



UKUA Coaching Scheme: Leader Award

The “UKUA Leader Award” provides a basic introduction to the game of ultimate. The three hour workshop led by one of the UKUA’s Coach Educators involves an introduction to the rules; the basics of throwing and catching; some suggested practice drills; and some short games. Ultimate is unique in that it is self-refereed and the workshop will also include an introduction and discussion about the underlying ethos called “Spirit of the Game”.

Is the Leader Award for you?

The course is aimed towards teachers and youth leaders with some experience of coaching or leading sporting activities, but with little or no experience of ultimate.

If you are planning to introduce ultimate in your school/area, or would like to know enough about the game to just consider whether to do so, then this course is for you!

The course has been kept deliberately simple and is entirely contained within the three hour session. It is intended to give you enough information to get started.

The Leader Award involves:

- Quick introduction to the rules
- Basic Frisbee skills
 - Backhands, forehands and catching
 - Pivoting, marking
- Some simple practice drills
- Spirit of the Game
- Playing ultimate!

Attendees receive:

- Workshop review notes
- Simplified summary of the rules
- **Introduction to ultimate in the UK** document to help work out where to go next
- **Ultimate DVD** containing footage from European Championships 2007 and including an “Introduction to Ultimate”
- **What is Ultimate?** Flyer – a template to photocopy for notice boards, etc

Organising a course:

- Register your interest by contacting the UKUA administrator (admin@ukultimate.com)
- The course involves quite a bit of activity so attendees will need to wear sports clothing (tracksuit, shorts, etc); and will need to know whether the course is indoors or outdoors.
- Course attendee numbers should be in the range of 8-16 people. Please contact the UKUA administrator to discuss options for bigger or smaller groups.
- Courses are priced individually – please contact the UKUA Administrator to discuss details.