

Juniors Ultimate Clinic Guidelines

A general guide for running a 2-hour clinic for a junior high school class

Adapt the length of each activity or the number of activities depending on the time slot given to you. Increase the difficulty of the skills if teaching older kids.

1. DVD instruction: (10 minutes)
 - a. If possible, meet in the classroom and play one of the DVDs in the clinic kit. Arrange this before with the teacher if possible. From the DVD menu, choose one of the final games as a good demonstration.
 - b. **Describe** the basics of an ultimate game – 7 people per side, start with a huck, pass the disc without walking, turnovers, scoring.
2. Warmup (10 minutes)
 - a. **Activity:** Jog twice around the field, then form a circle and stretch out the major muscle groups.
3. Introduction to throwing (20 minutes)
 - a. **Demonstrate** backhand throws and pancake catches:
 - i. Describe the basic mechanics of throwing (facing the receiver, stepping forward while throwing, keeping the arm straight, keeping the disc flat (make comparison to keeping a cup of water from spilling on the top of the disc)). Emphasize catching with two hands.
 - b. **Activity:**
 - i. Kids to break into groups of two and throw backhands. Wander through groups and give encouragement and advice. For those that are advanced, teach them how to throw a forehand.
 1. Forehand: teach them how to grip the disc, describe body position (facing receiver) and which leg to step with, leading with the elbow and getting a snap on the throw.
 2. Additional things to teach if kids are interested: curves on throws, hammers, scoobers, trick throws
 - ii. Get kids to invent a new, fun throw. After 5 minutes, each group demonstrates their throw to the class.
4. Stacking and cutting (20 minutes)
 - a. **Describe** the principle of “creating space” and what a stack is. Use the coaching kit if necessary, or get kids to line up in the field to demonstrate.
 - b. **Activity:**
 - i. Diamond drill: put two cones across from each other about 15m apart. Line up kids behind the cones and have one person cut to their right. The thrower throws them the discs, then the thrower cuts to their right for the next throw from the other line. Throw then go.
 - ii. Flow drill: put 4 cones in a line about 10m apart from each other and line up the kids behind each one. The first line has the disc and throws to a player from the second line, who cuts into the field.

This person then passes the disc to the third line, etc. Kids rotate lines after catching.

5. Hucking (15 minutes)
 - a. **Describe** what a huck is and the timing of the throw (ie. Wait until the thrower has traveled some distance, throw it ahead of them, etc.).
Demonstrate a few hucks.
 - b. **Activity:**
 - i. Place two cones side-by-side about 10 m apart, with many discs at one cone. Have kids line up behind the cones, one line for throwers and one line for runners. Let the kids throw long passes to each other. After throwing, switch lines to become a runner.
6. Break time (5 minutes)
7. Game time (40 minutes)
 - a. Run a full game if possible. Make the teams as even as possible, from watching the kids practicing during the first part of the clinic. Focus on simple goals, like getting them to stack after each turnover (even if you must stop the game for them to set it up in time). Expect confusion during turnovers, when kids must switch from offense to defense or vice versa.
 - b. If there are not enough kids to play a full game, play box or a smaller version of the game with less players and a smaller field space.