



# Essential Ultimate: Teaching, Coaching, Playing

*Michael Baccarini, Tiina Booth*

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*Essential Ultimate: Teaching, Coaching, Playing* will help you

- develop an Ultimate fitness and conditioning program,
- learn how to execute and teach the offensive and defensive skills and tactics of Ultimate,
- use progressive drills and game situations to refine skills and implement strategies,
- prepare psychologically for competition, and
- build team strength and unity.

Ultimate is one of the fastest-growing sports in schools, intramurals, rec centers, and clubs throughout the United States and the world. It is also a sport that has been sorely lacking in current resources for teachers, coaches, and players—until now. *Essential Ultimate: Teaching, Coaching, Playing* contains all you need to know about teaching and coaching players to learn and achieve in the sport.

Teachers, coaches, and players from all levels will benefit from this comprehensive guide, which includes over 200 illustrations and photographs and provides in-depth information on these elements:

- Throwing and catching techniques
- Individual offensive and defensive skills
- Team tactics
- Preparing mentally as well as physically for competition
- Starting and administering Ultimate programs

The book also includes drills for individual skills and team tactics to help players prepare for competitions.

*Essential Ultimate* is written by Michael Baccarini and Tiina Booth, national junior championship coaches with more than 45 years of combined playing, teaching, and coaching experience in Ultimate. Their experience includes coaching beginners through the most elite, who have won gold and bronze medals at the WFDF World Championships.

Through *Essential Ultimate*, Baccarini and Booth introduce you to the basics of the sport and prepare you to teach, coach, and play it. In **part I** they focus on the principles of throwing and catching and explore individual offensive and defensive skills as well as team offensive and defensive concepts and strategies.

In **part II** the authors guide you in developing team unity and strength. They detail how to start an Ultimate program in schools, recreation centers, clubs, and intramural programs. They offer expert advice on developing championship teams, including the psychological preparation necessary for competing at your best. They also provide information on how to develop a fitness and conditioning program.

As a fun, cost-effective recreational sport, one of Ultimate's appeals is in being self-officiated. This requires players to participate in fair play, teamwork, and good sportsmanship, helping them develop responsibility and character. With its thorough coverage of the sport, *Essential Ultimate* will also help players improve their skills—and aid coaches and teachers in applying the information in a variety of settings, thus making it an important resource for anyone interested in the world of Ultimate.

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