*22/10* Understanding reset structure

5:45 - 6:00: Warm up - *we will run a group warm up. Feel free to do your own thing if you prefer.*

**6:05-6:10**: Intro

**6:10 - 6:20**: Brief overview of reset structure

* On the break side, the reset sets up 1-2 steps upfield of the disc
* On the open side, the reset sets up 45 degrees behind the disc
* As a reset you have 1 move (with a setup) and then you clear through to create space for the next reset cutter.

**6:25 - 6:50:** 3v3 sideline reset reps, as if we were in a vertical stack.

*What: Groups of 6, disc starts on a sideline with a reset cutter and a front of stack cutter. The goal is to complete 1 reset pass (and if available a swing to the break side). The reset does not start moving until engaged by the thrower. First 10 minutes will be with an infield force (reset on the open side) and then the next 10 minutes will be a trap force (reset on the break side). We will not cover both backhand and forehand side in this drill.*

*Why: Begin getting used to our reset setups and cut patterns. Looking to have resets make decisive moves.*

*Rotation: force, throw, front of stack. Go through in pairs playing a full rotation on O and then switching to D.*

**6:55 - 7:25:** 6v6 with a condition that forces switching the side of the pitch the offence is attacking.

*What: 6v6 scrimmage on full pitch with a 3/3 gender ratio where the outside quarters of the pitch are marked with cones. The offence can throw only two consecutive passes in the same sideline quarter. Teams should alternate which gender is pulling for each point during these games.*

*Why: We want to force the offence to look to frequently change the angle of attack and look to get the disc off of the sideline frequently.*

*Rotation: substitute between reps*

**7:30-7:55:**

*What: scrimmage where we are playing 5v5 on 2 pitches. ABBA. 2/3 .*

*Why: We want to start putting our reset work into standard game scenarios and start to get reps playing together.*

*Rotation: standard substitutions between points*