

# Basic Offence Concepts

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# Overview

By the end of this module, you will:

- Understand how to implement the offensive strategy of ‘the stack’ to create space on the field
- Understand how to implement the offensive strategy of ‘the dump’ to retain possession of the disc
- Understand how to organise a team of beginners to receive a pull

# Teaching Philosophy

Our overall goal is to help the team to coordinate their movements to increase efficiency and likelihood of scoring.

# Setting up to receive the pull

Purpose = to coordinate the offence at the start of the point

Description = establish cutting order for first few passes of a point

Strategy = call positions prior to signalling readiness

## Options:

### 1) The string play

- '1' to catch the pull
- '2' to receive the first pass
- '3' to receive second pass
- '4' to receive the third pass

### 2) Pairs

- Three handlers - Left point, axis, right point
- Primary pair - primary wing, primary deep
- Secondary pair - secondary wing, secondary deep

# The Dump

Purpose = to retain possession of the disc

Description = short pass to a player behind or level with the thrower

Strategy = make one player responsible for trailing the disc in the dump position

Sequence:

- 1) Try to make a pass down field
- 2) If you can't - at stall count 5 - turn to face 'the dump'
- 3) Once eye contact established - dump cuts
- 4) Complete short pass and stall count is returned to 0
- 5) Repeat

# The Stack

Purpose = to create space on the field

Description = cluster or line of players in the middle of the field. Two spaces created on the sides of the field.

Strategy = Furthest from the disc picks it up, set a stack in that time

Positions:

- 2 handlers - the thrower and the dump
- 5 cutters - in the stack

Sequence:

- Cuts come from the back of the stack towards one of the sidelines
- Players clear back to the stack after unsuccessful cuts
- Third handler stands at the front of the stack

# The Stack (cont)

- Flow - continuation passes. The right cut at the right time.
- Filling in - take action if your defender poaches or switches
- Pairings - pass to your buddy
- Stack motion - moves downfield with the flow of the disc
- Improvisation - communicate and react to the circumstances

# Summary

- Receive the pull using the string play or pairs
- Use a dump to maintain possession
- Use the stack to create space