

On ultimate; O1: primary middle, left wing

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This document is about playing primary 'middle' or left wing on offence, referred to here as position O1¹. You are starting the point on offence. Let the handlers deal with catching the pull, but as you run downfield try to figure out what defence structure is being used.

Person-match defence: vertical stack

Figure 1 shows how everyone might setup if there is a brick called, a forehand force, person-match defence, and a vertical stack.

Restricting your cutting to between the dashed horizontal lines can help². If you go downfield of the dashed red line before the disc is in the air, D8 may be able to get to A or B before the disc, intercepting or preventing deep throws to you or others. Similarly, if you go upfield of the dashed yellow line then D8 may be able to help prevent dump throws from O6 to O5 or O7. Hence, if you cut to C but the disc is not thrown to you perhaps cut deep to clear the area, then return to the stack and make space for O2-O4.

O6 is shown potentially throwing you (O1) either:

1. A break-side huck to A. This throw is probably difficult. However, you as O1 can just stand still till O6 throws it, then run and catch it. Figure 1 indicates how D8 will be on the wrong side of you and so probably be able to get to the disc first.
2. An open-side huck to B. This is viable if: D8 is closer to the disc than you; you are faster than D8; or D8 does not cover an initial cut downfield (black arrow).
3. A throw to C. The solid black arrows indicate a cut you might do; initially going deep, but then coming back-under on the open side.

Figure 2 shows the disc having been thrown to you on the back-under cut towards C. In order of desirability, your options may include: (1) off-load to O6, putting them in power position; (2) throwing to A' to hit O2 or O4; (3) throwing to B' or C' for O2; (4) break force throw to centre the disc to O3 or O5; (5) dump to O7. Then, head back to the stack, or make another cut.

Vertical stack is effective against other forms of person-match defence, although some adjustments may be needed. For example, against (1) person-match-straight-up-force: hucks are likely harder, but your defender (D8) may just cover you under. Hence, maybe just

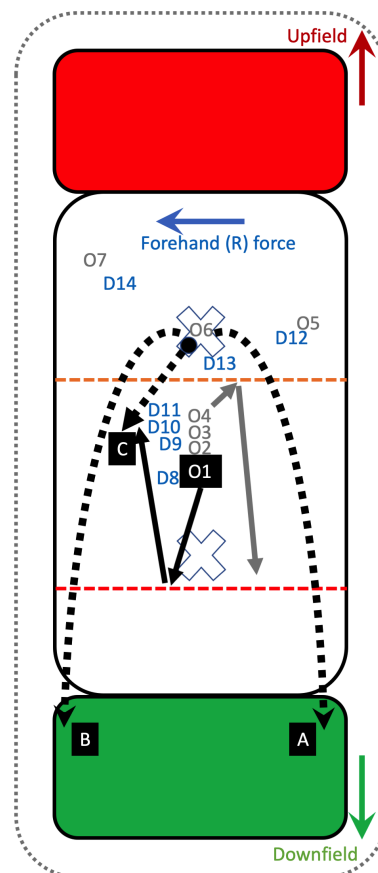


Figure 1: Vertical stack formation

¹ This is part of a series, available at <https://github.com/James-Reynolds/Ultimate-strategy-and-tactics>

² Position of the dashed red line might vary with how far O6 can or will throw. Note also how in Figure 2 these lines move, as the disc moves.

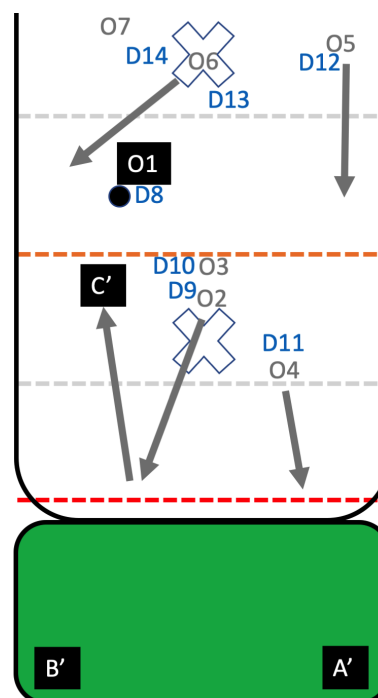


Figure 2: Vertical stack progression

stand still as the handlers move it around until they can send it deep. Otherwise, maybe cut out to the sidelines. Against (2) person-match-with-lots-of-switches: maybe switch to a horizontal stack³.

Person-match defence: horizontal stack

In a horizontal stack the strategy is to cut upfield and downfield (black arrows) within your quarter of the field⁴. Figure 3 shows O1 on the left wing. O6 can potentially throw to you at A or D⁵. If you get the disc at D a huck to A for O2 or to B for O4 may be effective if thrown as a (RH) outside-in backhand or inside-out forehand (to the break-side of your receivers). But if that is not on, it is probably best to move it back to the middle of the field via a dump to O5 or O6.

However, from the starting position, O6 throwing to O2, O3 or O4 will probably be easier. Hence, rather than cutting immediately, you may wish to wait and cut for a throw from someone else.

A typical pattern is that D8 will help D9, D10 and D11 by poaching deep⁶. To beat this: stay still on the left wing, so O6 can throw it straight to you. Alternatively: O6 might dump to O5 who can then throw to you; you can trade spots with O5; or you can moving across to the open side, between D10 and O6, which is the basic strategy for zone offence.

Zone offence

Figure 4 shows a standard 3-3-1 zone, but regardless of what zone it is, the three ways to beat it are: (1) over; (2) round; or (3) through. As O1 (left wing), you are mostly relevant to (1) OVER, exploiting the gaps between D8 and D9. Figure 4 shows throws from O6 to you: (1) directly using a hammer or a blade to get it there as quickly as possible. So stand still, and look at O6, or (2) throwing to A, for you to go and get.

If O6 throws over or through (to O2 or O3), or round (to O5) there are various ways that you, O5, O2, and O3 might seek to split D10 and D9⁷ before the cup (D12-14) catch up. However, once the cup arrives, it is best to dump to O6, as otherwise you are trying to throw to one of 4-5 offensive players, covered by 7 defenders. Dump, then move downfield to make it 7-on-7 again.

If the defence continues to play zone once the disc gets close to the endzone, you (O1) and the other wing (O4) can go and stand on the back corners of the endzone. A direct throw (1) OVER to you or O4 will then score. But If D9 or D11 play person match on you to prevent this, then there will be more space for O2, O3, O5, O6 and O7 to score at the front of the endzone.

³ Or coordinate with O2 to both go downfield to overload D8, or both go upfield to overload D9.

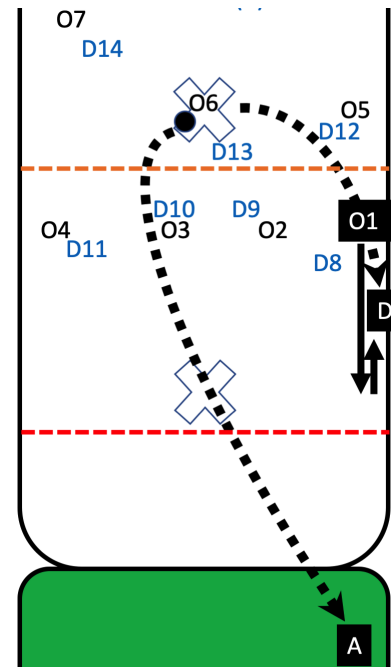


Figure 3: Horizontal stack formation

⁴ Other cuts can work. For example, diamond cuts involve trading places with your neighbour (o2). However, this may need coordination. So maybe keep it simple and just stay on the wing?

⁵ The black arrows show a back-under cut opens space for this throw.

⁶ Person-match-but-last-person-covers-deep defence

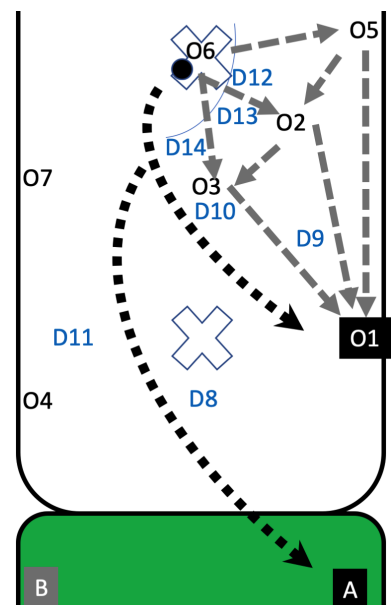


Figure 4: 3-3-1 zone formation

⁷ For example, O6 throws (2) through, to O2, who can then through to O3, O5 or you (O1).