

## **Defense**

I don't think we will play zone, but if we do, it will be the JUNK. 1-3-2-1 defense.

We have a variation of that, but it's really hard to get into it, so we are definitely not going to try it this time.

Otherwise, man defense. Usually one way, but sometimes straight up in their half to stop their hucks.

We use the words "strike", "switch" and "no brake".

## **Offence**

### ***I, vertical stack - dump&swing, handler movement***

Our baseline offense is a vertical stack, with ONE dump only. We are looking for moving the disc quickly in the back. Our main strength is on offense our dump&swing play, which we use often, early in the count, aggressively, not just if we are in trouble and cannot throw upfield.

We have a 3-man-wave drill to get into that, we will do that during warm-ups.

Basically what it means:

- If you get the disc (especially if on one of the sidelines) you should look upfield, but you have to follow your dumps movement in the corner of your eyes.
- If you threw the disc upfield (especially if it ends up on the sideline), you start sprinting immediately upfield. You became the dump. Approximately when you reach the level of the thrower, you cut back for a dump. If the thrower pays attention, then this dump throw won't go that much downfield, instead to the middle of the field.
- When you catch a dump, your first look must be the swing. And throw it! We can have some risks on these throws, because they help a lot in offense.

### ***II, vertical stack - give&go***

We do play give-and-go, but if you do it, pay attention upfield, not to cut off a big gain cut from someone coming from the stack.

### ***III, vertical stack - cutting from the stack***

We don't have a dedicated order of cuts (unless pool play, see later).

- You can cut if you feel you'll be free.
- If you see someone else is cutting to the same place, clear, or tell him to clear.
- You can cut brake side, open side, long, short, of course.
- Try to time your cuts just after the swing pass. We use dump&swing quite well, and quite often. But it only helps us, if we have one or two good follow up cuts to gain yards!
- If there is a give-and-go, give the handler a good long option (one person only, not 3 or 4)

## ***IV, vertical stack - on the sideline***

If we are trapped at the sideline in a static position, many times we just want the dump to cut, and then play the swing. Often we don't even make cuts from the stack, just waiting for the dump.

So if you have the disc on the sideline, and there is no one coming from the stack, don't get angry, or nervous, don't do anything silly, just play the dump!

## ***V, horizontal stack***

We use horo when we bring the pull up to the brick, and sometimes at stoppages, when we have the disc in the middle of the field.

Even then, we stay in horizontal only for the first one or two passes, and then move into vertical stack.

## ***VI, attention***

- If you are not cutting, you should still look out for the disc, because

i, if your defender poaches of you, we want to hit you.

ii, not too often, but sometimes we look for throws to the brake side, initialized by the throwers.

It means, when I look at you, and see that your defender is really far on the open side, I might throw a scoober to the brake side. I want you to be on your toes all the time, and look, so you will come down with it.

## ***VII, pull play***

We have a really simple pull play:

Before the offense point, we call a side, two handlers, a first cutter, and a second cutter.

Lets say: "We bring it on the RIGHT side, Jim and Joe are picking it up, first cut is Nick to Chris!"

(means: handlers: Jim and Joe , first cutter: Nick , second cutter: Chris)

Let's say Jim is on the left, Joe is on the right. It means, that the disc has to end up in Joe's hand on the right side of the field. Depending on the pull, and on the defenders, it can mean, that Joe just catches the pull on the right side, or it can mean a few passes between Jim and Joe. The other 5 players are upfield. All 4 of them, except Nick (note: Chris, too) are moving to the LEFT side of the pitch, not too far, so no one will be able to get a bid on the huck to Nick. Nick goes to the right side, he's got the whole right side on his own. He makes a cut when Joe got the disc. It can be anything, long cut, short cut. When Nick gets the disc, Chris moves into the lane, and does the same.

- For the secondary cutter, Chris, it's not easy to keep the flow and give space to Nick at the same times, but that's what he has to try. Usually, what works is, that he starts moving into the right lane, as soon as it's obvious that Nick will get the disc on his incut, because he is running towards the disc, and has advantage.

- Everybody else should be aware, keeping his defender occupied, and cutting if they poach off, and of course after Chris got the disc.

- We don't stick to the pull play too strictly. But please, give 3 seconds to the designated cutters to finish their cuts. If the first cutter is going long, and he is covered, give him time to turn back, and gain 30 meters on a simple throw, instead of making your small cut in the lane to help out. But if he really cannot get the disc, then help!

## ***VIII, attacking the end-zone***

In front of the end-zone we will have a third handler on the far side. It's really important to pull away your defender from the play, to give space for a brake throw, or a swing cut from the stack. If you are poached off, tell the thrower, and the thrower should throw it to you.

We have a vertical stack in the end-zone.

- The back of the stack should be the back of the end-zone.
- You can cut (especially after a swing, you must), but if you don't get it, you have to go back to the middle the same speed!
- We are looking for easy scores by swinging, doing give-and-gos, and brake throws. We love braking the force. Use it!

But to do all of this, we need space, so let's give each other space by clearing out right away, and very fast!