

Guarding

Skill description

The guarder is the defender assigned to put pressure on the cutter, and guarding is the skill of applying pressure to the cutter

The guarder attempts to prevent or make a cut more difficult. The guarder can cause a turnover by either blocking the disc, intercepting the disc or otherwise forcing an incomplete pass.

The guarder's aim is to stop catches being completed in the area that the marker is forcing open (open side). Typically this is achieved by positioning in front of the cutter on the open side.

Resources

[Ultimate 101: Downfield Defence](#)

Step	Description	Cues	Common errors
Pre-action	<ul style="list-style-type: none"> Identify the space that is most important to stop your player being open, and position closer to that space than your opponent Triangulate: stand open side and under relative to cutter Determine how much buffer you need to win a race to the key space Be in athletic position, on your toes and ready to move at all times 	"Triangulate" "Buffer" "Athletic position" "Open side"	Defender stands too close and the cutter evades them Defender stands too far away and the cutter receives the disc without needing to juke Defender doesn't stand on force side The defender doesn't lower centre of gravity - making it hard to change direction
Action	<ul style="list-style-type: none"> Adjust your buffer and position as cutter and disc move Chop stop when changing direction Turn in towards your player when changing direction Avoid committing your hips to a movement for as long as possible 	"Triangulate" "Buffer" "Athletic position" "Chop stop"	Failure to change buffer or positioning as defender moves - allowing easy cuts Not chop stopping when changing direction - making it harder to defend a cut in any direction Turning away from cutter at a change of direction, making it easy for the cutter to run away

			from the guarder
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Practice

- Set up cones in an M shape. Have players find a partner. One person will be the cutter, and the other is the guarder. The cutter cuts between the cones while the guarder stays with the cutter, turning their hips to keep their same position in front of the cutter.