



YCC GUM DAY 2015

8:30 – 8:45AM :: Check-In

8:45 – 9AM :: Get to know GUM!

9 – 9:15AM :: GUM Icebreaker + Warm-up

9:15 – 9:45AM :: GUM Stations [Rotation #1]

9:50 – 10:20AM :: GUM Stations [Rotation #2]

10:30 – 11AM :: GUM Stations [Rotation #3]

11:05 – 11:35AM :: GUM Stations [Rotation #4]

11:40 – 11:55AM :: GUM Shoutouts

12-1PM :: Lunch

1:05 – 1:35PM :: GUM Leadership Introduction

1:40 – 2:25PM :: GUM Breakout Session #1

2:30 – 3PM :: GUM Dream Big Groups

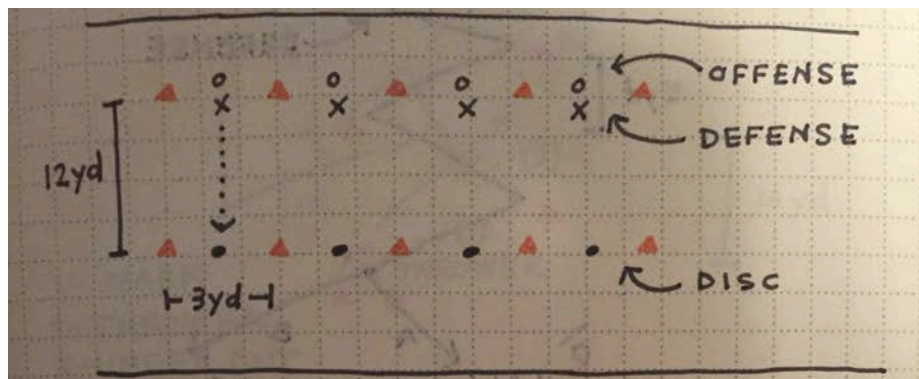
3:05 – 3:50PM :: GUM Breakout Session #2

4 – 6PM :: GUM Scrimmage

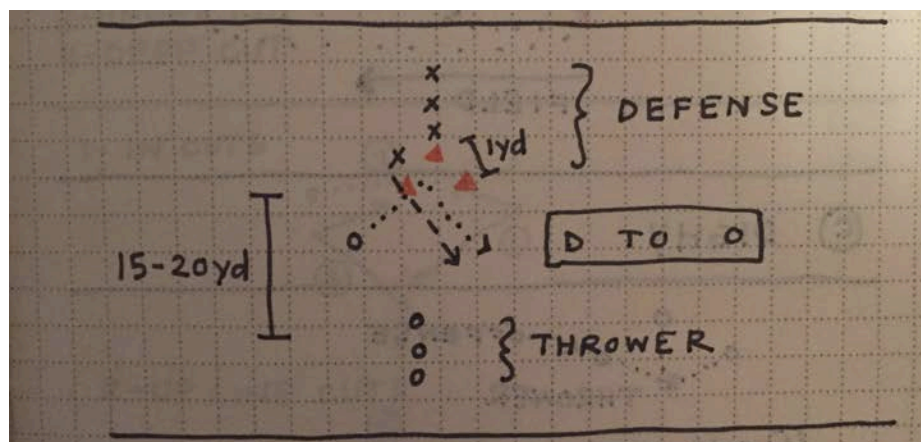
6 – 6:30PM :: GUM Awards + Wrap Up

DEFENSIVE POSITIONING [STATION A]

- **Protect the disc**
 - Goal: Defense works to protect the lane and keep offense from touching the disc. Challenge your comfort zone with physicality on the field.
 - Iteration 1: O and D keep hands behind their backs. Get low and use your body to protect the disc.
 - Iteration 2: Hands are free, but no hugging!

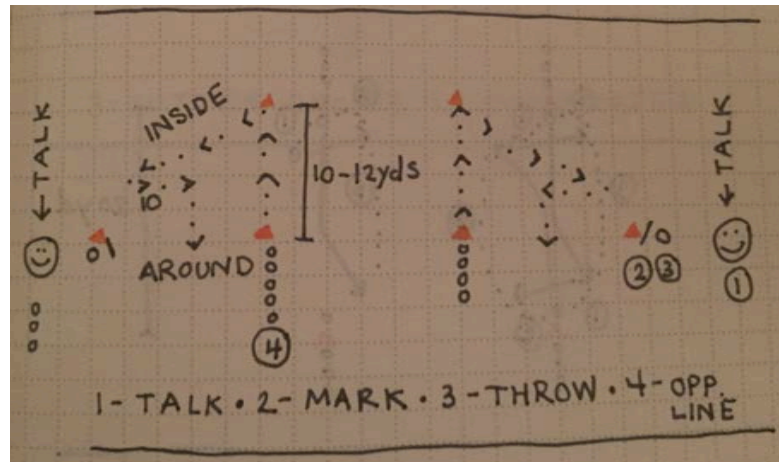


- **Defensive triangle**
 - Goal: Attack the inside lane of an under cut while on defense.
 - Defense to offense to throw or line.

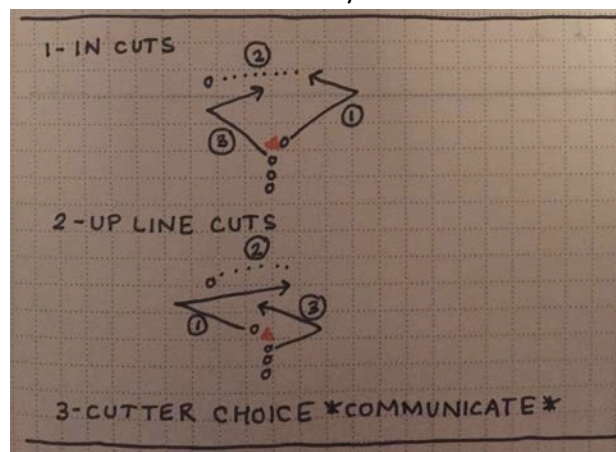


COMMUNICATION [STATION B]

- **How to talk to the mark**
 - Goal: Discuss the different ways to talk to the mark based on where a cutter is on the field. Cover the following: no big, inside, IO, and around.
- **Mark talk in action**
 - Goal: Work on talking to the mark in a real time game situation.
 - Talk to mark, then mark, then throw, then opposite cutting line.



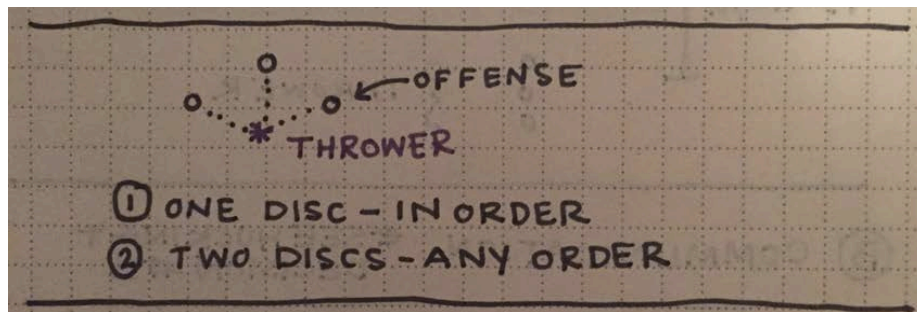
- **On field communication**
 - Goal: Utilize on field communication when cutting by telling your teammates where you are.
 - Iteration 1: Under cuts with "You've got me under!"
 - Iteration 2: Up line cuts with "You've got me up line!"
 - Iteration 3: Cutter's choice w/ communication!



DISHY PASSES [STATION C]

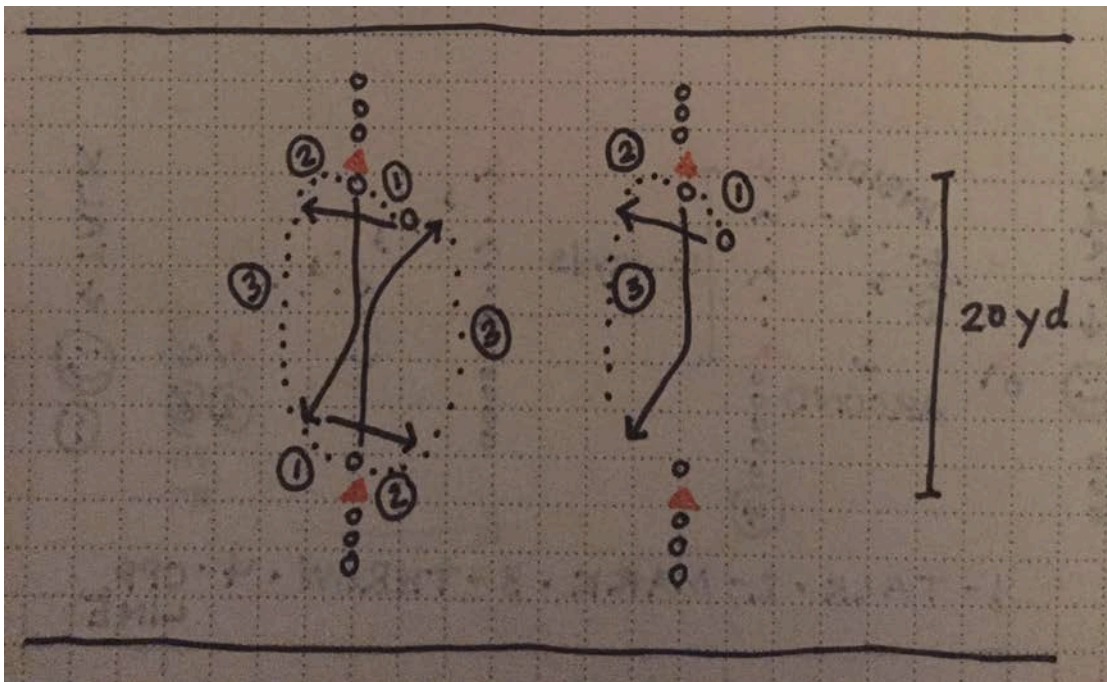
- **Mechanics of dishy passes**

- Goal: Focus on throwing quick snap, smooth dishy passess to teammates. Emphasis on mechanics.
- Iteration 1: Each player has 1 minutes of throwing quick dishy passes to everyone else in group.
- Iteration 2: There are two discs and thrower is throwing and catching in quick succession.



- **Go Go Gadget!**

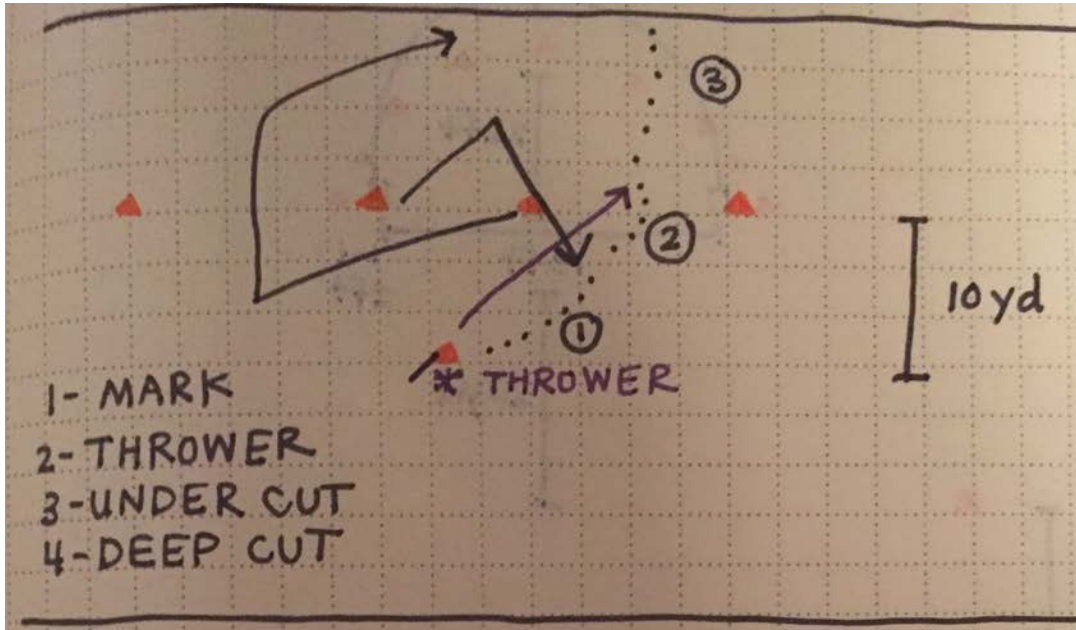
- Goal: Put dishy pass skills into play, really focus on crisp dishy passes in this drill.



HUCK + DECISION MAKING [STATION D]

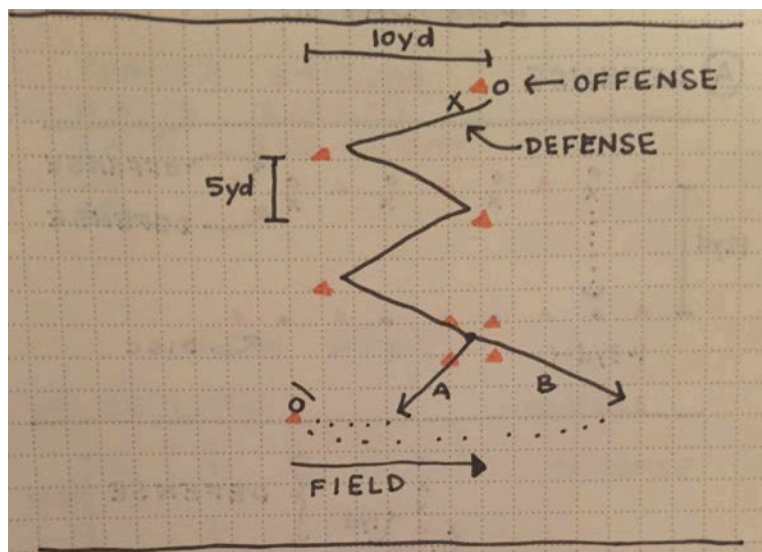
- Huck in motion**

- Goal: Focus on timing deep cut according to what is happening on the field and huck with momentum off of dishy pass.



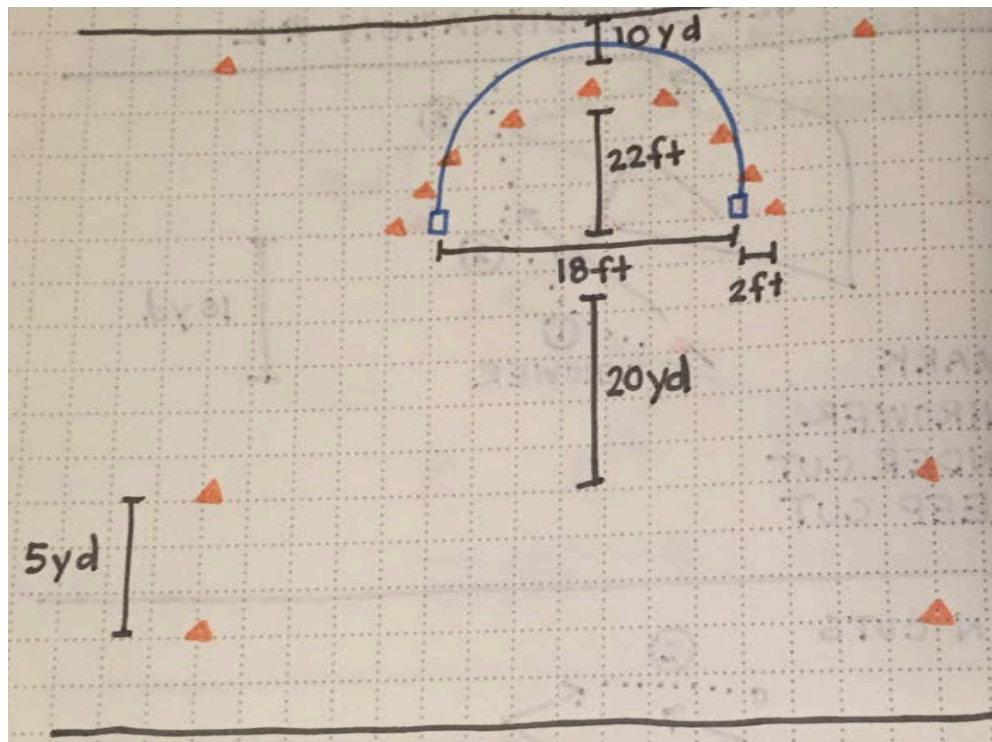
- Decision making**

- Goal: Defense is fronting or backing, cutter is working to take what is being given and thrower is watching the defense to make good decisions. Focus on team and individual decisions.



GOALTIMATE [STATION E]

- **Creative Throws**
 - Goal: Focus on trying new throws – blades, hammers, scoobers!
 - Iteration 1: Throw 5 of each of these new throws with a buddy.
 - Iteration 2: Sit cross-legged 10 yards apart from buddy, throw creative throws. Drop is -1, one handed catch is +1. Who can get the highest number?
- **Goaltimate**
 - Goal: Learn the game, move the disc quickly, use creative throws.
 - Rules
 - Score by catching in goal.
 - Cannot throw backthrough hoop – turnover.
 - Can stall from anywhere and can double team.
 - Must clear disc after each point or turnover before attacking the hoop.
 - Stall to six.
 - Successful shots from behind clear line are worth 2 points.
 - Hockey subbing.





GUM LEADERSHIP SESSIONS

- **Recruitment**
 - How to get more girls playing in your community?
 - Idea share session – what works for you?
 - Action items for your community and how to run a GUM Clinic.
- **Pledge for Girls in Ultimate**
 - What do you pledge to help support girls who play ultimate?
 - Who are five other people in your life that you can get pledges from?
 - How many players at YCC can we get to pledge?
- **Club Player Postcards**
 - Write a question you have for a club player that you admire or a club player in your area.
 - Ask them to tweet their answer @GUMultimate with #GUM_AMA
- **GUM Blog**
 - Create a list of great blog topics for GUM.
 - Create a list of guest authors/types of authors for the GUM blog.
 - Work together to put together content for a YCC GUM Day blog post.
 - Game faces with Alex Fraser (might happen during scrimmage).
- **GUM Research Group**
 - Run by Meagan and Joanna
 - Read details on next page!

* * *
- **GUM Dream Big**
 - This is a chance for all players to voice what they want to see out of GUM. Players will brainstorm in groups with a facilitator and then present their top two dreams to the group.



GUM RESEARCH PROJECT

Dear Coaches and Organizers,

My name is Joanna Neville, and I am a sociology graduate student at the University of Florida. Along with Meagan Brown, a graduate student at University of Washington, we are conducting a study to learn more from girls who play ultimate and their supporters at YCC. This research is part of an initiative of the USA Ultimate Girls' Ultimate Movement (GUM) and comprises three parts:

1. Team interviews (in two groups of 8-10 players at a time), to be held after games are completed for the day (Or on Friday for U16 girls)
2. Interviews with coaches and parents (to be scheduled when convenient)
3. Sideline observations during games

All of these activities have been designed to minimize distractions and not interfere or take away from your games or team time. As a coach, we would love your help with recruiting players by forwarding this email to the players and parents on your team and mentioning the study at an upcoming practice.

If you, your players, and/or parents in attendance at YCC would like to participate in this study please contact us at jneville@ufl.edu and mcbrown2@uw.edu. Please feel free to contact us via e-mail if you have any questions or concerns. Thank you very much for your time and help!

Sincerely,

Joanna Neville and Meagan Brown