

# Deez Training Handbook

NSU League — Hops, Hucks, Hugs

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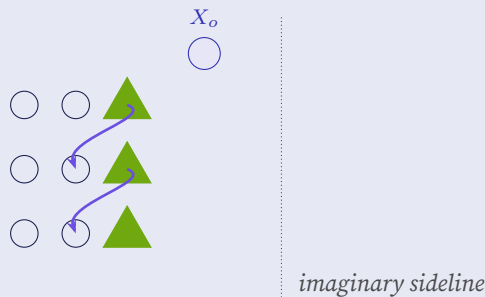
## 1 Week 1 — Vertical Offence #1

<i>t</i> (min)	Item	Focus
0	0. Precedent	
0	1. Warm up	throwing
30	2. 3-stack flow	switch sides at $\frac{1}{2}$
60	3. Back of stack	3 variants
90	4. Scrim	vert only, narrow field
110	5. Conditioning	

### 1.1 3-Stack Flow

TECHNIQUE

#### Setup



**Equipment.** 8+ players, 3 cones, 1 disc.

#### Procedure

- No defence.
- Disc passes through a cascade of timed under-cuts.
- Middle-cone players switch direction depending on where the disc was received.
- The throw should come off as, or as soon as, the receiver changes direction.

Body text sample: it is striking how a small change in cushion — say one metre or two — can change a defender's read on the deep shot. Mono:  $X_o$ ,  $t=30s$ .