**Strategies of the game:**

Ultimate Frisbee is both simple and complex, and therein lays its beauty. Here are some basic components that will help us be on the same page out there in the field:

• Defense first: For many beginners, the best way to learn the game is to focus on the defense. It is much easier to follow the person you are guarding than to figure out where to run when on offense.

• Stand on the correct side of the player you are guarding: You can accomplish a lot on defense simply by ‘cheating’ to the correct side of the player you are defending. See the diagrams below on what to do.

• Make hard cuts: when on offense and are trying to get open, there are four basic strategies for now, but each demands that you run really hard to be effective: o Run straight toward the person with the disc – if your defender is behind you then you will be open. Note: always run to the disc instead of waiting for the disc to come to you. By waiting, you give the defender a chance to block it. o Start running toward the person with the disc, then cut or run toward the ‘live’ side – the side that the defense wants us to throw it to o In either of the above situations, if you are not open (you’ll know if you’re not open either because you’ll see your defender in the way between you and the person with the disc, or the person with the disc will ‘look you off’ – in other words, the person with the disc will determine that you are not open and give you some sort of eye or voice signal that you’re not open), it is extremely important that you run just as hard either to the dead side if you were running right toward the disc, or run up the sideline if you were cutting to the open side. By taking yourself out of the area, you are making space for someone else to get open.

• Use your dump: When on offense, if you don’t see someone down the field to throw the disc to, throw it to your dump. At about the 5 second mark, you should start looking for your dump. Remember, you are not a wimp for throwing a dump pass.

• Flow and anticipate: when on offense and you see a throw being made to one of our players, anticipate the catch and start running to an open part of the field even before the catch is made. Ideally, you want the person who caught the disc to look up and see you open within 1-2 seconds of catching it. The process of throwing and catching when no one holds on to the disc for more than 2 seconds is called ‘having good flow’ and is beautiful to behold.

• Don’t get too excited: Especially when near the end zone, it’s important to be patient and make a good throw. It’s easy to get excited at making a throw for a point, but often that excitement clouds your judgment. Also, if you make an amazing catch, chances are you will then make a terrible throw, so please do make the amazing catch, then remember to be patient on the throwing part and make a good decision.