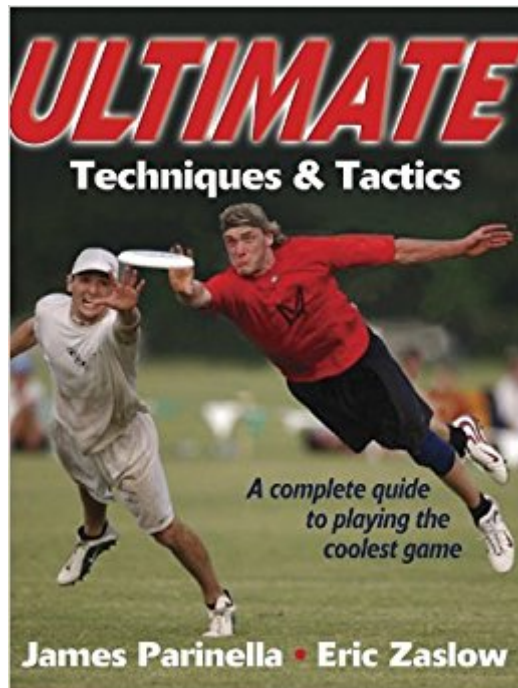




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# Ultimate Techniques And Tactics



## Synopsis

Improve your poaches, hone your hucks, and sharpen your cuts. With *Ultimate Techniques & Tactics* as your guide, you will master all of the offensive and defensive skills and principles critical to excelling in the sport. This essential handbook contains more than the mechanics of the game; it presents in-depth instruction on using key skills such as throwing, cutting, and catching in game situations. You will study flight paths to maximize your chances of completing passes; understand the finer points of catching; and learn when, where, and how to cut to gain yardage, improve disc position, and maintain possession. You will also stun your opponents when your team employs the offensive and defensive strategies learned in *Ultimate Techniques & Tactics*. Use your complete knowledge of offensive skills to organize such offenses as zone, stack, weave, and split stack. And when every point matters, create an impenetrable line of defense to save the game. Disrupt your competitors' rhythm and timing using one-on-one, zone, or junk defenses like the clam. *Ultimate Techniques & Tactics* is the first and best guide to the sport of Ultimate. Use it to become an Ultimate champion!

## Book Information

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## Customer Reviews

Jim Parinella is among the most recognized names in Ultimate. He is one of the leaders and top players of the six-time national and three-time world champion team, Death or Glory (DoG).

Parinella is also heavily involved in the Ultimate Players Association (UPA), where he was on the board of directors from 1998 to 2003, serving as president in 2000 and 2001. In addition, Parinella is a regular contributor to the UPA Newsletter, *Ultimate Life Magazine*, and other Ultimate publications. He lives in Sudbury, Massachusetts. Eric (æZazæ) Zaslow has been an Ultimate

player since 1977. He played with DoG when they were world champions (in 1996 and 1999) and national champions (in 1996, 1997, and 1998). Currently, he is one of the leaders and top players of another national-caliber team, Chicago's Machine. Zaz is a current member of the board of directors for the Ultimate Players Association (UPA). He lives in Chicago.

Great! Love this game.

I have played in a recreational Ultimate League for several years and loved it, but we just always played for fun--I wasn't getting any instruction or learning new techniques for improvement. This book provides just that. It's pretty dense actually, but each time I sit down to read a new section, I find myself thinking, "Aha...that is a good idea, I'll try that in my next game!"

Our son has just started playing on an Ultimate team at school. He loved the book and can't wait to share it with the other kids on the team. Lots of helpful ideas and tips to improve their game.

Good, technical book. Lots of ideas. More geared towards the intermediate to advanced player.

We will see if it helps my son go pro. Does ultimate have "pros"?

Pretty much anything you need to know about the fundamentals of ultimate. Also some pretty good content on some more advanced tactics and techniques. Definitely a good book for the coffee table.

Combine this well organized book with Bryan Doo's Ultimate Fitness DVD and elevate your game. Seller of this book must have immediately sent out this book when ordered. Thanks

This was a gift for our grandson who is playing ultimate Frisbee in college. He appreciated the book because it was well written.

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