

Deez Training Handbook

NSU League – Hops, Hucks, Hugs

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font set: IBM Plex Serif + Plex Sans + Plex Mono

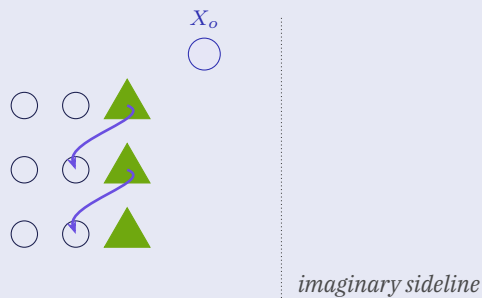
1 Week 1 – Vertical Offence #1

| <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.