

November 28, 2022

The space that you have to cut in is between the dashed red and dashed yellow lines. This is because if you go further downfield than the dashed red line before O6 throws the discs⁸, D8 will be able to get to A or B well before the disc does, and so be able to intercept or prevent any throws to you or others to A or B. Similarly, if you go upfield of the dashed yellow line then D8 will be able to get involved in preventing dump throws from O6 to O5 or O7. Hence, as O1 if you have made it to C but have not had the disc thrown to you perhaps it is time to go back to the vertical stack and make space for someone else to cut

⁸ A, B and the dashed red line effectively move further upfield or downfield if O6 has a shorter or longer huck.

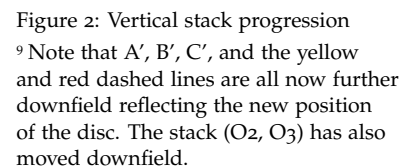
In Figure 2 your options include:

- Next, get back to the stack or make another cut.

Person-match defence: horizontal stack

Other possibilities might include: a BACKHAND FORCE (do everything the same, except the mirror image); a STRAIGHT-UP FORCE (it may be harder for O6 to throw to A or B, and it might help if you cut closer to the sideline if going upfield to C); or FORCE MIDDLE (where the force switches from forehand to backhand).

SOME KEY TAKE AWAYS about vertical and horizontal stack offence are: 1) you are O1, a cutter, so leave upfield of the dashed yellow lines to the handlers, and don't go downfield of the dashed red lines



¹⁰ A pass to O6 should be relatively easy, as D13 is on the wrong side having been forcing O6 forehead earlier. This pass would put O6 in 'power position' where they can easily throw anywhere on the field as D13 will likely be behind them. In contrast, D8 will be downfield of you making it difficult to break the force



¹¹ Typical terminology is as per 'stage left', being on the left as you look downfield (the enemy's gate is down!)

¹² Switches to another quarter of the

until the disc has been thrown¹⁵; 2) standing still and letting the handler (O6) throw it to A¹⁶ may be a reasonable option, especially if the handler is a good thrower, your defender (D8) is not covering you deep, or you are faster than your defender, 3) upfield or downfield cuts are easier to throw to than cuts that move horizontally across the field.

Zone defence

Oh no, the defence decided to play zone¹⁷! What to do? There are many different zones¹⁸ Regardless of what zone it is, three ways to beat it are: 1) over; 2) round; or 3) through.

As O1 (left wing), you are mostly relevant to beating a zone through (1) OVER. This is done by exploiting the gaps between D8¹⁹ and D9²⁰. Figure 4 shows with dashed black arrows two potential throws from O6 to you:

1. O6 might throw directly to you (O1) where you are shown standing in Figure 4. Such a throw might be a hammer or a blade, because O6 will be trying to get the disc to you as quickly as possible, before either D8 or D9 can intercept it. Hence, it will help if you are looking directly at O6 and standing still, so that they can land said throw on your head!
2. Alternatively, O6 might throw to A, expecting that you and the disc can get there before D8 does.

The grey dashed arrows in Figure 4 show various ways that the disc might go 1) over, 2) around or 3) through to O5, O2 or O3. From them you might receive the next pass or the one after that as you, collectively, take advantage of the 4 (O1, O2, O3 and O5) versus 2 (D9 and D10) mismatch until the upfield end of the zone (D12, D13, D14) catch up to the disc. Once they do so, it becomes 4 versus 5, so, as a team, you will likely be better off giving it back to one of the handlers (O5-7) so as to play 7 vs 7 again. There are plenty of other variations, for example, maybe it goes (2) AROUND to O7 and then deep, taking advantage of the temporary 2 (O1, O4) vs 1 (D8), who might have to choose between covering A or B. Regardless, the objective for you as O1 is to set up or 2 (O1, O4) vs 1 (D8) or even 3 (O1, O4, O7) vs 2 (D8, D11). This enables your offence to split a defender, but requires that all of you be in positions that can be thrown to, one way or another. Even getting a 2 (O1, O4) vs 2 (D8 and D9 or D11) downfield can be helpful, as then the game becomes 5 vs 5, which is easier for the offence.

In fact, this should be the strategy if the defence continues to play zone once the disc gets close to the endzone, as shown in Figure 5. If

¹⁶ Also, maybe the handlers might move the disc around a bit first, so as to get an opportunity (power position / no force) to take a shot towards A

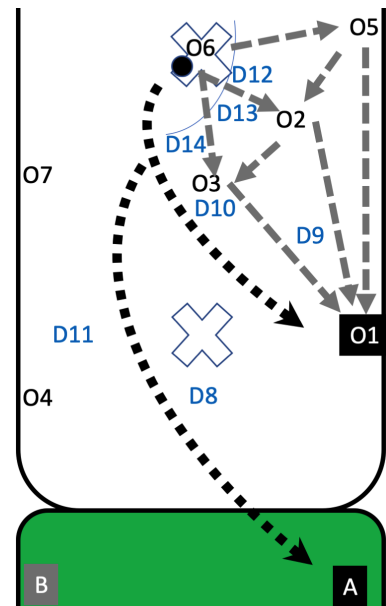


Figure 4: 3-3-1 zone formation

¹⁷ Figure 4 shows a 3-3-1 zone. There are many other zones, but for the purposes of playing as O1 the principles are generally similar.

¹⁸ Even 3-3-1 might be force forehand, backhand, middle, return, sideline, and probably more. Then there are a whole range of other formations including: puppy-fence (1-3-2-1), four person cup (4-2-1) two person cup (2,3,2) and cup-o-saurus (6-1)!

¹⁹ who is trying to cover throws to you or O4

²⁰ who is trying to cover you and O2 and (maybe) O5.

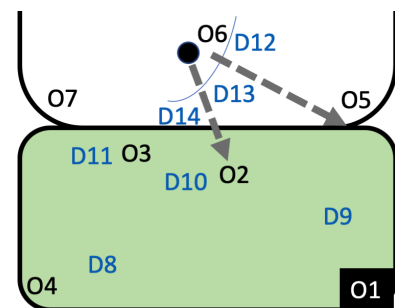


Figure 5: 3-3-1 zone formation near the endzone

you (O1) and the other wing (O4) go and stand on the back corners of the endzone, then two defenders will have to cover you, otherwise a throw OVER will score²¹.

An advantage of you and O4 being at the downfield corners of the endzone is illustrated through comparison to Figure 6. Here O1 and O4 are further upfield and away from the sidelines. This allows D8, D9, and D10 to move upfield and help defend the front of the endzone. It is still possible for O6 to throw OVER into the space downfield of O1 or O4, however, this is a much harder throw. In Figure 5 the throw to O1 or O4 can be flat, quick²² and as hard as O6 wants. In contrast, the throw needed in Figure 6 to pass to O1 or O4 has to go over their (your!) head, but be floaty enough that it can be caught within the endzone. This appears much harder to throw AND catch!

Junk defence

In between zone and person match are a range of defensive strategies that are a bit of both. The simplest is perhaps 'last person back'²³. The most complex, perhaps, is 'clam'^{24,25}.

Regardless, a similar approach to that used against zone would seem most relevant to what you might do as O1. 1) Try to spread out so that one defender cannot cover more than one offensive player (so play left wing and stand deep and wide); 2) Work with others on your team to try and find situations where one defender has to choose which of 2+ offensive players they are going to cover because you are arranged such that they can't cover you all at once!

That's enough for this basic document though. Good luck O1! Hopefully, I'll write more in depth about zone, clam etc. in some future document.

²¹ In Figure 5 D8 is shown covering O4 (but also trying to help in the centre of the endzone) while D9 is trying to cover O1 and O5, and help D10 with O2.

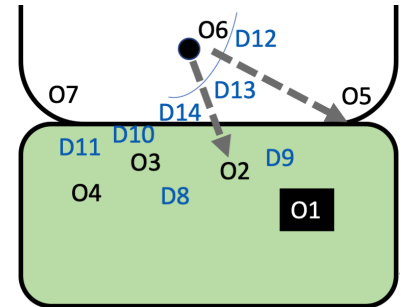


Figure 6: Compressed 331 zone formation near the endzone

²² Likely, the quicker the disc gets to O1 or O4 the better, as less time in the air equals less time for D8 or D9 to get close enough to make an intercept.

²³ In which the person who is deepest (furthest downfield) switches to cover the offensive cutter who is furthest downfield (or the largest threat to receive a huck). The formation shown in Figure 1 might involve D8 being the 'last person back' and so initially covering O1. However, once O1 turns upfield D9 would switch to O1, with D8 subsequently covering O2.

²⁴ Often called in a similar manner to 3-3-1 zone, yet with defenders effectively playing 'person-match-with-all-the-switches'.

²⁵ Although there's probably many more complex defensive strategies that I've never heard of!