

Scrimmaging

There's a very good chance the group of beginners will very badly want to play a "real" game of ultimate! In general, we support learning through live play and would recommend having scrimmages at most, if not all, of your practice sessions.

With that in mind, sometimes those beginners lack the sufficient disc skills for an effective scrimmage and the game can quickly turn sour without proper direction. If that is happening, please see the following tips for guided play:

- We would strongly advise letting coaches hop in and play with the kids. Have coaches loosely guard each other; their primary role is to verbally direct kids about what to do on the field AND to help evenly distribute the disc. They're essentially functioning as players, coaches, and referees all at once which is especially helpful at younger ages.
- If teams are struggling to score, set a time limit on the point. You don't want to host a clinic where 30 kids are standing on the sideline waiting for the players on the field to score which can take a long time. If it doesn't happen in 2 minutes, have a wholesale substitution!
- Make rules so that more people have to become involved with the disc. For example, a different person must pick up the disc each time it is turned on a point. This helps prevent the same participant from rushing to the disc and picking it up before others have a chance to throw.