

I was wondering for a while whether to begin with the offence or the defence. Well, there is no O without D, and vice versa. I will start with O, but the best is, if you after reading the whole, read the Offense part again, now, with the knowledge of the Dee.

SO:

## INDOOR ULTIMATE

The main differences to outdoors are:

A, no wind

B, smaller field

C, shorter time (usually no cap rule, even the last point is not always played)

As a result of A and B overhead and upside throws (hammer, blade, scoober) are more commonly used and more efficient. Lots of times a blade or hammer is a much better choice to brake the force than an inside-out or an outside-in-around-the-marker throw.

We will see the effect of C later.

## OFFENSE

### IN GENERAL

As said before, overhead throws are good in a gym. So forget your outdoor instinct! Have the courage to release a blade or a hammer! Be ready to do it in the right time!

Of course these throws are not easy even in a gym, so practice it before!

AND: Even though these throws are easier to do, and make more sense indoors, there is nothing more important than the possession of the disc. So don't make turn overs! Play easy, play 100% connection!

The only difference is, that playing easy doesn't mean that you mustn't throw a blade, hammer or scoober.

OFFENSE AGAINST ZONE-DEFENSE (relatively far from the attacked end-zone)

There are several type of zone-defense, but we won't really discuss them (neither in the Defense part).

The fundamentals of zone-offense are the same as outdoors:

Move the disc with easy swings!

Don't let them force You to make a bad decision or a hard throw!

Stay chilly, use the time, and value the disc!

Once You get cross the cup (or whatever they have on the thrower) try to move the disc quickly upfield! But don't loose your head, that`s what they want!

Differences:

The importance of overhead throws are here the highest.

By swinging the disc it`s often easier to throw an overhead, than a brake, or a high-release backhand.

If You want to throw trough the cup, It`s easy to throw in a defending hand. It can be confusing to see how far a defender can reach on such a small field. So trough-the-cup throws are not usual.

After a swing of course it`s good to pass the disc upfield, but it`s not always easy, because the field is small, and defenders don't have to move so much, as if you throw a 25meter long swing outdoors.

The most common way to bring the disc upfield is:

Swing a lot with easy throws (often blade)

The poppers don't run a lot, but find a relatively free space, and get the disc there (usually hammer, blade, but can be a normal throw, too)

Of course what to play is always a question of what kind of zone defence are the opposition playing.

Another thing to consider is, that the time is very short. So if You are loosing, and the time is running out, You don't really have the time to swing around for an hour.

OFFENSE AGAINST MAN-TO-MAN DEFENSE (relatively far from the attacked end-zone)

That's very similar to an outdoor game. Usually You don't have to throw too many overheads (exceptions see later!).

IMPORTANT: In all the offense plays, if You managed to bring the disc upfield, the Handler's mustn't run immediately upfield. Give space to the others to score! You would just bring your defender there. (If your defender runs upfield, even though You stays back, You will have an easy dump or swing then.)

### STACK

A normal vertical stack can be effective. It has the advantage, that an outdoor team already know what to do. Usually it's played with two handlers and three man in the stack. The problem is, that the space is really very small (the point of the other tactics are to solve this problem). To make a succesful pass possible, You have to:

Swing the disc to the middle! (If You are forced to the line, it's really hard to pass upfield)

Keep the stack very short, and not too far from the disc! Otherwise there will be no long option, so the defenders can pouch in.

If the defender is too far on the open side, it's very easy to throw a brake with a hammer or blade. Use it!

### HORIZONTAL ISO (isolation)

The idea of this (and the next) tactic is to make space on the field. So we have three handlers in a line. They don't really do give-and-gos. They let the two middle to make cuts and get the disc.

The middles (the two other player) are standing in the middle of the field (enough far from the thrower to make an incut, and enough far from the end-zone, to make a cut there). One of them is on the very left side of the field, the other is on the very right.

So they have lots of space around them to make a cut.

The best is, if after the first cut, when one of the middle players gets the disc, he can throw it to the other middle player, upfield again (handlers stay back, give space!). If the second pass is not

possible then throw a dump to one of the handlers, and do it again.

### VERTICAL ISO (isolation)

We have three handlers again, the same way as in the horizontal iso.

We don't have two middles, but one middle player (usually called "the iso") and a deep.

The middle is in the very middle of the field, having lots of space in every direction.

The deep is in the very end of the end-zone, in the middle. (So the furthest he can go)

The big difference is, that no one really makes a cut.

The handlers swing the disc, until there is a good opportunity to throw the disc to the NOT MOVING middle.

This play is based on the fact, that one defender can't be everywhere. So if the defender is on the left side of the middle player, you can throw the disc to the right. If he is between the middle player and the disc, you can throw it behind, or even left or right.

The middle doesn't make a cut, just wait for the throw, and if it's good, he's gonna be able to catch it, but the defender not.

Of course there is a marker on the thrower, but there is the blade and hammer again.

The usual way is that you are marked on one side, and the defender of the middle is slightly on the other side. So you throw a hammer (if it was flick force) or a blade (if it was backhand force) to the open space (which is on the brake side).

When the middle player catches it, there is the deep in the endzone. So you have a one thrower-marker, one offender-defender in the end-zone situation. That's very easy to solve even outdoor. In a gym, it's even easier, because it's so easy to brake the force. The deep make a fake to the open side, then turns back to the brake-side and get a hammer, blade or scoober from the middle, for example.

It's a very fast way to score (good if you don't have too much time to make the game even), and after the pass to the middle it's easy, too.

The weak point of it is, that the pass to the middle is risky. But there is only one risky throw, and You get a score for it.

The key to do it right is to make good decisions. Find the less risky choice!

(The problem with this tactic, that if the team has never played indoor before, that`s not easy to get used to it. You have to have the throws, too!)

## ATTACKING THE END-ZONE

The reason, why it`s separated, because there is a special indoor end-zone defence, let`s call it handball-dee (because it`s like in handball). There are four defenders spreading in the end-zone next to each other. They cover the whole area of the zone. It`s a kind of zone defence. The fifth defender is chasing the disc, stalling, and force to a direction.

If the opposition play zone defense, if You get close to the end-zone, they surely will use this handball-dee.

But even if they are playing man-to-man dee, it`s not rarely to switch to handball-dee, when You are close to the end-zone.

That`s why it`s really important to have the handlers back (as said before), because if they bring their defenders in the endzone with themself, than it`s easy for the defenders to change to handball-dee.

If they play man-to-man in the end-zone, then have only one or two people in the end-zone, and throw a brake!

Against the handball-dee it`s really hard to score. But it`s very easy to swing. That`s why it`s a good tactic for the defending team if they are winning, and there is not too much time left.

There are four ways to score:

A, If there is a hole between two defender, and you throw a normal forhand or backhand to someone (very rarely)

B, Someone is running out from the end-zone, but keep one foot in while catching the disc.

C, A handler is running from the back, jump up, catch the disc in the air and arrives in the zone.

D, Someone is standing in the back of the zone and catch a high blade which goes over a defender.

The way to succeed in one of these is to have more options (one defender can't really cover more than one option. For example: One player is running out from the zone next to a defender, but behind the same defender there is another offensive player waiting for the high blade.

But never have more than 3 player in the zone!

The scoring pass is always risky, but You have to find the best one. Don't lose your patience! Consider always the risk and not the time you have been swinging the disc around! That also means that You can try to score very quickly, if You think that there is a relatively easy option.

It's a really time-killer defense.

It's very important psychologically to score. After a long swinging around against this defense, if You score, that will brake the opposition. But if You turn the disc over, and they make a fast score, that's very bad for your teams spirit.

## DEFENSE

In general, watch out for the things written in the offense part. Those are what others will try to do.

### ZONE DEFENSE

There are some well-working zone defences, but I wouldn't recommend to use any of them without practice and indoor experiences.

But it can make sense to try the handball-defense. You have to be aware for the options described above!

## MAN-TO-MAN DEFENSE

The fundamentals are the same as outdoors.

Differences and tips:

If you force always backhand, then the hammer is not a brake, only the blade, wich is harder to throw and catch.

Marking the thrower: Be aware of the blade! Hold your left hand high to stop it! The inside outs are very hard throws because of the little space, so watch out for the around-the-marker throw a little more!

Marking the cutter: Do not ever poch! Stay very close to your man, and be aware of the coming brake hammer or blade! If you let your man running totally free to the brake side, it will be your fault if he gets the disc, even if it`s a brake throw.

Sorry, that dee part is a little short, but I`m in a hurry. And if You read the offense part, that`s what You have to stop.

## SOME FINAL ADVICES:

A gym is very dangerous. The ground is hard if you fall on it, there are walls, sometimes even goals to run into. If you have good shoes (not slittering) it`s easy to have an ankle injury. Because there is less space, it`s easier to run into each other. So be careful!

Warm up! That`s very important always, because the dangers mentoined above, but there is something special, too.

And it`s IMPORTANT:

At an indoor tournament You have lots of games. You don`t have big space next to the field to warm up. So it`s easy to forget to warm up.

But You mustn`t forget it! The games are very short, and if the team is not on the top at the beginning, You can loose the game by loosing the first few points! You simply won`t have enough time to win.