RETURN TO PLAY

-

LIST OF ACTIVITIES

JULY 2020

TABLE OF CONTENTS

INTRODUCTION 2

LEGEND 3

KIDS (6+) 4

TEENS (12+) 8

ADULTS (18+) 15

RESOURCES 21

INTRODUCTION

Ultimate Canada has put together a guide for a gradual and safe return to play that follows the recommendations of public health. All activities and drills described in this document respect the following recommendations:

- Physical distancing (2m between participants at all time)
- Group(s) of 10 people or less including the coach
- Limited shared equipment
- Increase field space
- Group activities recommended for children 6+ years old

Refer to your local public health recommendations before starting any activities.

The following activities include Ultimate skills, including physical, technical, psychological and spirit of the game. The exercises relating to tactical and strategic abilities are not included and are up to the coaches. There are three broad categories, **Kids (6+)**, **Teens (12+)** and **Adults (18+)**. For almost every drill, there is an **alternative** if you find that an athlete has more difficulty, and a **challenge** for those who can push the drill a little bit further. There is no time limit for the majority of the drills. Coaches can use their time as they want.

In order to be efficient, athletes can include physical abilities during the warmup or right after it (speed, agility, power) and they can work on their flexibility during a cool down. Make sure to still include the psychological components, rules of ultimate and spirit of the game, during the modified practices.

Finally, Ultimate Canada endorses a safe environment for athletes and prompts the **Rule of Two**. According to the Coaching Association of Canada, ‘’*the goal of the Rule of Two is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present.”* The link for the Rule of Two document and how to apply it in a virtual setting can be found in the resources section at the end of the document.

LEGEND


Coach
Offense
Offensive with disc
Defense
Disc
Cut
Throw
Fake
Cone

KIDS (6+)

General Skills	Specific Skills
Physical	Speed (sprint for 5s max), acceleration, deceleration, agility, endurance, jump, body weight strength, flexibility Fundamental skills: run, jump, throw, catch, slide, swim, climb
Technical	Throws: forehand, backhand, hammer, scoober, off hand (grip, release, distance, pivot, fake) Catch: static, 1 step, pancake, high and low Cut: angle and footwork Defensive: footwork and body position Mark: body position
Psychological	No contact and safe environment, fun, communication and decision making. Embrace creativity. Kids should feel competent.
Spirit of the game	Fun games, names for each group, cheers, positive attitude
Lifestyle	Encourage athletes to practice 2 other sports (disc golf, bike, etc.) 60 minutes of physical activities per day. Introduction of hydration and nutrition.
Warm up	Include fundamental skills and fun games.
Materials	145g disc or foam disc with cones

Drill #1: Circuit
You can set it up however you like. Include fundamental abilities, agility, stability. Be creative!

Drill #2: Catch your own disc
Each kid throws a disc to him/herself by adding a rotation to the disc in the air. Kids have to catch it using the pancake style while jogging. Make sure kids have enough space. They can start on a line and respect their lane or have a 5x5m box just for them.

Alternative: Stay in place or walk slowly.
Challenge: Clap your hands, turn around, throw with your non-dominant hand, vary the height and jump



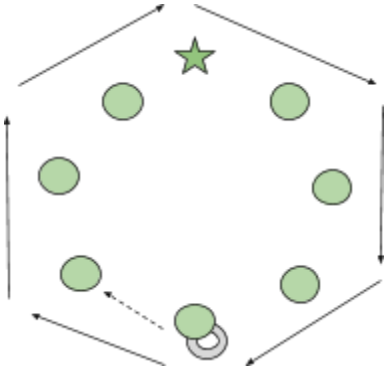
Drill #3: Playing catch

Throw in pairs (forehand and backhand), start at 5m just to show the technique. Still emphasize using the pancake catch.

Alternative: Stick with very short throws, emphasis on the disc angle on the release, the disc rotation and if they hit the static target.
Challenge: Add more space, introduce scoober, hammer at a short distance. If it's windy, make sure they throw in every wind direction, add claw catches.
Challenge +: As the disc is thrown, the receiver makes 1 step towards the disc while catching.

Drill #4: Circle race

Form a big circle with the kids at 2m apart with one disc per group. The goal is to throw the disc to the person to your left as fast as possible. The first kid with the disc starts with a throw to his/her friend to his/her left, and has to run around the circle and come back to his/her place before the disc.



Alternative: Only use backhands and pancake catch
Challenge: The runner has to run 2 laps, ask for a specific hand to catch, kids can make a lunge for throwing.

Drill 5#: The Clock

Throw in pairs. Imagine yourself being a big clock and your arm represents the hour hand. Release the disc at each hour. For example if you are right handed, throwing at 3 o'clock will be a flat flick, and at 9 o'clock will be a flat backhand.

Alternative: Tell the group to only throw at easier range and call the hour for them
Challenge: Claw catches, increase distance

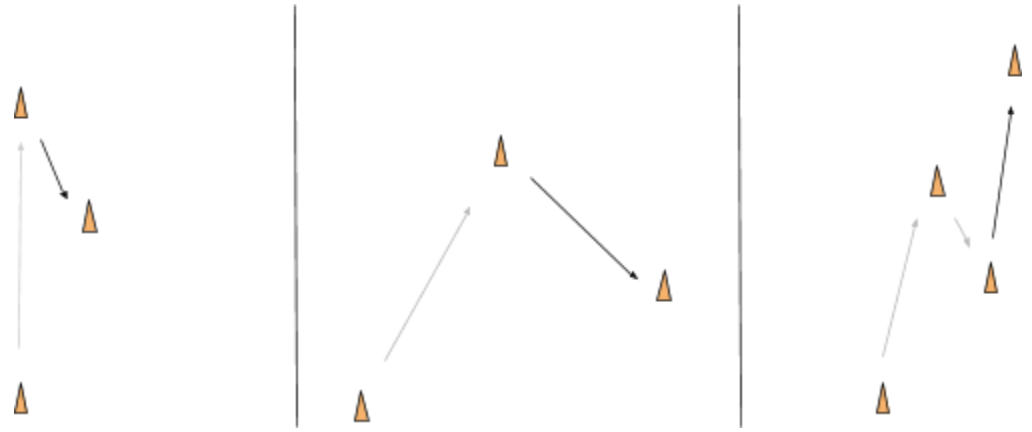
Drill #6: Relay race

Once again, use your imagination. You can add obstacles or challenges with discs, such as throw in a box, walk on 2 discs, hold a pile of discs with one hand while running, roll the disc on the ground, etc.



Drill #7: Cut

You can choose 3 cut patterns to show them with cones. Use 3 lanes 10mx15m (it could be different according to the space available).



The 1st round can be cut only towards the right, the 2nd round can be to the left, 3rd and 4th round with throws.

Alternative: Stay without discs
Challenge: It becomes a race

Drill #8: Follow the leader

This drill is to demonstrate and practice basic defense body position. The leader in this case will be the coach. The coach explains the basic principles of a defensive athletic position (stay low, shuffle, arms wide). The leader will be in front of the group and the kids will face the coach. They can form 2 rows with 3-4m between each other. The coach moves from right to left, back to front, the coach can jump, can be on the ground, but whatever the coach does, the kids mimic it. After a few minutes, the coach can now call the direction or create a system that indicates the direction. For example, if the coach shows a blue cone, kids go to the right, red cone, left, no cone but high hand front and low hand backward.

Alternative: Stick with the leader only
Challenge: The kids can now be 2 by 2 in their own 5m x 5m box. One kid decides the movement and the other has to do the same. They can switch roles after.

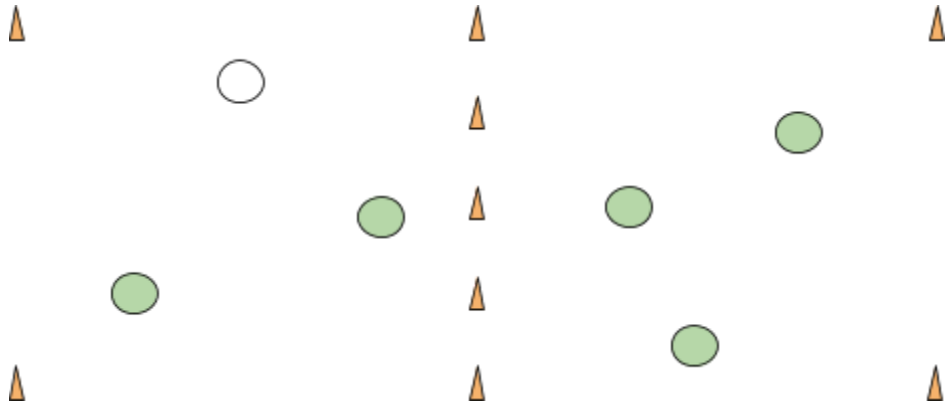


Game #1: Musical Disc

Kids are in a big circle. We start with one disc. Kids can throw the disc to anyone. The coach plays music, and every time the music stops, the disc needs to be caught. Each time the music starts again, add one disc.

Game #2: Volley Frisbee

There are 2 teams of 3 players each. The goal is to throw the disc from one team to another and make sure there are 3 passes before the disc goes to the other team. If the number of passes is not respected, if the disc goes outside of the field, or if the disc is dropped, the other team receives 1 point. You can select a position for each player, and make rotation each time a point is scored.



Alternative: If a team drops a disc, it gives a point to the opposing team.
Challenge: Increase the number of passes, ask for a specific catch or throw.

Game #3: Ultimate Bowling

Use cones to make the triangular formation. Kids can use whatever throwing or rolling technique they want to knock down the cones.

Game #4: Bandmaster

Players can stand in a circle. The detective goes a little bit further away, not facing the group while the other kids choose a bandmaster. Every kid in the circle has a disc. The bandmaster performs a movement and the other kids have to do the same. After a little while, the bandmaster can subtly make another move. The detective comes back and has to find who the bandmaster is. After that, a new bandmaster and a detective are designated.



TEENS (12+)

General Skills	Specific Skills
Physical	Emphasis on jump and landing (knee alignment) and general coordination. Speed, agility, endurance, strength (after growth peak we can start using free weights), progressive increase of power, flexibility.
Technical	Building on basic throwing skills (grip, release, distance, pivot, fake) Forehand/backhand: release at different heights/angles, mark, fake, distance, pull, moving target. Hammer, scoober, off hand, others: add distance Catch: one handed, claw catches, vary the height, in movement Cut: handler cut pattern, mirror, timing Defensive (force) Mark (use of the feet)
Psychological	Consistent effort, team work, cooperation, leadership Rest, recovery and sleep
Spirit of the game	BE CALM, conflict resolution, inclusion, rules of ultimate
Lifestyle	60 minutes of physical activities per day Drug and smoke free environment
Warm up	Include fun games and physical components (speed, agility, power) right after warm up. Endurance and flexibility can be worked at the end of the practice.
Materials	175g disc and cones

Drill #1: Catch your own disc

Each player throws a disc to him/herself by adding a rotation to the disc in the air. Players have to catch it with one hand while jogging. Make sure players have enough space. They can start on the line and respect their lane, or have a 5x5m box just for them.

Alternative: Catch with 2 hands (claw or pancake)

Challenge: Clap your hands, turn around, throw with your non-dominant hand, vary height and jump

Drill #2: Funky catches

Throw in pairs, 5m apart. The receiver turns their back to the thrower, and turns around as soon as the thrower calls ‘’UP’’. The thrower calls ” UP’’ when he/she throws the disc. Alternate roles after every throw.



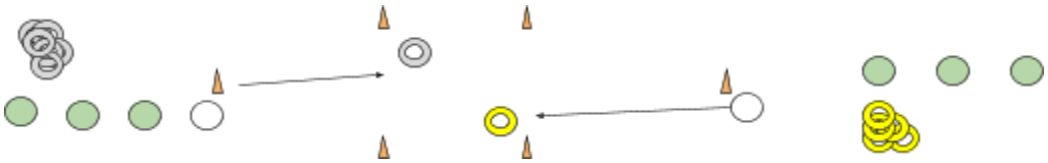
Alternative: Catch with 2 hands, increase distance to 10m.
Challenge: One handed catch, call the ''UP'' a little be later, come closer.

Drill #3: Throwing box
Cones are placed 10m apart, there are 3-4 players at each cone. Start with 2 discs only (diagonal). Players with the disc throw it to the right and run immediately to the right stack (counter clockwise). After 5 min, players switch directions and throw and run to the left (clockwise).

Alternative: Use only 1 disc
Challenge: Ask for a specific throw or catch, throw to the right and run to the left stack.



Drill #4: Tic-tac-toe
Form 2 groups of 3-4 players. The teams are to face each other. 1 team is the X's (disc up) the other team is the O's (disc down). 1 player at a time from each team runs to the playing area and puts the disc on the ground and goes back inline. The first team to complete a row wins!



Drill #5: Give and go
Form pairs with one thrower and one cutter. Each pair will use a lane (30m long). For the first 30m, the cutter will make a cut under (you can choose the type) and the thrower will throw the disc and run immediately towards the cutter with the disc. The cutter will dish the disc back and start immediately with a new cut. For the second 30m, switch positions.

Alternative: Everybody uses same cut
Challenge: The thrower can make a fake, cutter has to make one step towards the disc while catching it. The thrower can decide the cut.



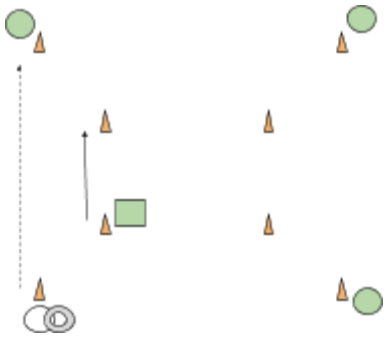
Drill #6: Clock lunges

Tell the players to visualize a clock on the ground with them in the middle. When you call a number, the players have to lunge and put their foot towards the hour and stay in the position for 3 seconds and then come back to center. Make sure the players use both of their legs. You can also change the pace by asking them to come back to the center immediately. Players have a disc and can fake while lunging.

Alternative: Small lunges, no disc.
Challenge: Big lunges, include the minute hand. For example, for 3:45, the player has to lunge in the 3 and immediately go on the 9 and stay for 3 seconds. You can call the leg that will lunge: Left 2:30.

Drill #7: Footwork Mark

4 offensive players are on cones and they are throwing 1 disc to each other outside of the big box. A mark will be in a smaller box and will "mark'' the thrower by reacting at the fakes by putting his/her body in the way with a small lateral step. No arms, we want to focus on the feet!.

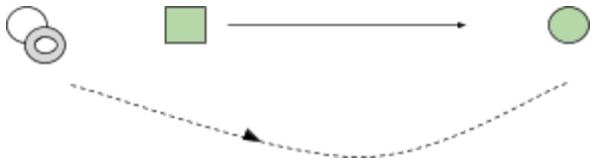


Throwers: keep the disc for at least 3 sec
Mark: when there is a throw, you can only shuffle (stay low) and have to mimic a footblock once you are in front of the thrower.
Coach: rotate every 30 sec. Make sure players maintain a good athletic position.

Alternative: Start with 15 sec and make a smaller box for the mark.
Challenge: It's already challenging!

Drill #8: Trio

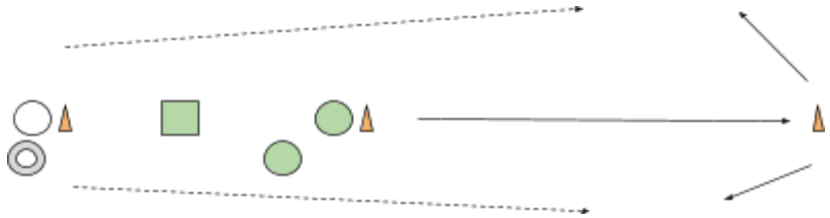
3-person drill but the mark will always remain at 2m from the thrower. 1 disc per team of 3 players. The mark is straight and the thrower can fake and has to get around the mark with the throw (good practice for the curves). The catcher becomes the thrower. The mark can stay at this position for 6 throws.





Drill #9: Surprise cuts

For this drill we need 1 thrower, 1 mark (2m), and 2 cutters. After 4-6 throws, change the thrower. The cutters will run towards the cone and then change direction to the left or to the right. The thrower throws the disc to the free space.

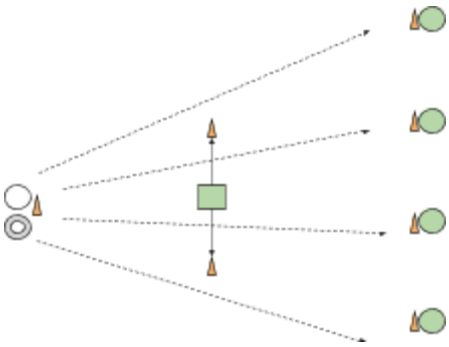


Alternative: No mark and focus on throwing into space

Challenge: Cutters can practice their layouts, practice all curves and other throws.

Drill #10: Wiper

Form groups of 7 (4 catchers, 1 thrower, 1 feeder, 1 defender). The catchers stand still at their cones (5-10m from the thrower). The defender is 5m from the thrower and can only work into a 5m line. The goal of this drill is to complete the passes, not necessarily to finish the drill quickly! Rotate after 4 or 8 throws.



Alternative: Remove inside throws and targets.

Challenge: No overhead throws allowed, ask for a specific catch, ask the catcher to blink their eyes quickly right before catching the disc. At a stall 3, 5, 7s for the thrower.

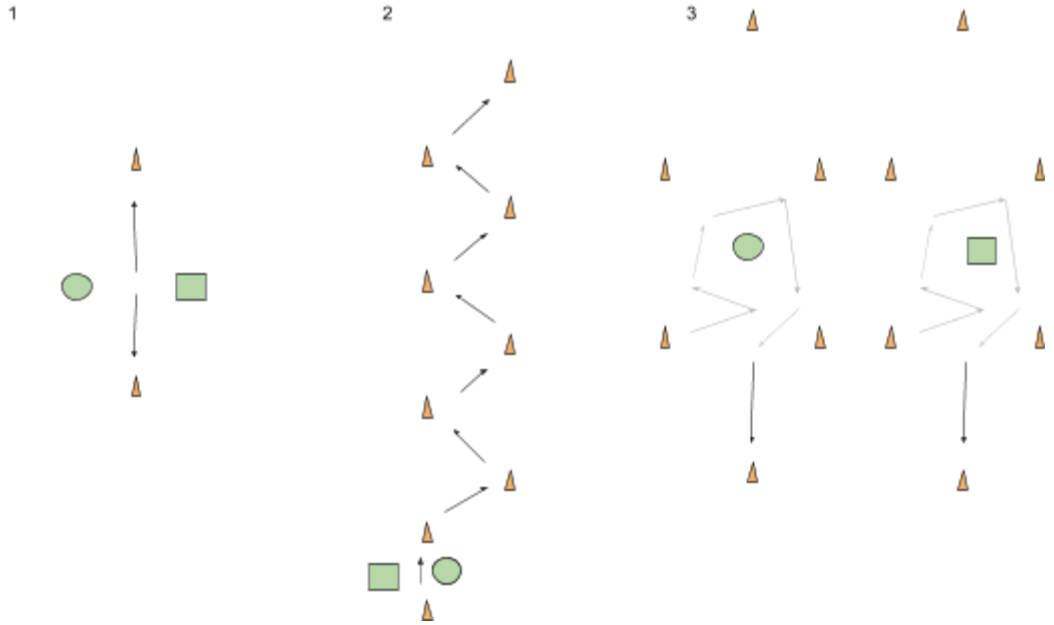
Drill #11: Mirror Defense

This drill is to practice the ability for a defender to follow and react to a cutter. In pairs, the offensive player is the leader and will jog, and the defender follows while shuffling, and must stay low, in a good athletic position. Progression:

1. Start between two cones on a straight line and the cutter changes direction every 15-20s
2. Zig zag (5m between each cones)
3. Make 1 box (10m) for each player, the cutter can run everywhere! The defender must follow. Once the cutter commits to a direction and goes out of the box, they sprint to a cone!



To make it harder, the cutter can sprint! Make sure to work both sides and that the players always remain 2m apart.



Drill #12: Handler movement
Use the space you have to practice handler movement, give and go with 3 players and no defense. Make sure every player is doing that drill, and does it in different wind directions.

Drill #13 : 4 lines
Use that drill to practice short, medium and long throws with or without a mark. It's a good way to have a big volume of throws with a variety of cuts.

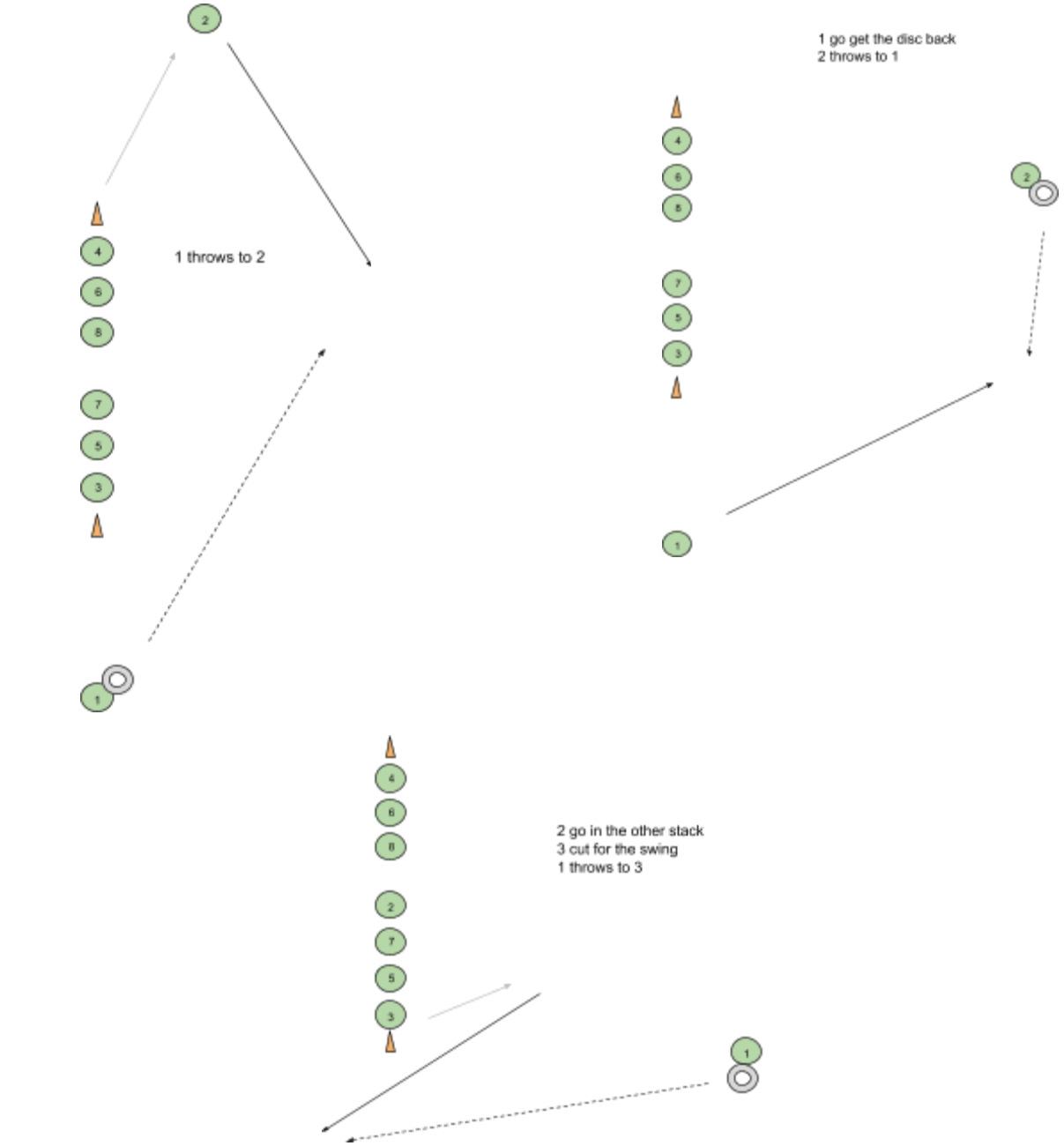
Drill #14: Pull
This is not a specific drill, but it's a good time to practice pulls. A good progression will be to start with the technique, the distance, the precision, and finally the hang time. Use all wind directions.

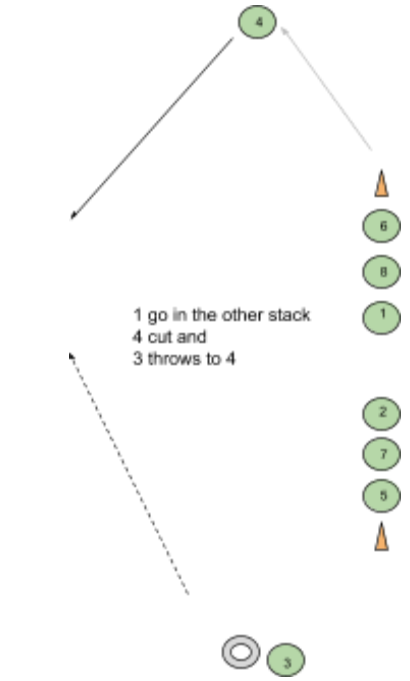
Drill #15: Box
Field (10x15m), 1 hoop, 1 box (3x5m)
Teams: 5 players
Offense: With small passes, bring discs in the box. If the disc is dropped or intercepted, bring the disc back to the hoop.
Defense: Remain 1m away from it at all times. Don't let the disc go into the box.
Vary the exercise by changing offense/defense ratio, change the box size, use a ball instead of a disc.

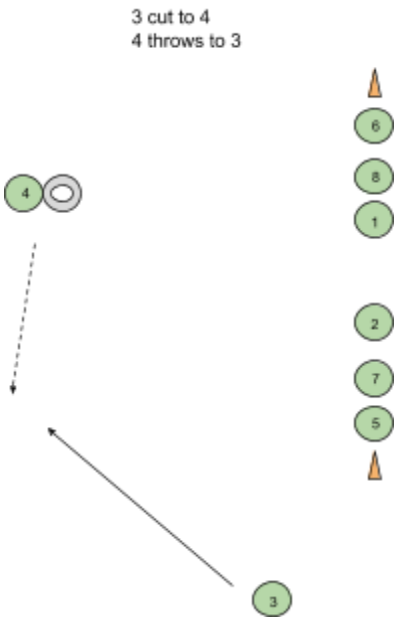


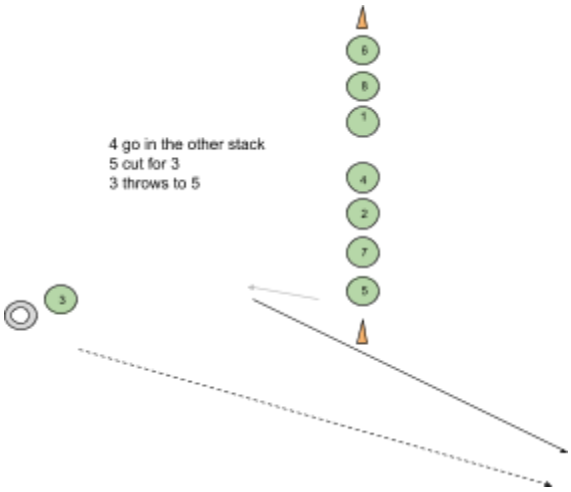
Drill #16: ''Seattle''

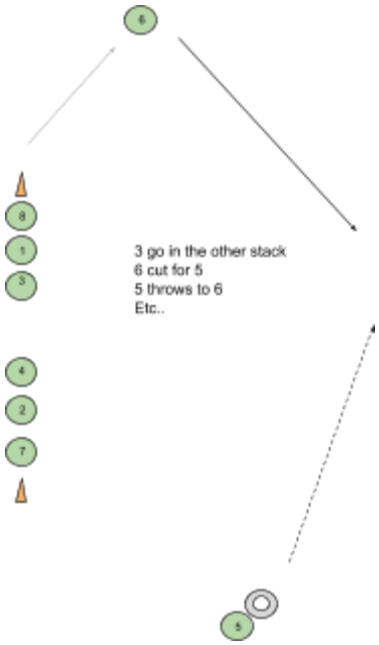
During this drill, timing is very important. For more of a challenge, add defenders!




1 go in the other stack
4 cut and
3 throws to 4


3 cut to 4
4 throws to 3


4 go in the other stack
5 cut for 3
3 throws to 5


3 go in the other stack
6 cut for 5
5 throws to 6
Etc..


Coach
Offense
Offensive with disc
Defense
Disc
Cone
Cut
Throw
Fake

ADULTS (18+)

General Skills	Specific Skills
Physical	All physical components must be developed. The complexity of the exercises depend on the level, and the age of the participant.
Technical	Develop and consolidate throws, catches, cuts and general defense.
Psychological	The main goals are to have fun and be a team player. For an athlete at a competitive level, work on imagery technique, visualization, distractions control, and performing under pressure.
Spirit of the game	Players know the rules, respect others, and embrace inclusion and equity.
Lifestyle	Give back to the community by coaching, volunteering, observing, etc. Adults should practice 60 min per day of moderate physical activity or 30 min at high intensity 3 days per week. Even at a competition or recreational level, participants must maintain a balance in their lives with sport, social, work, school, family, etc.
Warm up	Include physical components (speed, agility, power) right after warm up. Endurance and flexibility can be worked on at the end of the practice.
Materials	175g discs and cones

Drill #1: Yo-yo

1 disc and 1 cone per duo.

This drill starts in pairs (1 thrower and 1 catcher). There can be as many pairs as you want with enough space between the groups. The thrower stays in place and throws short throws (varying heights, speeds, angles). The catcher starts at a cone. When the coach says “GO”, the catcher back pedals until the throw is done. To catch the disc, the catcher has to step or jump toward the disc. The catcher immediately returns the disc back to the thrower, and runs back to the cone. These pairs stay together for 30 sec. After 30 sec, the coach will shout “SWITCH”. Throwers stay in place while the catchers find another thrower. Complete 2 more rounds. After the 3 rounds of 30 sec, switch the roles, and start another 3 rounds with the new thrower and catcher. Remember that every pair is doing the drill at the same time.

Drill #2: Zen Throwing Routine

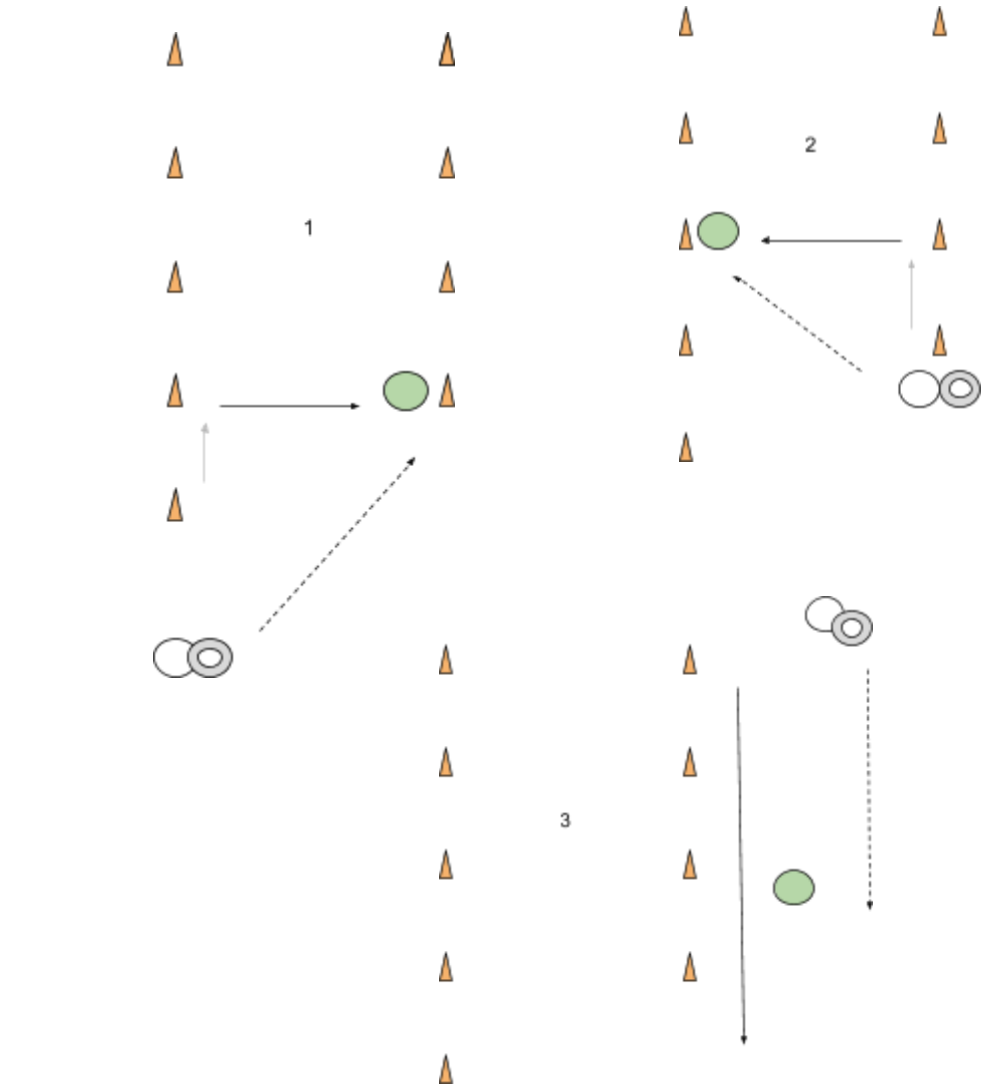
Select 1 or 2 exercises on the Zen Throwing routine found in the resources section.



Drill #3: Give and go

Throwing drill in pairs, 1 thrower and 1 cutter. After each throw from the thrower, the cutter dishes it back, and cuts to the other cone. At the end, the cutter runs for a huck. Once the players try both positions, they switch roles.

Round 1: Flat backhand and forehand.
Round 2: Inside throws
Round 3: Outside throws
Round 4: Off-hand throws
Round 5: Let them choose

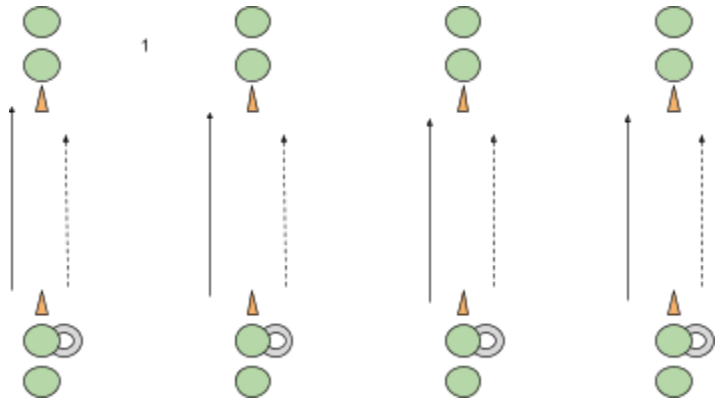


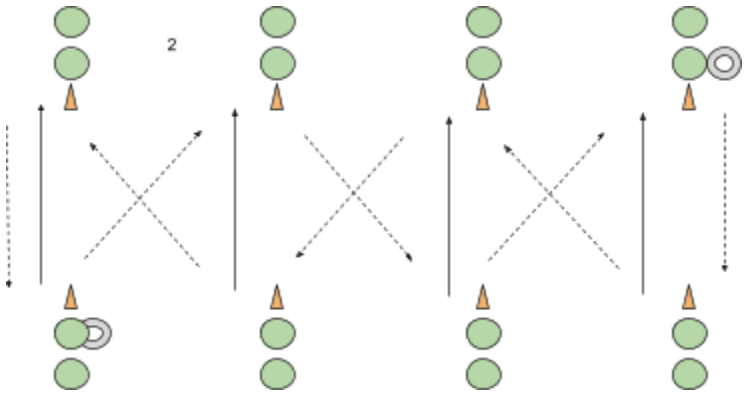


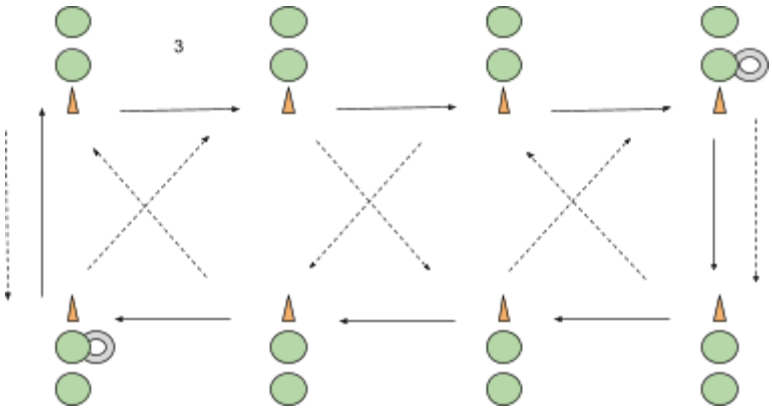
Drill #4: Lanes

Starts with 4 lanes, and 2-3 players at each cone. The coach can call for specific throws and catches. You can also add more discs to make it more difficult. You can incorporate different rotations:

1. Throw and run to the cone in front of you. (1 disc per lane)
2. Throw diagonally and run forward. (Start with 2 discs)
3. Throw diagonally and run to the cone next to you (clockwise, start with 2 discs)









Drill #5: Cutting tree

Teams of 6 players with 1 thrower and 5 cutters

- The thrower makes 15 throws in a row.
- Cutters are focusing on making good changes of direction and speed. They run different cuts (up the line, under, seven, etc.)

Drill #6: Huck drill

Teams of 4 players with 1 disc. From 2 pairs, and each pair is 40m apart (or player's choice)

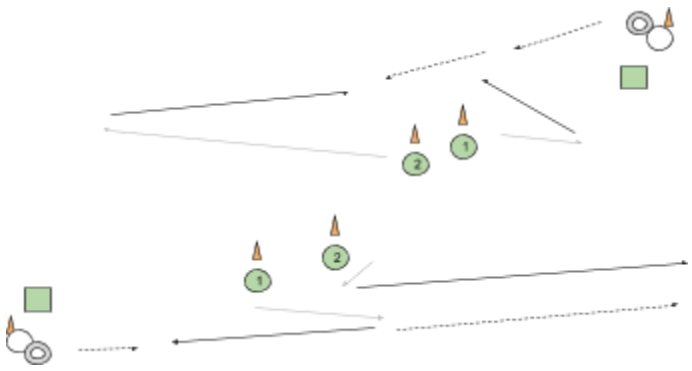


- 1 hucks to 2
- 2 catches the disc while 3 is setting a cut (up the line, dish, under, etc)
- 2 throws to 3
- 3 hucks to 1
- 1 catches the disc while 4 is setting a cut
- 1 throws to 4
- 4 hucks to 3
- 3 catches the disc while 2 is setting a cut
- 3 throws to 2
- 2 hucks to 4
- etc.

Drill #7: Timing drill

Minimum 4 players with 1 thrower, 1 mark, 2 cutters. The rest of the players can form a line.

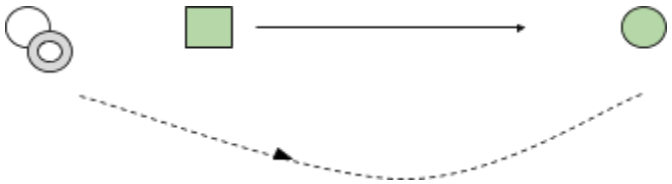
- Cutter 1 makes a cut (up the line or under), catches the disc from the thrower, and throws it to cutter 2.
- Cutter 2 cuts under or deep and has to be ready to receive the disc when it is caught by cutter 1.
- Rotation : Mark > throw > cutter 1 > cutter 2 > go to the other side.
- Switch sides after 10 min.





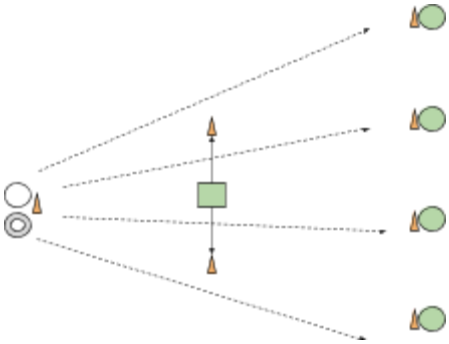
Drill #8: Trio

3 person drill, but the mark will always remain at 2m from the thrower. 1 disc per team of 3 players. The mark is straight and the thrower can fake, and has to get around the mark with the throw (good practice for the curves). The catcher becomes the thrower. The mark can stay at this position for 6 throws.



Drill #9: Wiper

Form groups of 7 (4 catchers, 1 thrower, 1 feeder, 1 defender). The catchers stand still at their cones, 5-10m from the thrower. The defender is 5m from the thrower, and can only work into a 5m line. The goal of this drill is to complete the passes, not necessarily to finish the drill quickly! Rotate positions after 4 or 8 throws.



Challenge: No overhead throws allowed, ask for a specific catch, ask the catcher to blink their eyes quickly right before catching the disc. The thrower turns their back to the cutter and makes a small throw to him/herself and pivots towards the cutter, one of the cutters raises a hand and the thrower has to react quickly and throw it to the target.

Drill #12: Handler movement

Use the space you have to practice handler movement, give and go with 3 players and no defenders. Make sure every player is doing that drill and does it in different wind directions. Coaches can add restrictions (level to unlock, 3 vs 2, etc.)

Drill #11: Mirror Defense

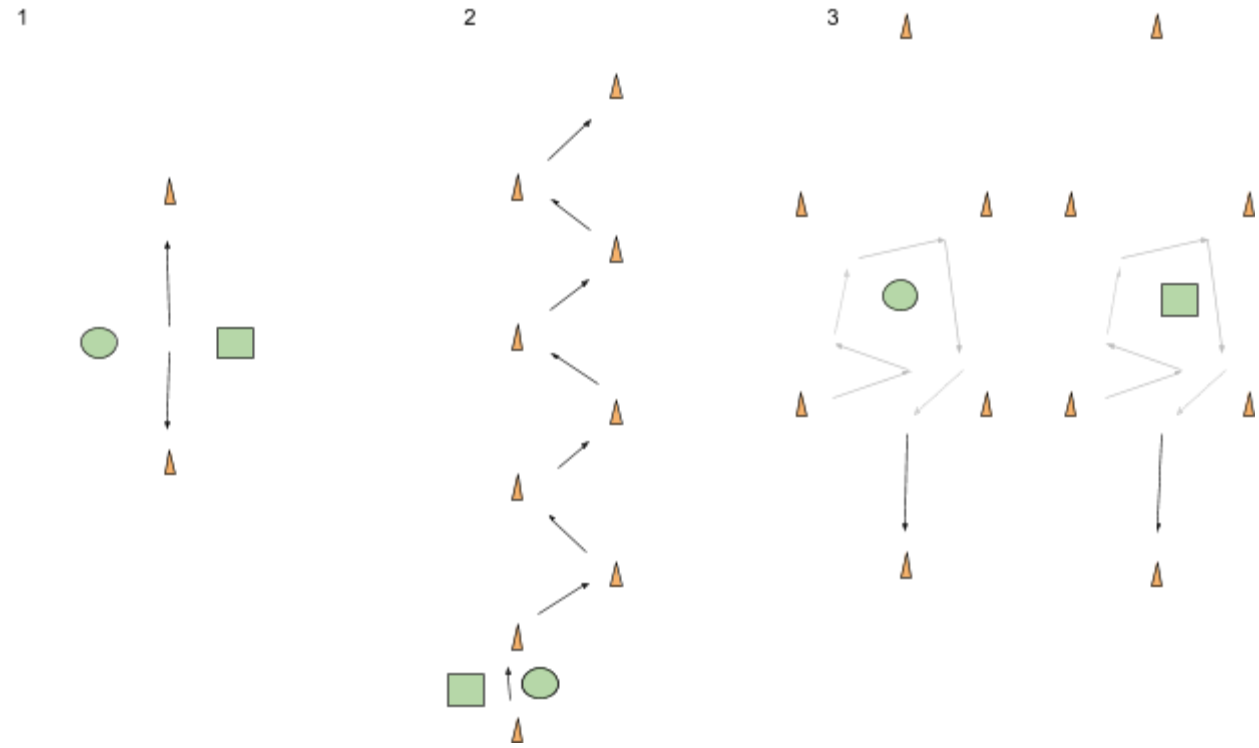
This drill is to practice the defender's ability to follow and react to a cutter. In pairs, the offensive player is the leader and will jog, and the defender follows while shuffling, and must stay low, in a good athletic position. Progression:

1. Start between two cones on a straight line and the cutter changes direction every 15-20s
2. Zig zag (5m between each cones)



3. Make 1 box (10m) for each player, the cutter can run everywhere! The defender must follow. Once the cutter commits to a direction and goes out of the box, they sprint to a cone!

To make it harder, the cutter can sprint! Make sure to work both sides, and that the players always remain 2m apart.





RESOURCES

- Canada Health https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html
- Canada Health App. https://apps.apple.com/ca/developer/health-canada-sant%C3%A9-canada/id408663392
- Rule of two https://coach.ca/sites/default/files/2020-04/Rule%20of%20Two%20-%20Infographic%20%282020%29.pdf
- Rule of two in a virtual setting https://coach.ca/sites/default/files/2020-05/Rule%20of%20Two%20in%20a%20Virtual%20Setting_EN_0.pdf
- Ultimate Canada Matrix https://canadianultimate.com/en_ca/long-term-athlete-development
- Zen Throwing Routine https://skydmagazine.com/2011/11/wiggins-zen-throwing-routine/
- Learn To Play modules https://www.dropbox.com/home/LTAD/Learn%20to%20Play/Modules
- FUNdamentals https://www.dropbox.com/home/LTAD/FUNdamentals