

# June 14 – Ultimate Drill

Hello UofT Students!

We are very happy to finally have you back on campus participating in our drop-in sessions. Just a reminder, due to COVID-19 protocols students must remain 3m or 10ft apart during these drop-in sessions and are encouraged to sanitize your hands often.

Due to phase 1 re-opening plans restrictions Sport & Rec is pleased to offer these drop-in drill sessions. During these sessions different pre-made drills will be provided for participants each day (not each session). No game play or free play is allowed under phase 1 re-opening plans. Thank you for your cooperation during this time.

## **Warm up:**

- Run 1-2 lap around the field
- Ankle and knee rotations - 6 each
- Fire hydrants - 4 each direction/leg
- Squats + bottom half squats - 8 full reps, 8 bottom half squats
- Arm circles - 15 circles each arm
- Walking lunges with twist stretch - To one cone and back
- Quad stretch - To one cone and back
- Walking heel touch - To one cone and back
- Frankenstein/ reverse lunge walk - To one cone and back
- Sumo stretch - To one cone and back

## **Drill 1: CENTURY THROWS**

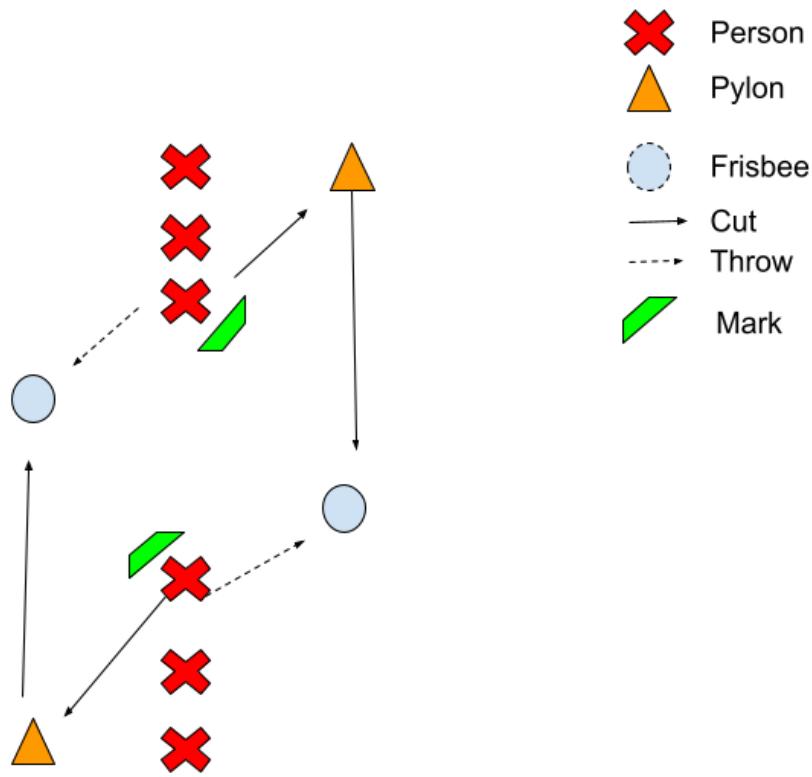
Execution: Partner with another drop-in participant and throw 10 of each of the following throws:

1. Backhand: Bring dominant foot across body, non dominant is your pivot foot, bring frisbee back and throw
2. Flick/ forehand: Step out with dominant foot and bring frisbee back and throw
3. Outside-in (OI) Backhands: Similar to the backhand but you are tilting the frisbee upwards before you release
4. OI flick: Similar to a flick but you are tilting the frisbee upwards before you release
5. Inside-out (IO) backhands: Similar to backhand but you are tilting the frisbee slightly downwards before you throw
6. OI flicks: similar to a normal flick but you are tilting the frisbee slightly downwards before you throw
7. Low release backhand: Similar to backhand but the release point of the frisbee should be below your knee
8. Low release flick: Similar to flick but the release point of the frisbee should be below your knee
9. High release backhand: Similar to backhand but the release point of the frisbee should be around the height or above your head
10. High release flick or any upside down throws: Similar to flick but the release point of the frisbee should be around the height or above your head
11. Hucks: A deep or far backhand or flick (think like half/full field throws)

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## Drill 2: GO TO'S

Purpose: Teaches participants to attack the disc and throw to a person cutting under



### Execution

1. Once 2 lines are formed, with 3m distance between participants, each person at the front of the lines should have discs and a mark (represented by a cone) in front of them
2. Participant 1 will start to cut towards the cone behind them at a 45-degree angle, Participant 2, the front of the opposite line, will then throw the disc directly ahead of the running participant forcing them to run and catch
3. Once the disc is thrown, Participant 2 will now cut towards the cone behind them at a 45-degree angle and proceed to catch the disc being thrown to them Participant 3 who is now head of the original line
4. Participant 1 will line up behind the opposite line then where they started, as will Participant 2 slowly moving forward until it is their turn to throw/run again
5. This cycle should continue for 5-10 minutes then switch the cones to the other side so the throw changes from backhand to flick/forehand for instance

