



MIDDLETON ULTIMATE



**SUCCESS IS PERFORMING
TO THE BEST OF YOUR ABILITIES**

THE **5** **ULTIMATE ESSENTIALS**
WHAT YOU NEED TO BE A GREAT ULTIMATE PLAYER

1 DISK SKILLS

THROWING,
CATCHING,
READING THE
DISK

2 ATHLETIC ABILITY

SPRINTING,
RUNNING,
JUMPING,
AGILITY,
STRENGTH

3 ULTIMATE IQ

STRATEGY,
POSITIONS, PLAYS,
OFFENSE / DEFENSE,
RULES & SPIRIT
KNOWLEDGE

4 PERSON DEFENSE

THE FORCE,
MARKING,
STAYING CLOSE
TO PERSON

5 BELIEF IN SELF

DESIRE,
MOTIVATION,
WORK ETHIC,
DETERMINATION,
"MOXIE"...

PLAYER LEVELS	LEVEL 1	<p>INTRO</p> <p>*MINIMUM EXPECTATION FOR PARTICIPATION*</p> <p>COMMITMENT: ATTENDS ALL SCHEDULED PRACTICES & GAMES</p>	<p>THROWS: LEARNING BASIC FOREHAND & BACKHAND; DEVELOPING CONSISTANCY & ACCURACY ON 3-10 YARD THROWS.</p> <p>CATCHING: WORKING ON CATCHING ALL THROWS IN WAIST-SHOULDER ZONE.</p>	<p>PARTICIPATES IN ALL DRILLS, PUTS FORTH EFFORT AND DEMONSTRATES ATHLETIC IMPROVEMENT OVER COURSE OF SEASON.</p> <p>WORKING TOWARD 80% SPRINT FOR 70 YARDS.</p> <p>WEEKLY IMPROVEMENT IN PUSH-UPS, SIT-UPS / CRUNCHES, CHIN-UPS AT HOME (ADD 1 EVERY WEEK FOR EXAMPLE).</p>	<p>LISTENS TO INSTRUCTION, ASKS QUESTIONS WHEN NEEDED.</p> <p>REVIEWS PLAYBOOK OFTEN.</p> <p>IS REVIEWING AND OBTAINING A BASIC UNDERSTANDING OF RULES & SPIRIT.</p>	<p>LEARNING BASICS OF THE FORCE --> "HOME & AWAY"</p> <p>LEARNING HOW TO MARK ON OFFENSIVE PLAYER</p> <p>LEARNING HOW TO STAY CLOSE TO OFFENSIVE PLAYER</p> <p>OVERALL PLAYING DEFENSE ON OPPONENTS BEGINNER PLAYERS</p>	<p>BELIEF THAT WITH FOCUS, EFFORT AND A COMMITMENT TO SELF IMPROVEMENT, YOU CAN BE A CONTRIBUTING MEMBER OF THE TEAM.</p>
	LEVEL 2	<p>INTERMEDIATE</p> <p>HAS MOST LEVEL 1 REQUIREMENTS + 1 YEAR ULTIMATE EXPERIENCE; JV/VARSITY PLAYER IN ANOTHER SPORT</p> <p>COMMITMENT: MINIMUM + 2-4 HOURS WEEKLY</p>	<p>THROWS: HAS IMPROVED/RELIABLE SHORT RANGE FOREHAND & BACKHAND, WORKING ON HAMMER & BREAK MARK THROWS, ACCURACY TO 15-20 YARDS, DEVELOPING HUCK THROWS.</p> <p>CATCHING: CONSISTANT CATCHING ABOVE HEAD & BELOW WAIST, OCCASIONAL LAYOUT AND DIFFICULT GRABS.</p> <p>DEVELOPING ABILITY TO READ A DISK IN THE AIR AND MAKE RELATED POSITIONAL ADJUSTMENTS.</p>	<p>CAN SUSTAIN A MODERATE LEVEL OF PLAY FOR MOST OF THE GAME WITH MOMENTS OF HIGH LEVEL PLAY.</p> <p>ABILITY TO RUN AT 70-80% FOR 70 YARDS X 2 TIMES.</p> <p>ABLE TO BE QUICK ON YOUR FEET AND CHANGE DIRECTION EFFICIENTLY.</p> <p>IS INVOLVED IN SOME KIND OF STRENGTH & CONDITIONING PROGRAM.</p> <p>JV / VARSITY ATHLETE IN ANOTHER SPORT (or equivalent).</p>	<p>HAS GOOD/STRONG UNDERSTANDING OF BASIC RULES/SPIRIT AND FAMILIARITY WITH MORE COMPLEX RULES.</p> <p>UNDERSTANDS O & D POSITIONS AND ROLES.</p> <p>IS CONFIDENT WITH A MAJORITY OF THE PLAYS IN THE PLAYBOOK AND CAN SUCCESSFULLY RUN THEM ON THE FIELD.</p> <p>IS PURSUING SOME ULTIMATE KNOWLEDGE OUTSIDE OF MHS ULTIMATE PROGRAM.</p>	<p>UNDERSTANDS THE FORCE AND RARELY GETS IT WRONG</p> <p>CAN APPLY AN EFFECTIVE, DISCIPLINED MARK; DENIES MOST BREAK THROWS</p> <p>CAN RUN WITH THEIR DEFENSIVE PLAYER AND RARELY LETS THEM GET FREE</p> <p>GETS OCCASIONAL / MODERATE BLOCKS</p> <p>OVERALL PLAYING EFFECTIVE DEFENSE ON OPPONENTS MID LEVEL PLAYERS</p>	<p>BELIEF THAT YOU ARE IMPROVING CONSTANTLY DUE TO YOUR COMMITTED HARD WORK</p> <p>UNDERSTANDS GROWTH THROUGH ADVERSITY</p> <p>CONFIDENCE THAT "YOU CAN DO THIS!" IN HIGH PRESSURE SITUATIONS</p>
	LEVEL 3	<p>ADVANCED</p> <p>HAS MOST LEVEL 2 REQUIREMENTS + 2 YEARS ULTIMATE EXPERIENCE; PLAYING YCC, ATTENDING CAMPS; VARSITY PLAYER IN ANOTHER SPORT</p> <p>COMMITMENT: MINIMUM + 5 HOURS WEEKLY</p>	<p>THROWS: HAS SOLID/ACCURATE FOREHAND, BACKHAND & RELIABLE HAMMER, CAN BREAK THE MARK, ACCURACY ON 30+ YARD THROWS TO SPACE, 60%+ ON DEEP HUCKS.</p> <p>CATCHING: CAN "SKY" OPPONENTS IF NEEDED, MAKES DIFFICULT GRABS CONSISTANTLY.</p> <p>EASILY ABLE TO READ A DISK IN THE AIR AND MAKE RELATED POSITIONAL ADJUSTMENTS.</p>	<p>CAN SUSTAIN A HIGH LEVEL OF PLAY FOR 3/4-ALL OF GAME.</p> <p>ABILITY TO RUN AT 80-90% FOR 70 YARDS X 3+ TIMES.</p> <p>EXPLOSIVE AGILITY IN SMALL/ MODERATE SPACES.</p> <p>PARTICIPATES IN DEDICATED STRENGTH & CONDITIONING 9+ MONTHS OF THE YEAR.</p> <p>VARSIITY ATHLETE IN ANOTHER SPORT (or equivalent).</p>	<p>HAS STRONG UNDERSTANDING OF ALL THE RULES/SPIRIT AND IS ABLE TO ASSIST IN RULES CLARIFICATION SITUATIONS.</p> <p>DIRECTS "TRAFFIC" ON THE FIELD AND ORGANIZES O / D PERSONEL.</p> <p>IS ABLE TO MAKE SUCCESSFUL ON THE FLY SITUATIONAL ADJUSTMENTS WITHOUT DIRECTION.</p> <p>IS ACTIVELY LEARNING ABOUT THE GAME OF ULTIMATE FROM OUTSIDE RESOURCES.</p>	<p>CAN APPLY A HIGH PRESSURE MARK THAT CAUSES RISKY/HIGH STALL THROWS; OCCASIONAL HAND-BLOCKS.</p> <p>PLAYS "SHUT-DOWN" DEFENSE: DENIES THEIR PLAYER THE ABILITY TO GET THE DISK</p> <p>GETS LAYOUT D'S / SEVERAL HIGH LEVEL BLOCKS PER GAME</p> <p>OVERALL PLAYING EFFECTIVE DEFENSE ON OPPONENTS BEST PLAYERS</p>	<p>POSSESS A STRONG BELIEF THAT THEY CAN DO ALMOST ANYTHING / PERFORM AT A HIGH LEVEL IN ANY SITUATION, ANY TIME, ANYWHERE, DUE TO THEIR HIGH LEVEL OF PREPARATION FOR THE MOMENT</p> <p>HAS UNPARALLELED LEVELS OF EFFORT, ENERGY, OPTIMISM, ENTHUSIASM & COMMITMENT TO SUCCESS</p> <p>TAKES RESPONSIBILITY FOR ACTIONS & IS A LEADER ON MANY LEVELS</p>