

Downfield cutting

Skill description

Most of the time during the game of Ultimate you'll be covered by a defender. Cutting is the skill that you use to create separation between yourself and your defender, so that it is easier for the thrower to pass to you.

Three common cutting techniques are commitment cuts, shoulder cuts and smart cuts.

TIP: You can view the excellent Rise Up Ultimate video for a demonstration of each cutting technique.

Video

[Ultimate 101: Cutting](#)

[Rise Up Ultimate: Cutting Technique](#)

Step	Description	Cues	Common errors
Pre-action	<ul style="list-style-type: none">• Determine if you are in the best position to make a cut• Form a plan of how and where you will cut	“Have a plan” “Commitment cut” “Shoulder cut” “Smart cut”	Leaving the stack without first setting a plan Cutting when there is already a cutter in the space you want to cut to
Action - Commitment cut	<ul style="list-style-type: none">• Take four hard steps deep then chop and come under (or vice versa)• Get up to full speed - make it believable• Cut at full speed so the thrower knows you're committed and can judge where to	“Think of a plan and execute” “Sell the cut” “Get defender to commit their hips” “Plant on outside foot”	Not driving (running) hard enough to make the defender commit their hips Not cutting at full speed after committing

	throw		
Action - Shoulder cut	<ul style="list-style-type: none"> • Come out of the stack and sprint at your defender's shoulder • Defender will need to commit one way or the other - you should then cut the other way • If the defender runs backwards - run by them 	<p>"Attack the shoulder and read the defence"</p> <p>"Read your defender"</p> <p>"Beat defender's hips"</p>	<p>Not driving (running) hard enough to make the defender commit their hips</p> <p>Incorrectly reading the direction of the defender's hips</p> <p>Not cutting at full speed after committing</p>
Action - Smart cut	<ul style="list-style-type: none"> • If you are open - run to the space to receive the disc • If the defender is facing away from you - go the other way 	<p>"Watch for head turn"</p> <p>"Read the defender"</p>	<p>Continuing with a commitment or shoulder cut plan, when already open</p> <p>Not cutting when open</p>

Practice

- Practice cutting in groups of three with one cutter, one guarder and one thrower. The cutter forms a plan of which type of cut they will execute, then attempt to execute that cut. The thrower will pass to the cutter if they are open. Rotate positions after each attempt.