

WILD COAST ULTIMATE CLINIC 2018

ORGANISED BY
EC ULTIMATE

.....

LUBANZI, WILD
COAST

.....

23 - 24 JUNE





OBJECTIVES

TAKING IT TO THE NEXT LEVEL

Members of ELUF Knights and GaleFORCE clubs travelled to Lubanzi, Wild Coast for a weekend of Ultimate frisbee skills development. The scene was set for an incredible weekend of learning, fun and good spirit.

More than 30 people participated over the course of the weekend, with some players attending just the Saturday or Sunday, and others attending both sessions.

Coaches Jason Flowerday (ELUF) and Michelle Caputo (GaleForce) were well-organised to pack as many useful drills and strategy sessions into the two days.

The coaches of the clinic aimed to leave the Wild Coast team armed with a few easy-to-remember warm-up activities and throwing drills, as well as some basic on-field strategies. There was also a session focused specifically on fouls, infractions and other important rules of the game.

"It's important to develop these communities because Ultimate frisbee is an accessible sport and one that builds a great camaraderie among the young people in the area."

- Michelle Caputo,
GaleFORCE coach & player



SATURDAY

SCHEDULE AND ACTIVITIES

8:30 – 10:30 Warm up and Basic Skills
Throws, catching, cutting and defending drills

10:45 – 11:45 The Force
Home, away, straight - and where rest of
defenders stand
- Force scrim

12:00 -13:00 Vertical Stack
Vertical stack drills
- Vert stack scrim

13:30-14:30 Three-man Cup Zone Defence
- Cup scrim

14:30 – 15:00 Fouls/Calls
- Marking infractions, picks, fouls

15:00 -16:00 Horizontal Stack
Ho Stack basics, ho scrim against cup

16:00 – 16:30 Review and Warm Down



SUNDAY

SCHEDULE AND ACTIVITIES

8:30 – 9:15 Warm up and skills

9:15 – 10:30 Separate men's and ladies' games

Separate men's and ladies' drill(s) and games

11:00 – 12:30 Game

Focus points on different skills/ strategies learnt
on Saturday

12:30- 13:00 Warm down

Discuss the way forward and future goals for the
Wild Coast team

FEEDBACK

FROM THE COACHES AND
PLAYERS



DAVID DE GRUCHY - Wild Coast player

"I think this clinic has done a lot for the development of frisbee in the area. A lot of the basics needed covering and we have done that this weekend and we have also learned some new tactics which is super cool."

ASANDA JONGA - Wild Coast coach & player

"I have been hoping for this clinic for some time. It has taught our guys a lot of skills that we didn't have before. We know how to play frisbee; throwing and catching, but we don't know how to play with structure and strategy. This is going to help us grow a lot."



AYANDA DYANTYI - Wild Coast player

"This clinic is very important to us because it gives us the opportunity to learn the frisbee rules properly and we have more reason to be committed to the sport."



JASON FLOWERDAY - ELUF Knights coach & player

"The clinic has been really positive in general. The Wild Coast players have learnt some more of the strategic issues to help them compete at the next level. As these players become more competitive, the more keen they will be to play, and the more we will be able to grow the sport."







