

New players watch these videos before watching the game. They will provide you some of the background knowledge required to get the most out of it.

Logistics to understand: Some rules and terminology to help with learning the game of ultimate.

<https://www.youtube.com/watch?v=D3mpy8YWWag>

Down field positioning: These are the 2 most common formation for downfield play in ultimate. At Cathedral we will primarily use the vertical stack, but it is important that you are familiar with both.

Vertical stack:

<https://www.youtube.com/watch?v=eQdYZCHuIcI>

Horizontal stack:

<https://www.youtube.com/watch?v=FTZdFGvHuXs>

Basic cutting: Some basic field movement, I understand this not the best way to give you this information, but we must make do.

Handler Cutting:

<https://www.youtube.com/watch?v=OUg1O5XNVmQ&list=PLLt6WY9xQGBiWleuUoK70ySqz0-9wMfHc&index=17&t=286s>

“Cutter” Cutting:

<https://www.youtube.com/watch?v=CqpPfVZ1HeI&t=228s>