

BACKHAND

(noun)

A type of throw in which the disc is brought across the body and released with the forefinger pointed at the target.

Bobby used a **backhand** throw to get the disc to Blake.



CARDIORESPIRATORY ENDURANCE

(noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Tristan improved his **cardiorespiratory endurance** by doing jumping jacks until he felt his heart rate increase.



CATCH

(verb)

To grab and hold something that has been thrown or dropped.

Jack tried to **catch** the ball, but it bounced too high, and he missed it.



CONTROL

(verb)

To manage or regulate the movement or actions of something.

Kira was able to **control** the scarf by throwing it carefully into the air.



COMMUNICATION

(noun)

The ability to exchange information with another person effectively and efficiently.

Jim showed good **communication** by clearly discussing a play with his teammate.



CUP

(noun)

A defensive strategy in which four players are defending the disc.

Before the play started, Joe, Mike, Sally, and Deb decided that they would be in the **cup**.



CURVE

(noun)

A line with a slight arc.

Manny tried to throw the disc straight to Sam, but it followed a **curve**, and he missed his target.



CUT

(verb)

An offensive movement in which a player without the ball moves into open space using a sharp and quick movement.

Ruthie **cut** into open space to get open to receive a pass.



CUTTER

(noun)

The position of an offensive player whose job is to get open to receive a pass.

Ben threw the disc to one of his **cutters** before his opponent had a chance to defend him.



DEFENSE

(noun)

The team or players in a game or sport who are trying to steal away possession of the ball and stop their opponent from scoring a goal or point.

The **defense** spread out wide to cover as much space as possible.



DEFENSIVE POSITION

(noun)

A stance that allows a defender to quickly move in any direction in order to create a disadvantage for the offense. The defender's weight is on the balls of the feet, arms are extended with palms up, and eyes are on the midsection of the offensive player.

Kelly remained in **defensive position** while marking Jeremy.



DEFENSIVE PRESSURE

(noun)

The force with which defense is applied. Defensive pressure usually refers to staying tight on a mark and not allowing them much space to move.

Naomi applied hard **defensive pressure** so that Wyatt couldn't move into open space to receive the disc.



DISC

(noun)

The flying saucer used in Ultimate. Regulation discs are 175 grams.

Johnny threw the **disc** to Jackie.



END ZONE

(noun)

Just like in football, the end zones in Ultimate are 25 yards deep, and the disc must be caught in this space to earn a point.

Tyler caught the disc in the **end zone** to earn a point.



ETIQUETTE

(noun)

The set of customary or acceptable behaviors among members of a group or in a specific setting.

Both teams displayed proper **etiquette** through their sportsmanship and adherence to the spirit of the game.



FOREHAND (FLICK)

(noun)

A type of throw in which the forefinger and middle finger are placed under the disc, and the thumb is placed on top. The disc is brought back on the same side of the body as the throwing hand and is released with a flick of the wrist.

A **forehand** throw is one of the most efficient throws because it can be released in an instant.



FOUL

(noun)

An unfair or invalid piece of play.

The referee called a **foul** when Barry hit Sara's hand during her throw.



GRIP

(noun)

A firm hold; a tight grasp.

Use the proper **grip** when getting ready to throw the disc.



HANDLER

(noun)

The position of an offensive player whose job is to handle the disc and throw it upfield to the cutters.

Zach is the **handler** for his team because he is the most experienced player and has mastered many of the basic throws.



HEALTH-RELATED FITNESS

(noun)

A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

Shanika did a pre-assessment of all her **health-related fitness** components and concluded that she needed to work on her muscular strength.



HUCK

(noun)

A long throw down the field.

Leonard was given the chance to **huck** the disc to the end zone to score a point.



INTERCEPTION

(noun)

The act of a defensive player catching an offensive pass.

Bruce ran past Diana to make an **interception** and score a point for his team.



ISOLATE

(verb)

An offensive play in which the handler calls out “ISO” along with the name of the person who is to catch the next pass. All other offensive players scatter in order to make space for the designated receiver to catch the disc.

Ben had been catching well all day, so the handler called, “ISO” and the rest of his teammates **isolated** him by cutting away from where he was running.



LEAD PASS

(noun)

A pass that is thrown ahead of the intended receiver.

Lead passes are a great way to keep the play moving forward and to progress down the field.



MARK

(noun)

The player on the opposing team that you are assigned to defend, or that is assigned to defend you, in one-on-one defense.

Chris couldn't get open to receive the disc because he couldn't outrun his **mark**.



OFFENSE

(noun)

The team or players in a game or sport who are attempting to score or move the ball forward.

The **offense** worked cooperatively to move the disc down the field toward the end zone.



ONE-ON-ONE DEFENSE

(noun)

A defensive strategy in which each player is assigned one mark on the other team to guard.

Marcy knew she had to stay close to her mark because her team was using **one-on-one defense**.



PANCAKE CATCH

(noun)

A type of catch in which a player claps his/her hands on the top and bottom of the disc.

A pancake catch is the most secure way to catch the disc.



PICK

(noun)

A violation in which an offensive player interferes with the movement of a defensive player in a way that prevents them from guarding their mark.

Luke called a **pick** because Danny got in his way while he was trying to guard Matt.



PIVOT

(verb)

To keep one foot in place while moving the other foot one step in any direction.

Colleen **pivoted** around while looking for an open teammate who could receive a pass.



POSSESSION

(noun)

The state of an individual or team having the right to put a ball into play; maintaining control of the ball and the ability to score.

Tamara's team was very good at keeping **possession** of the disc.



PULL

(noun)

The throw used to start a game of Ultimate Disc and each new point.

The two teams flipped a coin to see who would start the game with the **pull**.



SCORE

(verb)

To successfully advance the object to or beyond the opponents' goal line or end zone.

Charles celebrated when he **scored** a point for his team.



SKILL-RELATED FITNESS

(noun)

A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include agility, balance, coordination, power, reaction time, and speed.

The Ultimate team worked hard to improve their **skill-related fitness** in order to gain every advantage on the field.



SPACE

(noun)

An area with height, depth, and width within which all things exist and move.

Logan made a hard cut in order to create **space** to receive a pass.



SPIRIT OF THE GAME

(noun)

An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

Everyone has more fun when the players respect the **spirit of the game.**



SPORTSMANSHIP

(noun)

Ethical, appropriate, polite, and fair behavior while participating in a game or athletic event.

Remy showed good **sportsmanship** by congratulating the other team on their victory.



STALL

(noun)

The amount of time that an offensive player can hold the disc after receiving it. In Ultimate Disc, the stall is ten seconds. Each second must be counted out loud by a defender, who is standing within three meters of the thrower.

Marisa moved close to her mark and began counting aloud to begin the **stall**.



STRATEGY

(noun)

A plan of action for achieving a goal.

The offensive team huddled together to come up with a **strategy** to get the disc into the end zone.



TEAMWORK

(noun)

The combined action and effort of a group of people working toward a goal or purpose.

By passing back and forth as they moved down the field, Rick and Katrina used **teamwork** to score a point.



THROW

(verb)

To propel an object with force through the air by a movement of the arm and hand.

It is important for students to be able to **throw** a disc with correct form.



TRAVELING

(noun)

A violation in which a player takes more than the allowed number of steps (typically zero) while holding the disc, or lifts their pivot foot off the ground before throwing.

Kathy accidentally moved her pivot foot, and a foul was called for **traveling**.



TURNOVER

(noun)

A loss of possession of the disc to the opposing team.

Kevin accidentally dropped the disc, resulting in a **turnover**.



VERT STACK

(noun)

A common offensive play in which players line up vertically and take turns cutting into open space for a pass.

Before the point started, the team decided they would run a **vert stack** to get the disc farther down the field.



ZONE DEFENSE

(noun)

A defensive strategy in which players guard a specific portion of the field rather than a specific player.

The offensive players were fast and easily losing their marks, so the defensive team decided to switch to a **zone defense** and cover the whole field.

