

BY: Dr. Jamie Nuwer



Layout Safety

LAYOUTS ARE ONE OF THE MOST DYNAMIC ASPECTS OF OUR SPORT. WHILE FUN AND INSPIRING TO YOUR TEAM, LAYOUTS ARE ALSO A COMMON WAY TO GET INJURED. YOU CAN MINIMIZE THIS RISK BY LEARNING AND TEACHING PROPER LAYOUT TECHNIQUE AND DECISION-MAKING EARLY IN THE SEASON.

UPPER BODY

Start by teaching proper upper body and arm technique. The key is to land with most of the body weight on the chest and abdomen rather than the arms. The arm catching or D-ing the disc should be extended to prevent landing with a lot of body weight on the wrist, arm, or elbow. The other arm can be extended or bent in such a way that the athlete will not land with a lot of weight on it. To allow the disc to slide easily on the ground make sure players flip their wrist so that the disc is upside down. This prevents jamming injuries.



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FULL EXTENSION: The offensive player is fully extended in arms and legs as she lays out for the catch.

For a simple drill, get into pairs. One player throws from a standing position while the other player kneels. The thrower tosses the disc to one side. The receiver leans from the knees to catch the disc with arm extended and disc upside down and lands on their chest/abdomen.

LOWER BODY

Many players have a tendency to bend and drop one knee because they have been taught to drive with the knee when jumping. To minimize knee injuries, players should fully extend their legs and

land on their hips and abdomen. If a player cannot master this technique, knee pads can help prevent knee injuries from repetitive ground contact.

Find a soft patch of grass, mud, snow, or sand. Have the player hold a disc, sprint to full speed and dive forward. The player should focus on fully extending the arms and legs. They should land on their chest and hips. To focus on not dropping the knee, have players dive through a hula hoop held close to the ground.

DECISION-MAKING

Players should be taught to avoid any layout that may cause injury to another player. Injuries are far more frequent on defensive bids. When making a defensive bid, players should avoid laying out into an opponent's back or leg (laying out "through" the receiver). This is often a foul or "dangerous play." If attempting a layout from behind an opponent, the defender should focus on diving receiver's side to hit the disc and not the player.

To teach this, create two lines running directly at a thrower 30-40 yards away. The offensive player sprints forward and the defen-



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FLIPPING THE DISC OVER: The receiver flips the disc over to avoid jamming into the ground. As her arms slide forward with the catch, she will land with most of her body weight on her chest and hips. She also wears knee pads to protect herself from banging her knees on the hard playing surface.

sive player tries to make a play on the disc from behind. If the throw is directly in front of the receiver or close to the defensive player's side then a layout bid is appropriate. If the throw is to the side opposite the defensive player a layout across the offensive player is dangerous and should not be attempted.

DANGEROUS PLAYS

As described above, laying out through a defender is a dangerous play for both the defender and the offensive player. Additionally, lateral poach layouts are dangerous because you cannot see the intended receiver/defender behind you. In this situation players risk trampling or seriously injuring the knee, leg, or ankle of another player, like clipping in football. A layout attempted after the opposing player has caught the disc, also known as a late bid, is always dangerous and should be discouraged.

FUN AND SAFE

Laying out is one of the most fun, athletic, and beautiful aspects of our sport. To keep it safe for our teammates and our opponents, we should take care to teach safety when teaching the skills of laying out.

For more information on Sports Medicine topics for Ultimate athletes check out www.injurytimeout.org.



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SAFE DEFENSIVE LAYOUT: The defender makes a bid to the side of his opponent thereby minimizing the danger to himself and his opponent.



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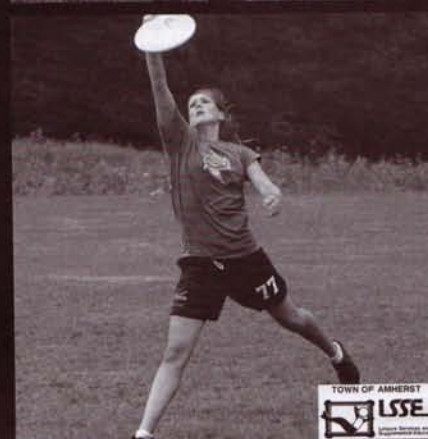
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