

Ultimate Frisbee Study Guide

Mr. Urdal

Backhand

- Place the index finger along the edge, thumb on top and the other three fingers underneath.
- The shoulder of the hand you are throwing with should face your target.
- Extend the arm and snap at the wrist (still keeping the disc level).

Offense-

- Can throw the frisbee to anyone on your team
- Only allowed to take 2 steps after catching the frisbee
- Allowed to pivot on plant foot after taking 2 steps
- Must have both feet inbounds to be a catch
- Can not take 2 steps into endzone, must catch in the endzone

Defense-

- Possession switches when the frisbee hits the ground
- Defense is allowed to knock the frisbee out of the air or intercept
- Defense must stay 5feet away from the person with the frisbee
- Man Defense- Stay with one person the whole time around the field
- Zone Defense- Stay in an area/zone of the field, not with a person
- May jump up and down and fling arms around to deflect frisbee

Forehand

- Make "L" with thumb, index finger, and middle finger, wrap underneath.
- Bend elbow in tight to body, frisbee shoulder high.
- Extend arm in front of body, snap wrist, keeping arm flat.

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