



Basic offence concepts

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

- 1) Receiving the pull
- 2) Setting up a dump pass
- 3) Creating space on the field

Receiving the pull

The key elements of basic pull reception are deciding whether or not to catch the disc on the full and having a plan in place to get the offence started quickly.

In general, it is better to train players and teams to catch the pull on the full, as this leads to the offence starting earlier and easy ground gaining passes. The risk is always that the pull will be dropped, which results in a turnover. This risk is higher on a gusty, windy day, so the decision on catching the pull may be weather dependent.

A good plan for receiving the pull has the following elements:

- A player who is nominated to catch / pick up the pull
- A player who receives the first pass (this player talks to the catcher)
- A plan for the next few passes, that is the whole team knows who is cutting for the disc for those few passes

A pull reception plan gets the disc moving quickly and ensures that the first phase of offence is smooth. Players who are not nominated in the pull reception play contribute by moving their defenders such that space is created for the players who are involved in the play.

In the Coach Program course, we use the example of a sequence play (also called a string play) as a pull reception. In this play a single player is nominated to catch the pull. The next 3 passes are then decided on the line. For example, the call on the line might be "John catches the pull and throws it to Kate. Kate throws it to Paul. Paul throws it to Jess."

Initially the Coach may call the pull reception, however it is better for a team if they call their own offence line. Once they get used to the play, this call could transition from the Coach to the team (ideally a captain or nominated line caller).

Setting up a dump pass

A dump pass is a short, easy pass to a player positioned to the side or behind the thrower. The aim of this pass is to reset the stall count and to make sure that there is always an easy throw for beginner players.

Diagram B shows the position that the dump player should stand. At a stall count of 5, the thrower should turn and face the dump player (engage the dump). The dump player should then run to get open for a short easy pass. Often defenders will position themselves so that the dump cutter can easily get open if they simply run away from the defender.



Creating space on the field

Marker

Offence player

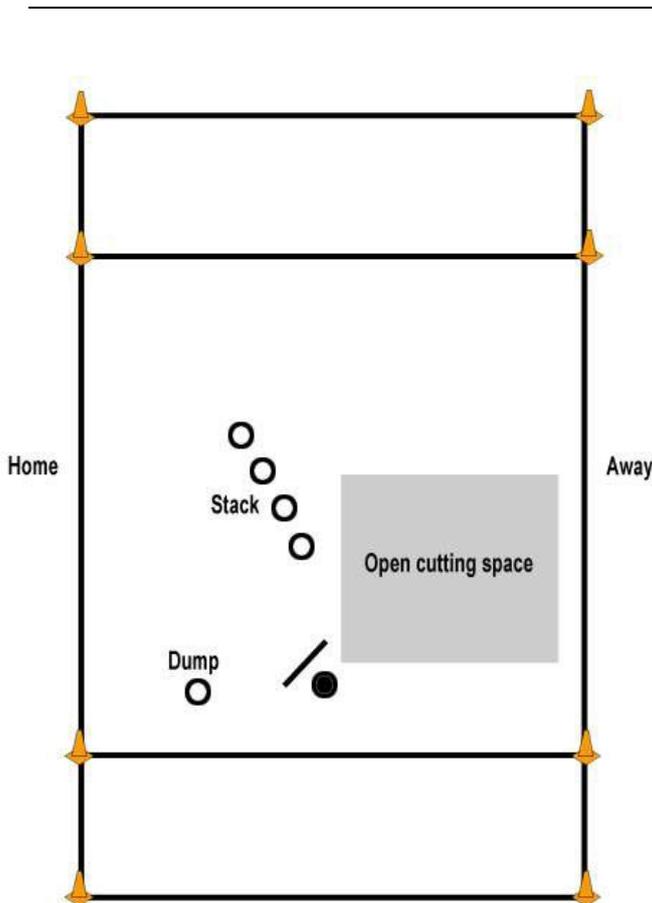
Thrower (has disc)

X Guarder

Typically, beginners playing Ultimate will cluster around the frisbee making it difficult to complete passes. The problem is that the thrower is surrounded by cutters and their defenders and there is no open space to throw the disc into. Creating open space on the field is vital for successful offence. In the Coach Program course, we use the concept of a stack to create space on the field.

Diagram A:
Showing the symbols used to denote offence and defence players

The idea behind the stack is that cutters will group together in a line in the centre of the field and draw their defenders with them. This leaves space on both sides of the field for them to run (cut) into to receive a thrown disc. Diagram B shows the stack and the space it creates.



Ideally cutters will take turns running into the space. If they don't get the disc, then run back to the stack allowing the next cutter to run into the open cutting space.

In Diagram B, the marker is forcing to the Away side. This means that the easiest throw is to the Away side (as the marker is blocking the Home side). The stack has responded to this by angling slightly towards the Home side, thus creating more space on the Away side.

Many novice teams struggle to set up a stack because players are over eager to pick up the disc. One strategy to overcome this is to get all players to run into a stack, while the last player back, walks to the disc. This will provide more structure to play.

Diagram B:
Showing how to set up a stack