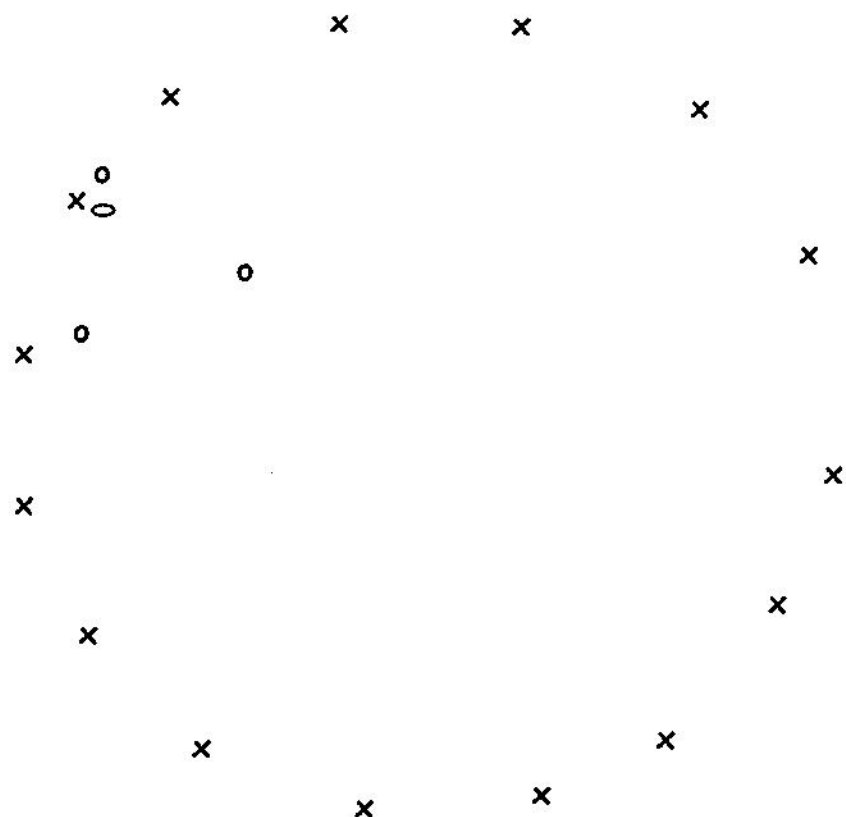


The first person cuts from the front of one of the lines (in this case the bottom left) out and then in while the thrower throws a pass (in this case a flick) to the spot that she's running to, the thrower then joins the line that the runner just left. The person from the front of the next line then makes the same cut and the receiver of the first throw makes the same pass and then joins the next line etc.

Skills: throws, cutting, timing "flow" cuts, throwing to a spot

Tips: There are many variations on this drill as well, cutting in then out, boulder cuts, practicing the inside out throws.

8) The Cup Drill



The o players are the cup around the x player with the disc. The person with the disc has a stall count of 5 to get the disc to anyone in the circle **except** the people right next to them. If any of the o players make a d-block then the person who ^{through} the disc goes into the cup. If anyone on the circle drops the disc then he replaces one of the cup members.

Skills: Playing in a cup, throwing around or through a cup, breaking the force, conditioning

Tip: This makes a good warmup or cool down drill at the beginning or end of a practice.

Drills 1-4 can be done with as few as 4 people, drill 5 requires 6 and the last three drills require a significant portion of a team to be effective.