

Ultimate Team Structures

Ultimate Australia Development Coach Course
Dan Rule

Steps to teach O Structure

- What is the aim of the offence? How will we score?
- Key principles of the o structure - space, timing
- Breakdown roles - who is responsible for what? Key skills?
- Coaching cues for each role & skill
- At key field positions - who does what?
- Contingencies

Steps to teach D Structure

- What is the aim of the defence? How will we force turnovers?
- Key principles of the d structure - protect middle, contain, be aggressive
- Breakdown roles - who is responsible for what? Key skills?
- Coaching cues for each role & skill
- At key field positions - who does what?
- Contingencies

Tactical Factors

- Rules
- Strategic plan for season / game
- Physical playing conditions
- Strengths & weaknesses of opponents
- Strengths & weaknesses of your team / players
- Tactical options for various situations in the game