**Coaches Plan Ultimate Frisbee**

**90-second drill**

* Stand approximately 10 meters apart diagonally in your **home space**.
* Player Blue should have the disc.
* Player Red should first run simulating a cut to area A.
* Player Blue should throw the disc to area A so that Player Red can run onto it and catch it.
* Player Red should then throw the disc back to Player Blue and jog back to his/ her starting position.
* Player Red should immediately run to area B simulating a cut to which player A should throw the disc for Player B to catch.
* Player Red should then throw the disc back to player Blue and jog back to his/her starting position.
* Repeat for 90 seconds.
* Goal is to work on timing of the throw.

