

Phat 'eds Outdoor 'guide'

(o = offence, x = defence, boxed o = disc position)

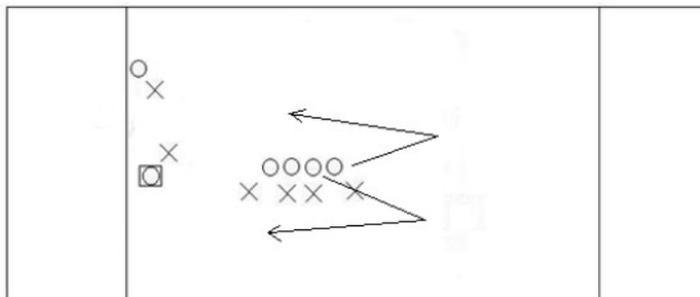
Stack Offence

Normally will play stack offence against a man defence. There are four main points that need to be considered with stack offence

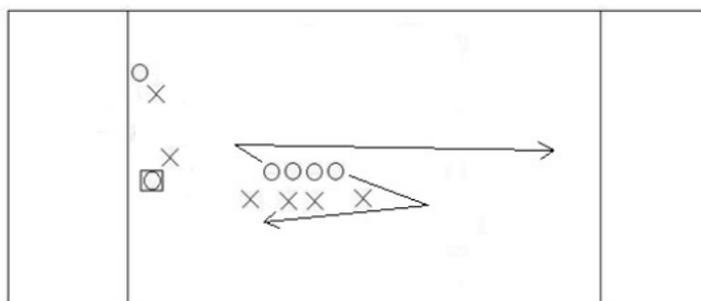
1. Correct cut
2. Continuation
3. Clearing out
4. Continuation

1. Correct cuts

Supersize – Cut both open and breakside, both under cuts.



Invert – Cut both open and breakside, an under and long cut



2. Continuation

We need a continuation of cuts throughout the game, so that if we get a pass out, someone else has already run up field to receive the next pass. To get this going we will employ a 'North-East-South-West' system, to pair people up for continuation cuts. On the line you will get the designation N/E/S/W. In the stack, N will cut first, and he will be looking to E for a continuation. Then S will cut, looking for a continuation towards W.

3. Clearing out

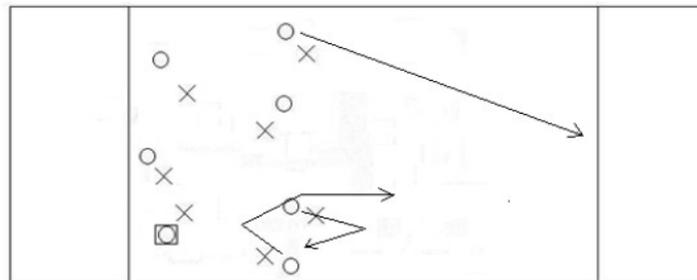
It is very important to **clear out of the cutting lanes** as soon as your cut has been made! Enough said.

4. Continuation

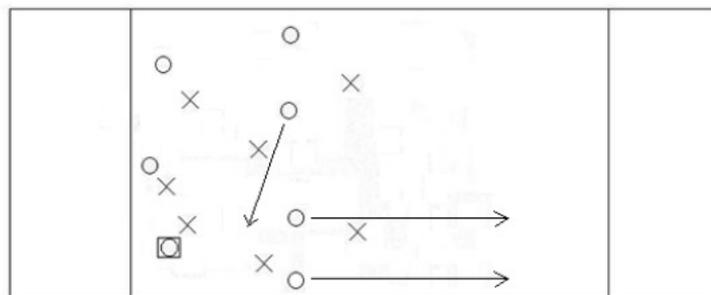
After making one cut your job isn't over (unless we've scored). You need to make cut after cut after cut. BUT these cuts need to be smart cuts. No running around getting in each other's way!

Horizontal Offence

We will switch to horizontal offence if there's lots of wind, or need to change things around. Note that the stack is very close to the handlers, and that the far wing player acts as a fourth handler. As a handler, you always follow the disc, so that the person on the disc always has a few options.

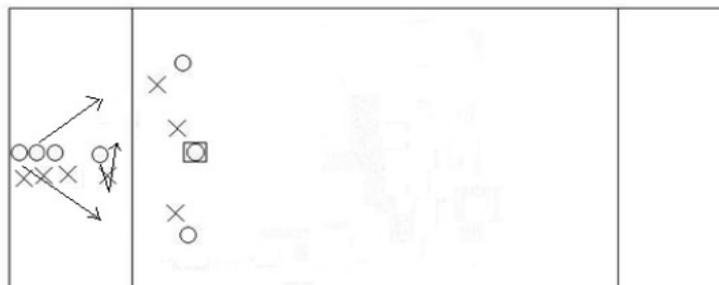


If they are 'clamping' the closest pair, clear out long to create space for other cutters and provide deep option.



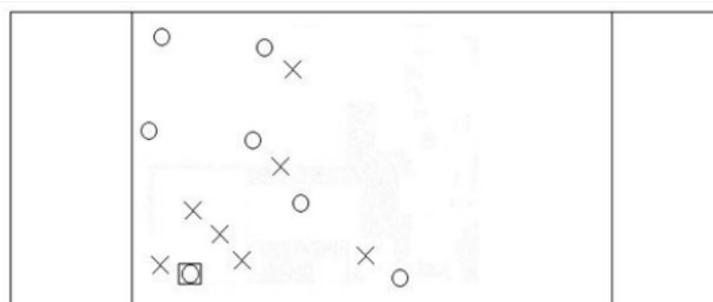
End Zone Play

Three man stack at the back. Lone man at the front.



Zone Defence

We will play a standard junk zone, with a chase, a three man wall, and three deep defensive players, and we will be mainly forcing one way, to trap them on a sideline. The chase blocks out the dump pass. The wall prevents the pass to the second dump(!), and the wall CANNOT be thrown through!



Communication

With a zone you need to communicate. Who takes care of what, when is the disc going in the air, when can you crash the wall. On offence it is the same communication. Who picks up the disc, who is making the first cut, is it horizontal/vertical stack? You need to listen and pay attention when you are on the line. Even if you think you know what is going to be the defence/offence, listen and pay attention.

Stamina/running hard

These games are there to be won by the team that plays the hardest and runs the hardest. I expect everyone to have an incredible fitness, so that they can keep on running.

Time out

If you have the disc, you can call a time-out. Our code-word for a time-out is 'Safety', so if you hear that, call a time-out.

Fouls/travel/pick/out of bounds

Know your rules! Read through them over before the tournament. If you aren't sure, stop play and ask someone. If you aren't sure someone is in, challenge them. If we are down, don't waste time!