

Defence

Man on Man Variations:

These are a few variations you can do on standard man on man defence to keep the offensive teams thinking.

1) Force One Way

Set up as normal man on man defence but make sure before you start that everyone knows what you are going to do and which way you are going to force. This method of defence means that you always know where the disc is going to be forced and where to stand when marking a player. This makes it very important to hold the force.

You choose whether to force; middle, down the centre of the field making it difficult for the opposition to swing the disc or line, making it difficult for the offence to get the disc into the centre of the pitch where they could set plays from. Forcing line also means you have the option to poach down the line making it even harder for the handler to make the throw. One tip is that you should try not to force line when you are within 10ms of the endzone.

2) Trap

Trapping the disc is a variation on the line force. You force the disc to the line and once you get it to the line the maker holds the line force and one of the defence players poachs off and covers the line. The marker should also try and cover the dump pass by occasionally moving round to the back. The trap also works well in the zone defence.

3) Fronting

Fronting is where you face the person you are marking. This is helpful as you can watch every move that the player makes and try to counter them. This could lead to marking them out of the game which, if they are a top handler, can be very useful. However the draw back is that it can be broken by the German.

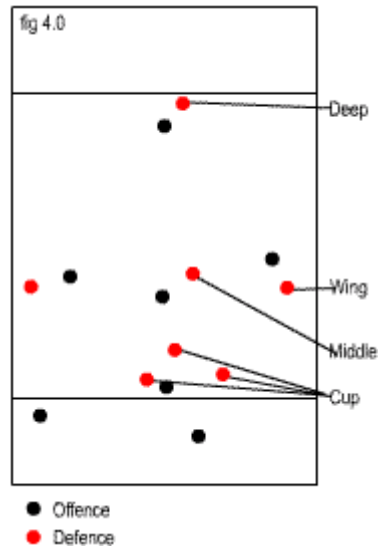
4) Zone Defence

Zone defence can be useful in all situations but it is only really useful when it is windy. This makes it more difficult for the offence to break the zone with long throws and hammer throws.

There are, with most of the other offensive and defensive plays, different ways of setting the zone however only one will be covered here. The defensive players are assigned positions at the start of the point. You have a Cup who mark the disc. One player is on the left of the cup, one on the right and one in the middle. Only one player in the cup is allowed to be within 3m of the player with the disc otherwise it is a double team and a foul.

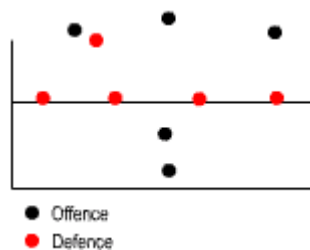
You then have two wings who are out on the sidelines about 10m down field from the cup. These players move up and down the field covering the players looking for the pass over the top. Then there is a middle player who stands behind the cup in the centre of the field trying to stop the throws between the cup. This player is also responsible for warning the cup of players coming into the cup or telling the cup where there are gaps.

Finally you have a deep player who marks the deepest offensive player and try's to D the disc if the offence hucks the disc. See the positions in fig 4.0.



5) Indoor Zone defence

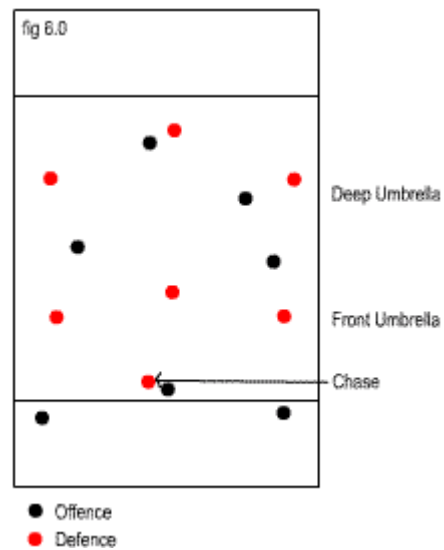
This is a very boring but effective form of defence for indoors. There is no cup and the positions are only taken up when the opposition approaches the endzone. Basically you line up along the endzone line with four players. The fifth player then marks the disc and try's to get a D. (see fig 5.0)



6) Junk

This is a difficult form of defence that has similar aspects to the zone defence and again has more forms than the one mentioned here. However the one I will describe is probably the easiest form of Junk defence. The setup is reasonably simple. You have one player "the chase" who marks the disc and has to be very fit to run around after the disc but also know what they are doing to get themselves in positions where they could get a D. The rest of the

players are organised into two separate "umbrellas". Each umbrella is made up of three players, one middle and two wings. There is a middle umbrella and a deep umbrella with the middle player of the deep umbrella being the man who marks the deepest offensive player. (See fig 6.0)



The important thing about Junk defence is communication. You need to keep talking to the players in your umbrella and the deep players need to tell the front O players where the cuts are coming from to get a D.