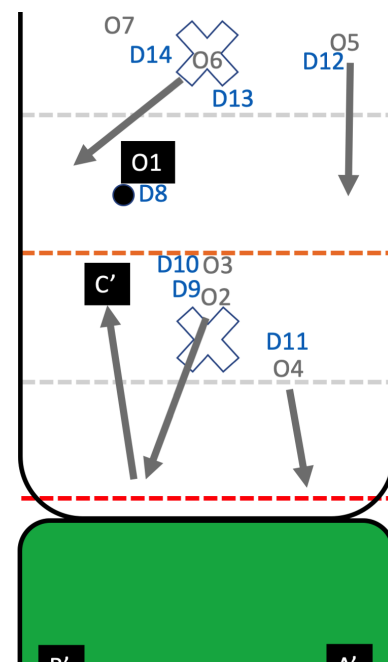


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Vertical stack is effective against other forms of person-match defence, although some adjustments may be needed. For example, against (1) person-match-straight-up-force: hucks are likely harder, but your defender (D8) may just cover you under. Hence, maybe just 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 stack⁴.

Person-match defence: horizontal stack

In a horizontal stack the strategy is to cut upfield and downfield (black arrows) within your quarter of the field⁵. Figure 3 shows O1 on the left wing. O6 can potentially throw to you at A or D⁶. 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 deep⁷. 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 move 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 D9⁸ 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

⁴ Or coordinate with O2 to both go downfield to overload D8, or both go upfield to overload D9.

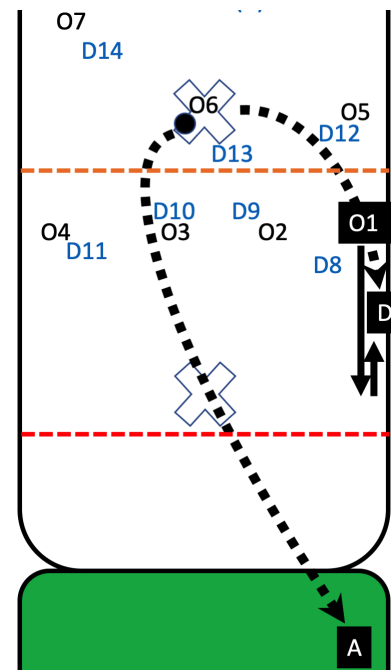


Figure 3: Horizontal stack formation

⁵ 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?

⁶ The black arrows show a back-under cut opens space for this throw.

⁷ Person-match-but-last-person-covers-deep defence

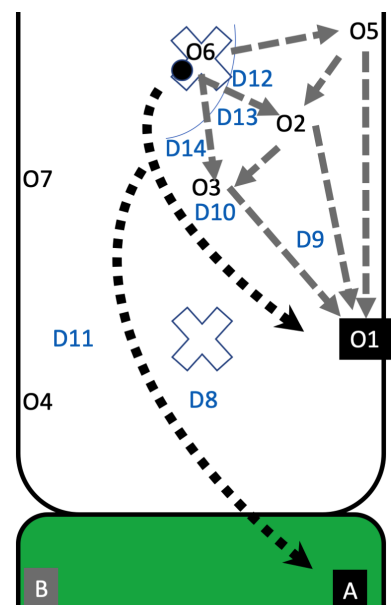


Figure 4: 3-3-1 zone formation

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.