

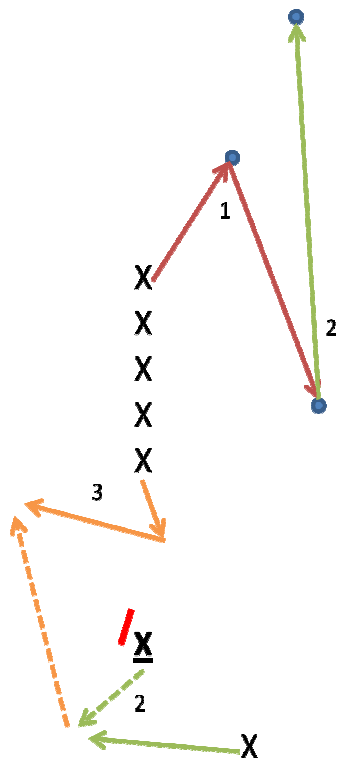
Sheffield Steel Training – 30th January 2010

This session covered a number of basic aspects of the game, primarily working on player movement in various situations. This document lays out the structure of the session and uses diagrams and narrative to explain the aim of each drill and, as far as is possible, attempts to put each drill in to context, so you can see how it all reflects to actual game play.

NB. In all of these diagrams, a solid line shows the path of a player, and a dashed line shows the path of the disc. An 'X' is a player on the offensive team whilst a red line indicates a defensive player. 'X' indicates the starting position of the disc.

V-Cut Drill (inc. handler dump)

This V-Cut drill assumes that the cutter is unable to get free of his/her marker and so the handler is not going to give them the disc. This then incorporates a simple dump pass to switch the play onto the break side of the pitch.



1. The player at the back of the stack makes a fake deep and then cuts back under on the open side.
2. On the shout of 'NO!' (or similar) from the handler, the cutter turns and clears right out as fast as possible.

The handler then turns to the dump, who is at 45 degrees on the open side, who makes a quick cut to toward the break side and receives a simple pass.

3. Front of stack cuts to the break side (including a fake) for the swing pass.

Positions rotate as follows:

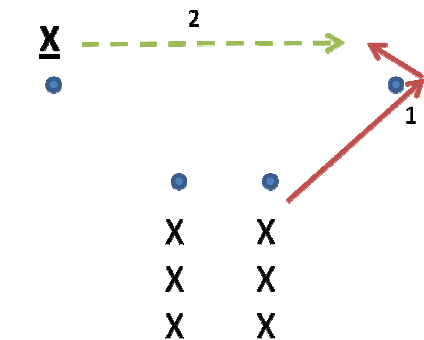
Dump – Handler – Force – Front of stack – Stack x3 – Cutter

There are two main aspects to this drill which are important to all actual game situations. The first is that players need to be **vocal**. If the cutter is not free from his/her marker, they will not necessarily know that they need to clear out of space. It is up to the handler to be vocal and tell them that they need to get out of the space. I will always endeavour to tell people if I am not going to throw them the disc and I would like everyone to try and do the same.

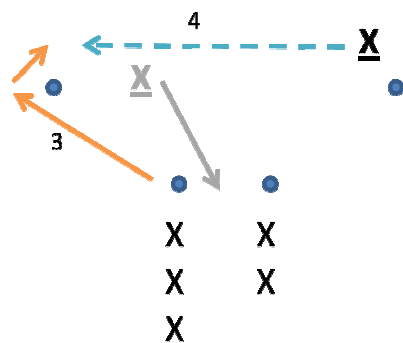
The second important aspect is that handlers need to remember that the dump is not just a safety option. It can be key to switching the play on to the break side, leading to quick continuation up the pitch.

'Swiss' Drill

This is a simple drill focussing on 'gut' passes, i.e. passing straight to your teammates abdominal area for an easy catch. Timing of the cut is important, and a player should expect to be catching the disc as soon as they turn on the top cone.



1. A player cuts from the right-hand stack to the top right cone, and turns sharply (just like a v-cut).
2. The handler throws a 'gut-pass' to the cutter.
3. A player from the left-hand stack cuts to the top left cone, and turns sharply.
4. The handler throws a 'gut-pass' to the cutter.



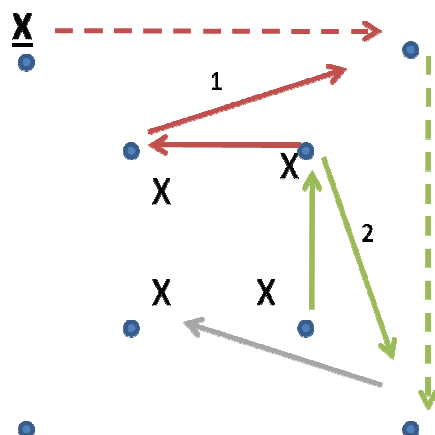
NB. After you throw the pass, clear out as quickly as possible through the middle (as shown left).

Throw '2' should be a backhand for right-handers; throw '4' should be a forehand.

Again, there are two important aspects to this drill. The first is the **timing** of the cut. You want to be starting your cut as the person ahead of you (in your stack) catches the disc. Once you have caught the disc, you want to be making a pass straight away. The second aspect is that these are 'gut' passes. After the cutter turns on the cone they are heading towards you so your pass needs to go straight to their mid-section for an easy catch.

Square Drill

Focusing on 'lead' passes, i.e. putting the disc out in front of a teammate for them to run on to.



1. The first cutter makes a cut along the edge of the inner square and then back towards the outer cone; the handler makes a 'lead-pass' toward the same cone.
2. The same move is made from the next corner of the inner square, and play continues.

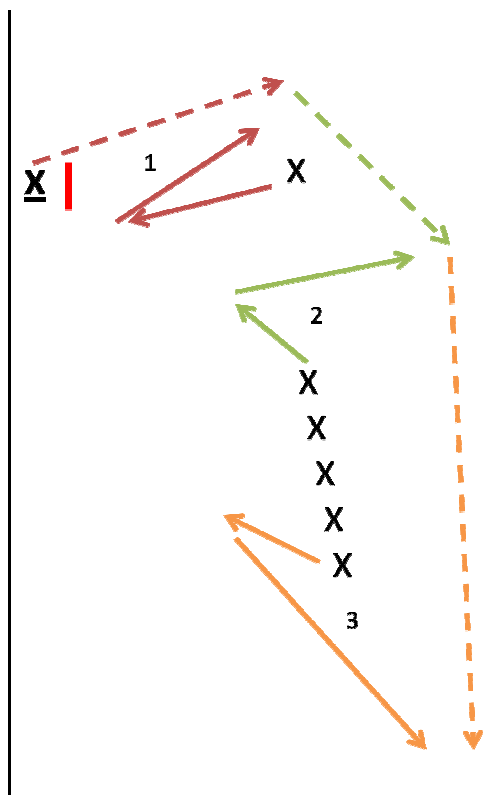
NB. After you have made a throw, clear to the next inner cone (shown in grey), so each time you cut you are on a different edge of the inner square.

The throw has got to be toward the cone and not to the cutter. The idea being that the disc is out in front of the cutter for them to run on to. Timing of the throw is important so that the disc is catchable in the area of the cone.

This drill should be completed in both clockwise and anti-clockwise directions in order to work on the forehand and backhand lead-passes.

Line Drill

This drill focuses on the movement of the 'dump' when the offensive team has the disc on the line. The idea is to get the disc into the middle of the pitch, and continue to move the disc to the break side of the pitch if possible.



NB. When on the line, the dump player stands at right angles to the disc.

1. The dump cut fakes up the line (drawing out their hypothetical marker) and then turns sharply away, back toward the middle of the pitch; the handler will fake a throw up the line before putting the disc out into the space.
2. Front of stack makes a cut (faking as necessary) to receive a continuation pass.
3. The back of stack cuts deep to receive the down-field pass.

Positions rotate as follows:

Handler – Force – Dump – Front of stack – Stack x3 – Back of stack

Although we will run a version of this drill where the dump can go up the line, the reason for doing it this way was to enforce the point that the dump should be getting the disc infield, i.e. not on the line.

As a team we don't mind losing ground if we end up in a better position, but often we don't get off the line with the dump pass. I want people to get in the habit of middling the disc as much as possible as it increases our options downfield.

Please let me know if you have any questions. The next session will look at man-marking and the force; horizontal stack offence (3-4); and endzone cutting.

Si

Sheffield Steal Club Captain, 09-10