



AUDL

2023 CAMPS & CLINICS GUIDE



TOP RULES FOR BEGINNER INSTRUCTION

- ▶ Your **energy and enthusiasm** matter much more than your skill level as a player!
- ▶ Unless specifically designated as an advanced camp, the priority should be on **fun over skill development**.
- ▶ The less time kids spend standing in line or waiting for instruction the **more fun** they will have.
- ▶ Most kids like **games, not drills**. Some exercises are fine but try to work in a game-like or competitive element to most activities.
- ▶ **Attention spans are short**, assume that kids will start to disengage after the first 30 seconds. The younger the age group, the shorter the attention span.
- ▶ Having kids **separated by relative skill level** generally creates the best dynamic for skill development.
- ▶ Try to incorporate games that have **strategic elements** that do not overwhelmingly favor speed and height; this will be easier at lower skill levels and ages.



ACTIVITIES OVERVIEW

Beginner

- High-Rise Throwing
- Land Mines
- Tug-of-War Throwing
- Popcorn Catching
- 4-line (w/adult thrower)
- Monarch
- Party Game
- Disc Golf

Advanced

- 5-touch
- BOOT
- 4-line (w/out adult thrower)
- Redemption





1-WEEK CAMPS



1-WEEK CAMP: DAY 1

Time	Activity	Video Link
9:00–9:30 AM	Introduction/Ground Rules/Warmup	
9:30–9:40 AM	Water Break	
9:40–10:10 AM	Throwing Introduction	https://audltv.vhx.tv/videos/fundamental-forehand
	Tug-of-War Throwing	https://audltv.vhx.tv/videos/game-tug-of-war-throwing
10:10–10:20 AM	Water Break	
10:20–10:45 AM	Introduction to Catching	https://watch.audl.tv/introductory-ultimate-video-series/season:1/videos/fundamental-catching
	Popcorn Catching	https://audltv.vhx.tv/videos/game-popcorn-catching
10:45–11:00 AM	Longer Break + Snack	
11:00–11:15 AM	4-line drill	https://audltv.vhx.tv/videos/game-4-line
11:15–11:20 AM	Water Break	
11:20–11:50 AM	BOOT	https://watch.audl.tv/videos/game-boot
11:50 AM–12:00 PM	Closing + Cooldown	

1-WEEK CAMP: DAY 2

Time	Activity	Video Link/Notes
9:00–9:15 AM	Introduction/Warmup	
9:15–9:20 AM	Water Break	
9:20–9:50 AM	Monarch	https://audl.tv/vhx.tv/videos/game-monarch
9:50–10:00 AM	Water Break	
10:00–10:30 AM	5-Touch (Best of 3)	https://audl.tv/vhx.tv/videos/game-5-touch
10:30–10:45 AM	Longer Break + Snack	
10:45–11:00 AM	Defense Overview	https://watch.audl.tv/introductory-ultimate-video-series/season:1/videos/fundamental-defense
11:00–11:10 AM	Water Break	
11:10–11:45 AM	BOOT or Scrimmage	
11:45 AM–12 PM	Party Game	https://watch.audl.tv/introductory-ultimate-video-series/season:2/videos/game-party-game

1-WEEK CAMP: DAY 3

Time	Activity	Video Link/Notes
9:00–9:15 AM	Introduction/Warmup	
9:15–9:20 AM	Water Break	
9:20–9:50 AM	High Rise Throwing	https://watch.audl.tv/introductory-ultimate-video-series/season:2/videos/game-high-rise-throwing
9:50–10:00 AM	Water Break	
10:00–10:30 AM	Redemption	This is essentially a break mark drill played with an elimination element.
10:30–10:45 AM	Longer Break + Snack	
10:45–11:00 AM	Land Mines	https://watch.audl.tv/introductory-ultimate-video-series/season:2/videos/game-land-mines
11:00–11:10 AM	Water Break	
11:10–11:45 AM	BOOT	
11:45 AM–12 PM	Closing + Party Game	

1-WEEK CAMP: DAY 4

Time	Activity	Video Link/Notes
9:00-9:15 AM	Introduction/Warmup	
9:15-9:20 AM	Water Break	
9:20-9:50 AM	BOOT	
9:50-10:00 AM	Water Break	
10:00-10:30 AM	Round of Disc Golf	Disc golf but w/Ultrastars and you make up your own course.
10:30-10:45 AM	Longer Break + Snack	
10:45-11:00 AM	Party Game	
11:00-11:10 AM	Water Break	
11:10-11:45 AM	Scrimmage	
11:45 AM-12 PM	Closing	

1-WEEK CAMP: DAY 5

Time	Activity	Video Link/Notes
9:00-9:15 AM	Introduction/Warmup	
9:15-9:20 AM	Water Break	
9:20-9:45 AM	Kids' Favorite Warmup Game (Monarch)	
9:45-11:45 AM	Ultimate Olympics Redemption Disc Golf BOOT Party Game High Rise Throwing Scrimmage	Split the kids into teams and set up a series of competition based on their favorite games throughout the week. Include plenty of water breaks and snack time.
11:45 AM-12 PM	Final closing, provide follow-up information	

MISCELLANEOUS

Insurance & Liability

- Organization should obtain general liability insurance which is widely available (medical coverage optional)
- Make sure coaches are background checked. Ideally, they are Safesport certified as well.

Equipment List

- Standard athletic cones (50)
- 175g Ultrastar for every two kids
- Eight Dodgebees (optional)
- Greatest Ultimate Vertical Trainer (optional)
- Reversible jerseys (optional)

