

Basic defence concepts

The three elements of basic defence taught in the Coach Program are:

- 1) Marking
- 2) Guarding
- 3) Forcing

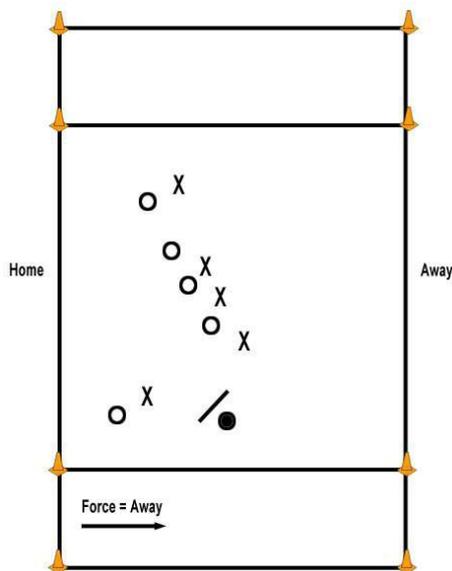


Diagram C:
Showing the positioning of defenders

Marking

The aim of marking is to deny a thrower the ability to throw a disc to a particular part of the field. In the example shown in Diagram C, the marker is not allowing the thrower to throw the disc towards the home side of the field. This means that they are allowing the thrower to throw to the Away side of the field. They do this by standing on the home side of the thrower.

Guarding

The aim of guarding is to deny a cutter the ability to get open in a particular part of the field. In Diagram C, the guarders are all positioned to stop the cutters getting open on the Away side of the field. They do this by positioning themselves between the cutter and the space they are defending.

Forcing

Forcing is a combination of marking and guarding that makes effective team defence. At the start of a point, a team will decide to force to a particular side. In Diagram C, the team are forcing to the Away side. This means that the marker covers the Home side with their mark (forcing the thrower to throw to the Away side) and the guarders cover the cutters on the Away side. Each player positions themselves relative to the player they are defending in response to the planned team force. Hopefully this makes it difficult for the offence team to make a pass to the Away side.

Forcing only works if the whole defence team are positioned correctly with respect to the player they are defending. It is very common for beginner players to end up in the wrong position and the coach should correct this as it occurs.