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](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](https://www.youtube.com/watch?v=eQdYZCHuIcI)

Horizontal stack:

[https://www.youtube.com/watch?v=FTZdFGvHuXs](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=PLLt6WY9xQGBiW1euUoK70ySqz0-9wMfHc&index=17&t=286s](https://www.youtube.com/watch?v=OUg1O5XNVmQ&list=PLLt6WY9xQGBiW1euUoK70ySqz0-9wMfHc&index=17&t=286s)
“Cutter” Cutting:

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