

DEEZ TRAINING  
HANDBOOK

MAY 2026

# — INTERNATIONAL LEVEL —

## Aims

- Win people, win games
- Develop at Ultimate Frisbee

Time Constraint → 12 weeks

## Program

Order	Section	
a c	offence	Vertical offence 2w
b f		Horizontal offence 2w
d h		Diagonal offence 2w
e g		Zone offence 2w
B F	defence	Match defence 2w
E G		Zone defence 2w
		Brackets & Switches

## Program (Extended ver.)

1	a	Vertical O
2	b	Horizontal O
3	B	Match D
4	c	Vertical O
5	d	Diagonal O
6	e	Zone O
7	E	Zone D
8	f	Horizontal O
9	F	Match D
10	g	Zone O
11	G	Zone D
12	h	Diagonal O

Rearrange  
as  
required

# — INTRANATIONAL LEVEL —

## Training Structure

<u>Time</u>	<u>Item</u>
0	0. Precedent
	1. Warm up <ul style="list-style-type: none"><li>↳ Throwing</li><li>↳ Small drill (later)</li></ul>
30	2. Technique <ul style="list-style-type: none"><li>↳ Progressions</li></ul>
60	3. Strategy <ul style="list-style-type: none"><li>↳ Game-realistic scenarios</li></ul>
90	4. Scrim <ul style="list-style-type: none"><li>↳ With focus on 2. &amp; 3.</li><li>↳ Add a rule!</li></ul>
110	5. Conditioning

120

WEEKS 1-4

Vent, Horo, Match

# — WEEK 1 —

## a VERTICAL OFFENCE #1

0 0. Precedent

1. Warm up

↳ Throwing

30

2. 3-stack flow

↳ switch sides at  $\frac{1}{2}$

60

3. Back of stack drill

↳ 3 variants

90

4. Scrim

↳ vert only

↳ narrow field

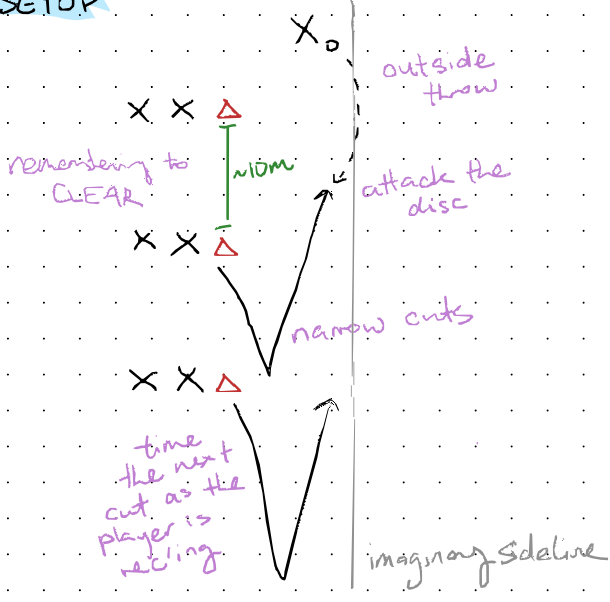
110

5. Conditioning

### 3-Stack

### TECHNIQUE

#### SETUP



#### EQUIPMENT

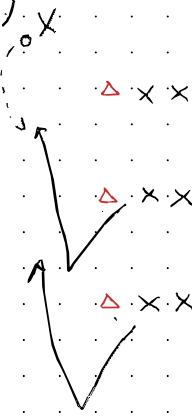
- 8+ players
- 3 cones
- 1 disc

#### PROCEDURE

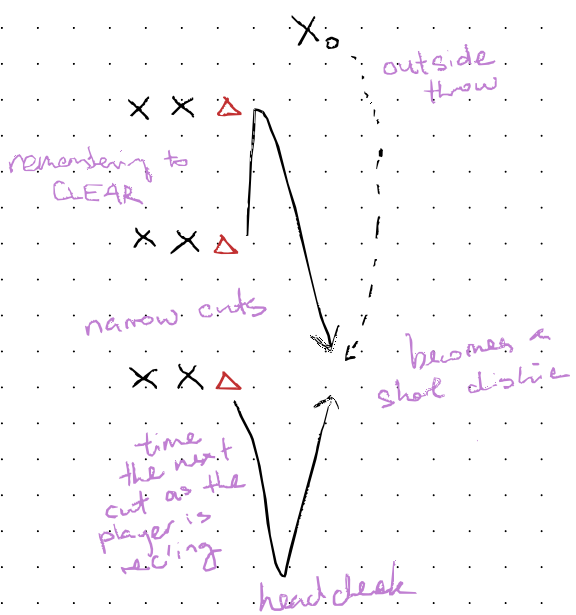
- No-defence
- Disc is passed through cascade of lined undercuts
- Middle cone players switch direction of cut depending on where the disc was received.
- The throw should come off as or as soon as the receiver changes direction
- Once the disc is thrown, line up behind the cone that your receiver cut from.

#### VARIATIONS

\* Switch outside throw by flipping the set up (with cones as axis)



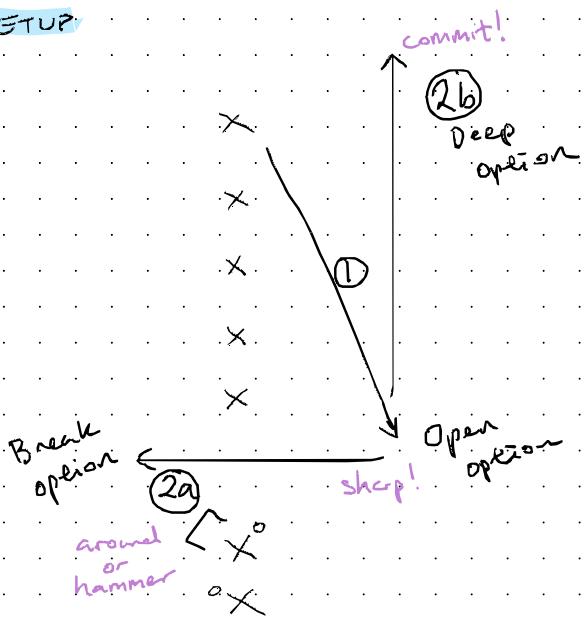
- \* Change middle cone cut only to in → out
  - ↳ Becomes a leading pass NOT a huck
  - ↳ Outside cone cuts are still out → in but they need to headcheck to time the under
  - ↳ Pass after middle cone cut is received needs to have intention - i.e. set and first, spin in the disc



## Back of stack

STRATEGY  
↳ see Bijl p45

### SETUP



### EQUIPMENT

8 players

2-3 discs

### PROCEDURE

• Back of stack ("the five") cuts under for

① an under option  
↳ attacking & securing disc.

②a a break option (7 cut)  
↳ sharp cut  
↳ around throw, not inside  
↳ hammer ok.

②b a deep option  
↳ ensure cut is in a straight line

• Drill each separately and then leave for interpretation

• Rotation: throw → mark → cut → throw

• Communication between the thrower and cutter is encouraged

## — WEEK 2 —

### b HORIZONTAL OFFENCE #1

0 0. Precedent

1. Warmup

30 2. Backwards handler  
dislue

60 3. Diamond cutting  
↳ Middle  
↳ Sideline hook

90 4. Scrim  
↳ Hov only

110 5. Conditioning

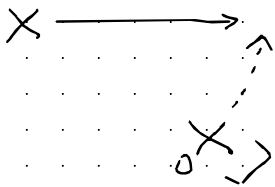
# Backwards handler dishie

TECHNIQUE

↳ from Manly

## SETUP

open side handler set 45 behind



(X)  
hypothetical breaker side handler

## EQUIPMENT

3 people

1 disc

## PROCEDURE

Focus is on the middle thrower being able to pass the disc to their dump with no complications

- Open side dump that is set up 45° behind cuts laterally across behind the thrower after eye contact as they are turning to engage.

- The thrower opens their hip to a wide stance to block their defender from their throw

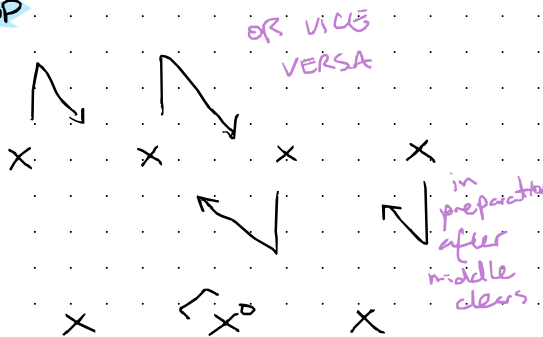
- The throw is a dishie with spin, preferable a back hand so it is easier to catch

- Rotate throughout so each player has ~5 reps until understood.

# Diamond Cutting

STRATEGY

## SET UP



## EQUIPMENT

Minimum 8 players ↘

1 disc (secondaries can turn into defence)

## PROCEDURE

- Walk through of horizontal
  - ↳ emphasis on the fact that nothing is "off the table" e.g. if there is a poach etc.
  - ↳ however, the initial movement MUST be planned ahead
  - ↳ encourage communication between diamond pair (even if the defence is listening)

- WEEK 3 -

B MATCH DEFENCE #1

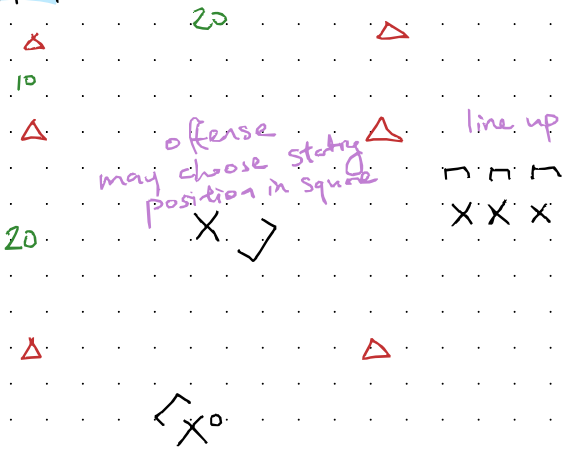
- 0 0. Precedent
- 1. Warm up
  - ↳ Serpentine
- 30 2. Buffer
- 60 3. Boxing out
- 90 4. Scrim
  - ↳ Match, no unders
- 110 5. Conditioning / Hotbox

# Buffer

## TECHNIQUE

↳ from Manly

### SETUP



### EQUIPMENT

- 6 players
- 6 cones

### PROCEDURE

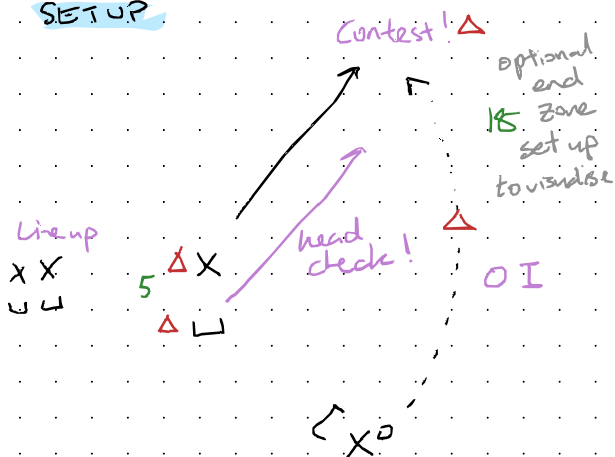
Emphasise this is a defence drill. — offence may not get free and that is okay, because you are giving your teammates the opportunity to practice defence.

- Defence must hold a buffer with offence — this may vary between players  
↳ test it out!
- Main goal is to take away the under without poaching so much that you can't make back the pressure on the deep cut.  
ie. if offence cuts deep and reaches the far line before defence is able to get to the second line, then offence has won and defence buffer must be tighter.

# Boxing Out

TECHNIQUE

## SETUP



## EQUIPMENT

8 players

2 cones

## PROCEDURE

- Defence set up behind offence making deep cut
- Main aim to box out offence by headchecking when throw is up and moving to an advantageous position

— WEEK 4 —

C VERTICAL OFFENCE #2

0 0. Precedent

1. Warm up

↳ Ladder

30 2. Getting the disc off  
the sideline

60 3. End zone play

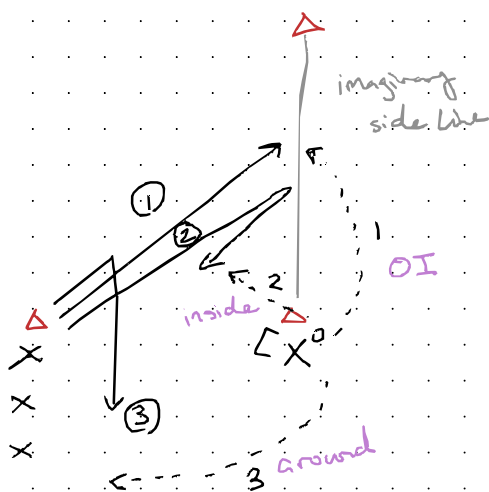
90 4. Scrim

110 5. Conditioning

# Upline cut

## TECHNIQUE

### SETUP



### EQUIPMENT

8 players

3 cones

### PROCEDURE

- Note: these are thrower-initiated dumps.
- Fake with intention of communicating.

Various upline cuts to get disc off sideline:

#### ① Up-line

45° cut

Throw must be leading OI  
not a huck

↳ only throw if they are free!

Add link at beginning of cut

#### ② Inside

Option for well covered up  
line cut

Hard stop to catch inside  
shot from thrower

Must go in line with  
thrower before coming back,  
otherwise the inside shot lane  
is too narrow.

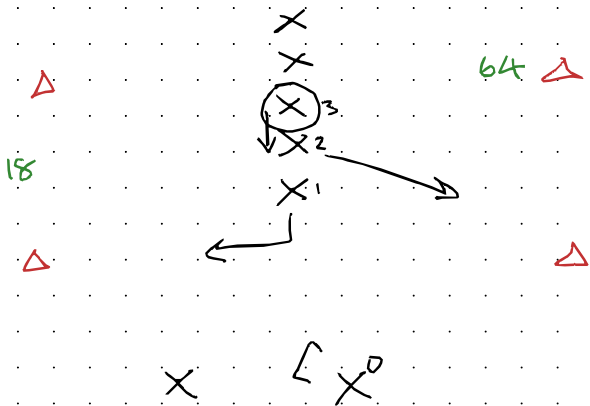
#### ③ Around

Faked upline to around  
throw

Around throw should be  
further out for dump to catch  
on break-side.

# Endzone Play: Parting the Sea STRATEGY

## SETUP



## EQUIPMENT

8 players

4 cones

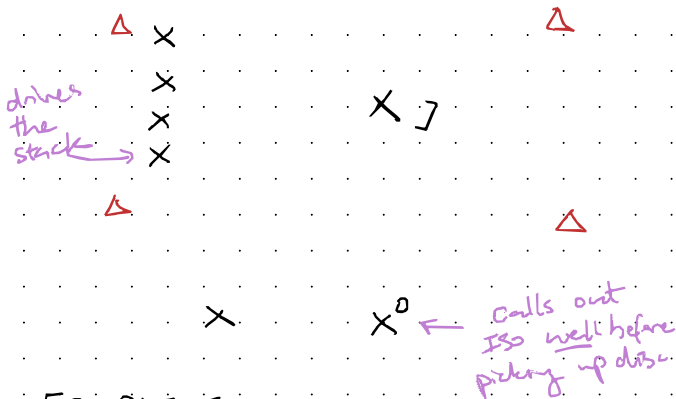
## PROCEDURE

- Endzone: first in stack cuts
- 1 chooses a cone to attack
- 2 follows and attacks the opposite
- 3 scores in the midst of the chaos

# Endzone Play: Iso

STRATEGY

## SET UP



## EQUIPMENT

8 players

4 cones

## PROCEDURE

Only works from static start or if there is time to set up.

For the Iso cut, take what you are given, but generally attack a cone.

## VARIATIONS

The Iso could be the dump, in which the stack clear far and away, and the dump cuts upline.

If the dump is well covered, a fill can come in and endzone play resumes with cuts from front of stack.

# BRAINSTORMING

## Warm up v1

15m

Always start w/u facing back of endzone

Yog → 1 field slow jog

Dynamic stretching → toes to head

Calves

"World's greatest" (lunge w/ twist)

Hammies

Quad kickouts

Glutes single leg balance

Back twists

Roll shoulders

## Movement

Pogos

High knees → CHANGE TO KENYAN W/U  
(incl. open/close gates)

Butt kicks

Skaters

Mano

## Sprints (endzone length)

Minimum 2 sets

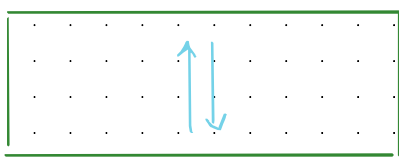
60/70

80/90

90/ past brick

## Warm up variations

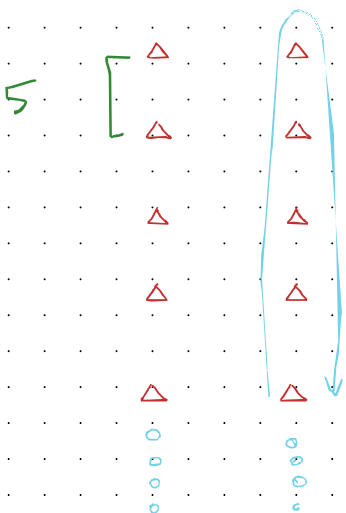
Set up ① endzone lineup



No cone required

spreadout

Set up ② 2 lines

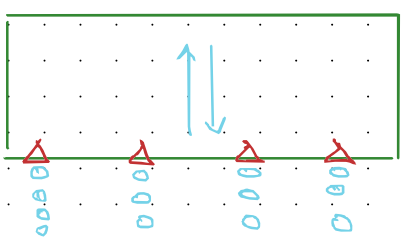


Opportunities:

Paired exercises

2 forward 1 back

Setup ③ multiple endzone lineup



Opportunities:

Relay sprint sets

# BASIC THROWING DRILLS

Difficulty

↓

- E** • No drops within specified time
  - ↳ Timer resets if there is a drop
  - ↳ Start with 2 mins then ↑

## **M** • Attack drill

- ↳ Mark ~5m behind each pair with cone
- ↳ Receiver must under cut and attack disc, simultaneously the thrower throws and makes and under cut for the caught disc.

## **H** • Aim high, static receiver

- ↳ Thrower aims for receiver's max vent
- ↳ Receive must jump only, no turn and chase

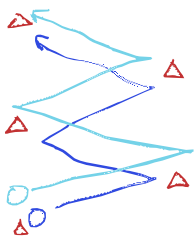
# BASIC CUTTING DRESS

M • Break mark (can also be done on open side).

E • 3-stack → also good w/u.

M • Serpentine

↳ no disc required.



Reference staying  
in front  
no 360s.

E • Chop practise

↳ 5M apart



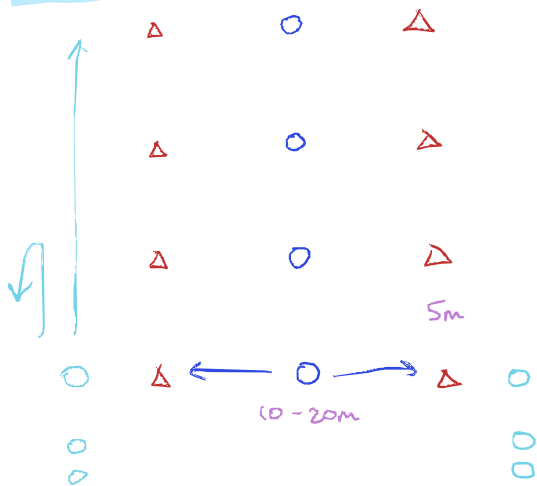
Count about  
"1, 2, 3, 4, 5"

# H Faking for O + D

THROWING  
CUTTING

↳ from GWS

## SET UP



## EQUIPMENT

10+ players  
Cones

## PROCEDURE

Offence aims to pass through each cavity between a pair.

**Throwing** - learning to fake and move defence, and still throw an option to intended receiver

**Cutting** - learning to cut laterally using legs but also the upper body to make convincing cuts.

**Comms** - active comms between pair

Defense is restricted to lateral movement along cones.

**Marking** - active mark on toes, ready to move along the small plane available

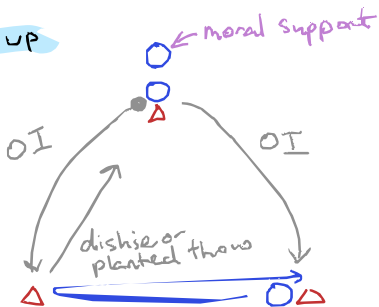
**Comms** - active comms between nearby teammates

# M "Death" drill

CUTTING

↳ from NSU Aurora

## SET UP



## EQUIPMENT

Groups of 3.  
Cones

## PROCEDURE

This is an endurance drill for cutters.

### FITNESS

2-4 mins continuous.

ACCORDING TO GOOGLE AI THE AVG FOR REC LEAGUE IS 4.7 MINS. (2.5 MINS FOR WORLDS).

### THROWING

whilst fatigued. Ensure pivot is planted before throwing.