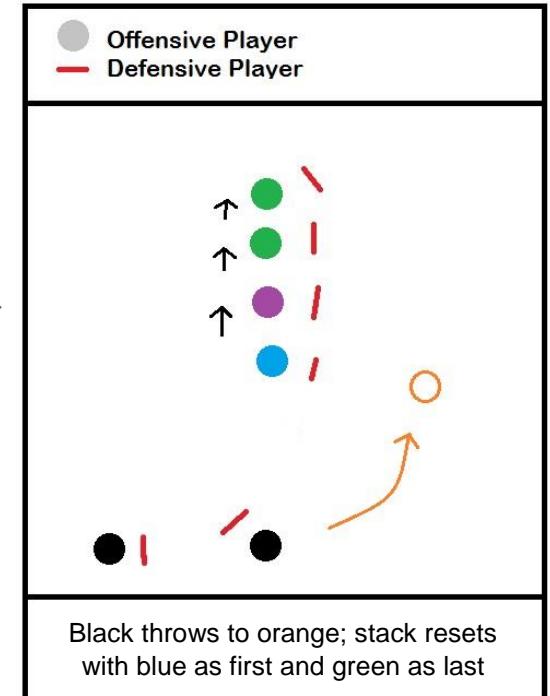
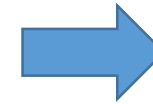
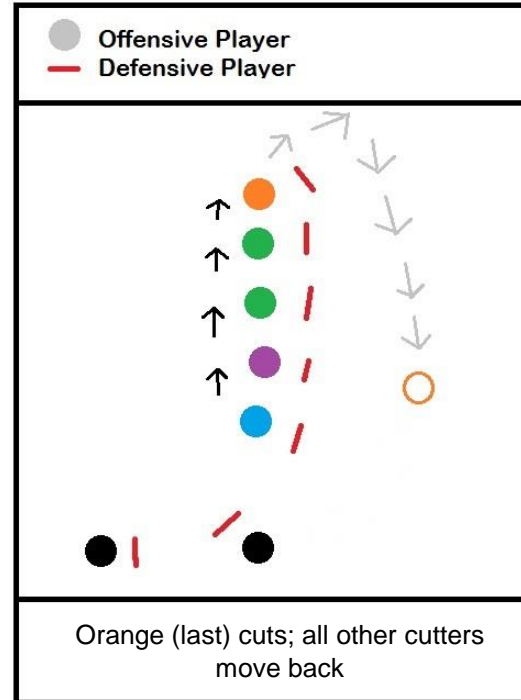
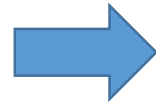
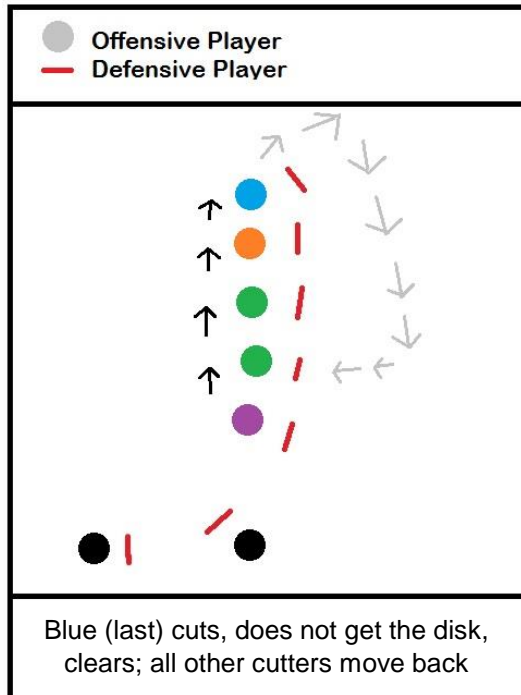


ULTIMATE FRISBEE:

VERTICAL STACK FOR BEGINNERS



ROLES:

Last
Cut.
Cut hard.

Second-to-Last
Be ready to cut.

Third or Fourth
Pay Attention!

First
Set Stack Position
Watch for dump.

The vertical stack is one of the easiest and most commonly used offensive strategies in Ultimate Frisbee. The vertical stack relies on cutters initiating cuts from the back of the stack while players in the middle of the stack wait until they reach the back before they also cut. When first implementing a vertical stack, cuts occur on the open side of the field however a centered stack creates great opportunities to cut break and deep. It's important to know your role in the stack. The worst situations to have are either a completely stagnant stack or players cutting each other off. Be ready to cut and when in doubt, just do something.

EXTRA TIPS:

1. Don't forget about break side and deep cuts!
2. Clear hard back into the front of the stack.
3. Don't let the stack get too far away from the disc!