

# Basic Defence Concepts

Ultimate Australia Community Coach Course  
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# Overview

By the end of this module, you will:

- Understand how to implement the defensive skills of marking and guarding
- Understand how to implement the defensive strategy of ‘forcing’

# Teaching Philosophy

Teach defensive skills after basic offensive skills are grasped.

Overall goal is to coordinate defensive movements to increase efficiency as well as the team's ability to apply pressure throughout a point.

# Skill: Marking

Purpose = Apply pressure to the thrower.

Description = The marker is the closest defender to the thrower.

Strategy = Stay balanced. Action defensive priorities.

- Count the 10 second stall count “Stalling one, two, three”
- Be within 3m and no closer than 1m / 1 disc width from thrower

# Skill: Guarding

Purpose = Apply pressure to the cutter.

Description = The guarder refers to a defender that is covering an attacker that does not have the disc (cutter).

Strategy = Get between the cutter and space they are trying to catch in. Stay balanced. Action defensive priorities.

- Re-adjust your position constantly.
- Use defensive triangulation.

# Strategy: Forcing

Purpose = Marker's and guarder's combine their efforts to be more effective and efficient.

Description = Marker attempts to force throws to one side of the field, guarders attempt to deny cuts to that same 'force' side of the field.

Strategy = A defence can not take away all options for the offence. Determine which throws or cuts are most damaging, and force the alternative.

- Backhand / Forehand forcing
- Home / Away forcing
- Know the force

# Summary

- For a new group, teach these defensive skills and concepts last
- Mark - the throwers
- Guard - the cutters
- Force - both throwers and cutters