Ultimate Frisbee Terms

* Pull: this is the name of the ‘kick-off’ when one team throws the disc to the other team to start a point. If you are on the throwing team, each person will identify the person on the other team that you will guard. You will guard (and be guarded by) this person the entire point. Likewise, if the other team is throwing to us, they will choose which one of us they will guard. The person that guards you is the person you will guard for that point if our team makes a turnover and we have to switch from offense to defense.

• Force: this is the side of the field that the defense wants to ‘force’ the offense to throw to. For us, we will be forcing school or forcing hills and the team will decide ahead of time which to do. Normally we will force teams to throw a forehand throw instead of a backhand. (I don’t know how to explain the difference other than most people learn how to throw a Frisbee using a backhand throw and thus have a weaker forehand.)

• The Stack: this is what the offense does while the disc is not in play. It involves the team lining up in a somewhat vertical fashion starting about 15 yards beyond where the person with the disc is.

• Cut: this is what you do on offense to get open (e.g. cut to the open side of the field, cut in toward the person with the Frisbee, cut long (go run long away from the person with the Frisbee) • Huck: this is the term for a very long throw. You can cut long if you think one of our longer throwing players is in a position to huck it to you.

• Clog: what you are doing on offense if you are just standing around in the wrong place or running to the wrong place putting you and your defender in the middle of the action in a bad way. “You are clogging the area, clear out.”

• Clear: What you need to do if you are clogging up the field and making it hard for the thrower to throw to someone. You can clear by running away from the disc or running to the opposite (horizontally) side of the field (the dead side). You clear when you have not been able to get open after making a cut. By clearing, you not only get out of the way for another of our players to get open, but you also take your defender away as well. Sometimes, just taking a defender away from the action is as good as you yourself getting open

• Dump: if you have the disc and are trying to throw it within the 10 seconds you have, but are having difficulty finding someone open, you can dump the Frisbee or throw the Frisbee to your dump. The dump is a person on our team who will most likely be standing slightly behind you or just to your side, making him/herself available for an easy throw. It is important to note that it is not wimpy or a sign that you suck to throw a dump pass – a dump pass gives our team more time to make the next throw, and often the dump pass opens things up down the field.

• Swing: this is what it’s called to throw the Frisbee horizontally (often against the force). Imagine being on the right hand side of the field and having everyone all bunched up there. By swinging the disc to the left hand side, the field is much more open.

• Dump Swing: Predictably, this is when you throw a little pass backward to your dump, who then immediately throws the disc across the field horizontally (swing) – this is an extremely effective strategy because it breaks the force and leaves our team open all down the field (see diagrams)

• Last back: the defensive player closest to the opponent’s end zone – the last back must always play behind the person they are guarding so that he/she can’t run for a long pass.