

Deez Training Handbook

NSU League — Hops, Hucks, Hugs

Coaches: Aayush & Kiyomi

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Contents

0 Programme	3
0.1 Order	3
0.2 Training structure	3
1 Week 1 – Vertical Offence #1	4
1.1 3-Stack Flow	5
1.2 Back of Stack – “the five”	7
2 Week 2 – Horizontal Offence #1	9
2.1 Backwards Handler Dishie	10
2.2 Diamond Cutting	12
3 Week 3 – Match Defence #1	14
3.1 Buffer	15
3.2 Boxing Out	16
4 Week 4 – Vertical Offence #2	20
4.1 Upline Cut	21
4.2 Endzone Play – Parting the Sea	23
4.3 Endzone Play – Iso	24
5 Week 5 – Diagonal Offence #1	26

Contents	2
6 Week 6 – Zone Offence #1	27
7 Week 7 – Zone Defence #1	28
8 Week 8 – Horizontal Offence #2	29
9 Week 9 – Match Defence #2	30
10 Week 10 – Zone Offence #2	31
11 Week 11 – Zone Defence #2	32
12 Week 12 – Diagonal Offence #2	33
Bibliography	34

0 Programme

Aims (Objective Functions)

- Win people, win games.
- Develop at Ultimate Frisbee.

(Time) Constraints

12 weeks.

0.1 Order

Eight offensive¹ sessions are interleaved with four defensive ones, so that each defensive idea lands shortly after the offence it must counter. Every theme appears twice.

The 2:1 asymmetry across ‘O’ and ‘D’ reflects our social-level Ultimate, where defensive blocks can be farmed and opposing offences eventually turf the disc themselves.

Week	Type	Theme	Iteration
1	Offence	Vertical	1st
2	Offence	Horizontal	1st
3	Defence	Match	1st
4	Offence	Vertical	2nd
5	Offence	Diagonal	1st
6	Offence	Zone	1st
7	Defence	Zone	1st
8	Offence	Horizontal	2nd
9	Defence	Match	2nd
10	Offence	Zone	2nd
11	Defence	Zone	2nd
12	Offence	Diagonal	2nd

0.2 Training structure

Every session runs for two hours and follows the same five-block shape.

<i>t</i> (min)	Item	Notes
0	0. Precedent	week’s theme stated up front
0	1. Warm up	throwing → small drill (later weeks)
30	2. Technique	progressions
60	3. Strategy	game-realistic scenarios
90	4. Scrim	with focus on (2) and (3); add a rule!
110	5. Conditioning	
120	— end —	

Note on references

In-text drill references take the form [Bijl §X.Y, p. N], pointing to chapter/section and printed page in Hildo Bijl’s *Ultimate Trainer’s Manual*. See the Bibliography at the end of the handbook for full citations.

¹Noun: *offence/defence* (here) vs. *offense/defense* (US). Adjective *offensive, defensive* and verb *offend, defend* are identical in both dialects.

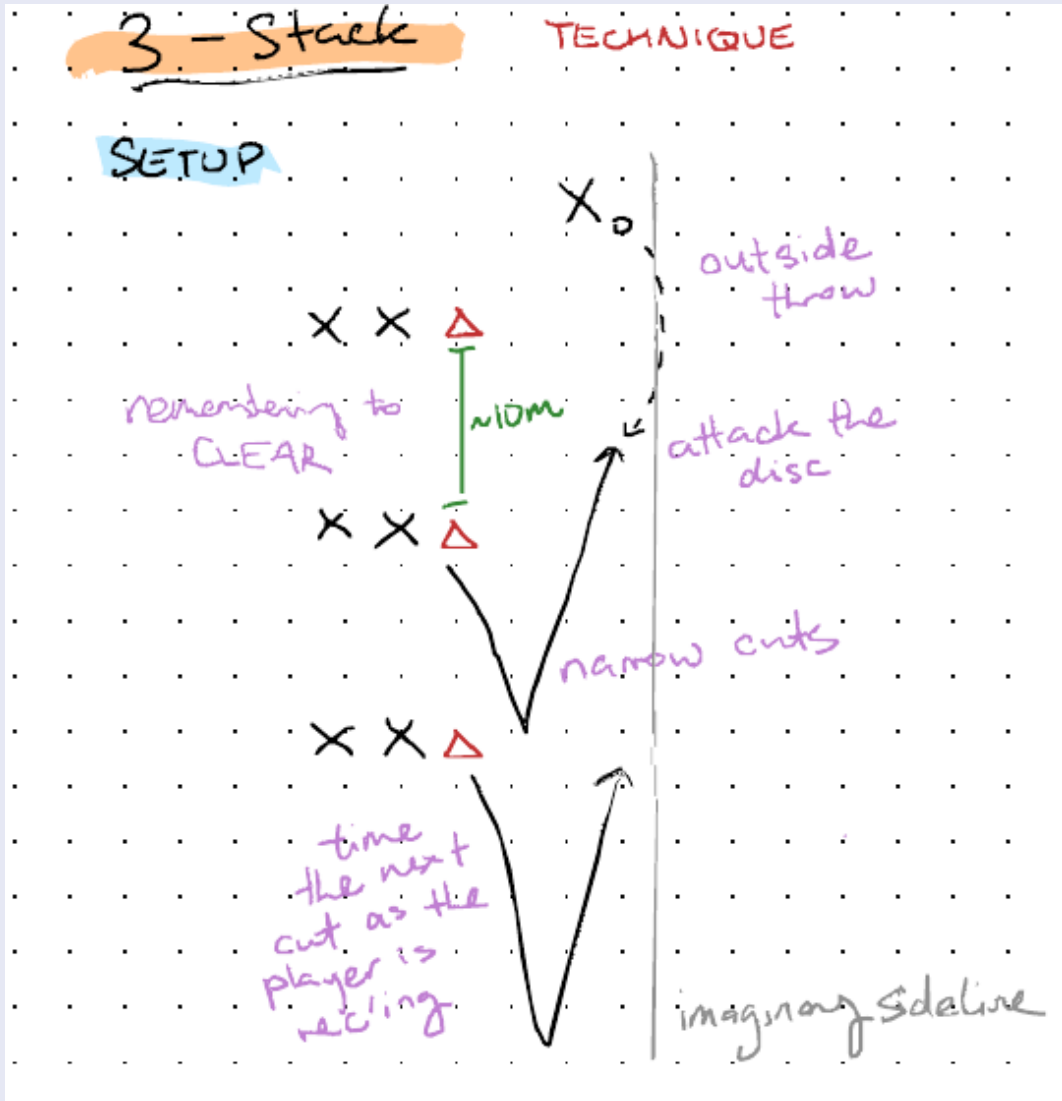
<i>t</i> (min)	Item	Focus
0	0. Precedent	
0	1. Warm up	throwing
30	2. 3-stack flow	switch sides at $\frac{1}{2}$
60	3. Back of stack	3 variants
90	4. Scrim	vert only, narrow field
110	5. Conditioning	

1.1 3-Stack Flow

TECHNIQUE

Coach's drill

Setup



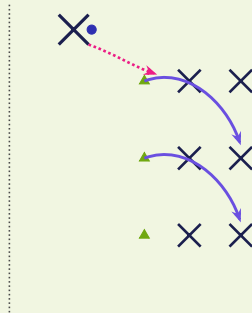
Equipment. 8+ players, 3 cones, 1 disc.

Procedure

- No defence.
- Disc passes through a cascade of timed under-cuts.
- Middle-cone players switch direction 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 (the cones as axis):



Change middle-cone cut only to in → out.

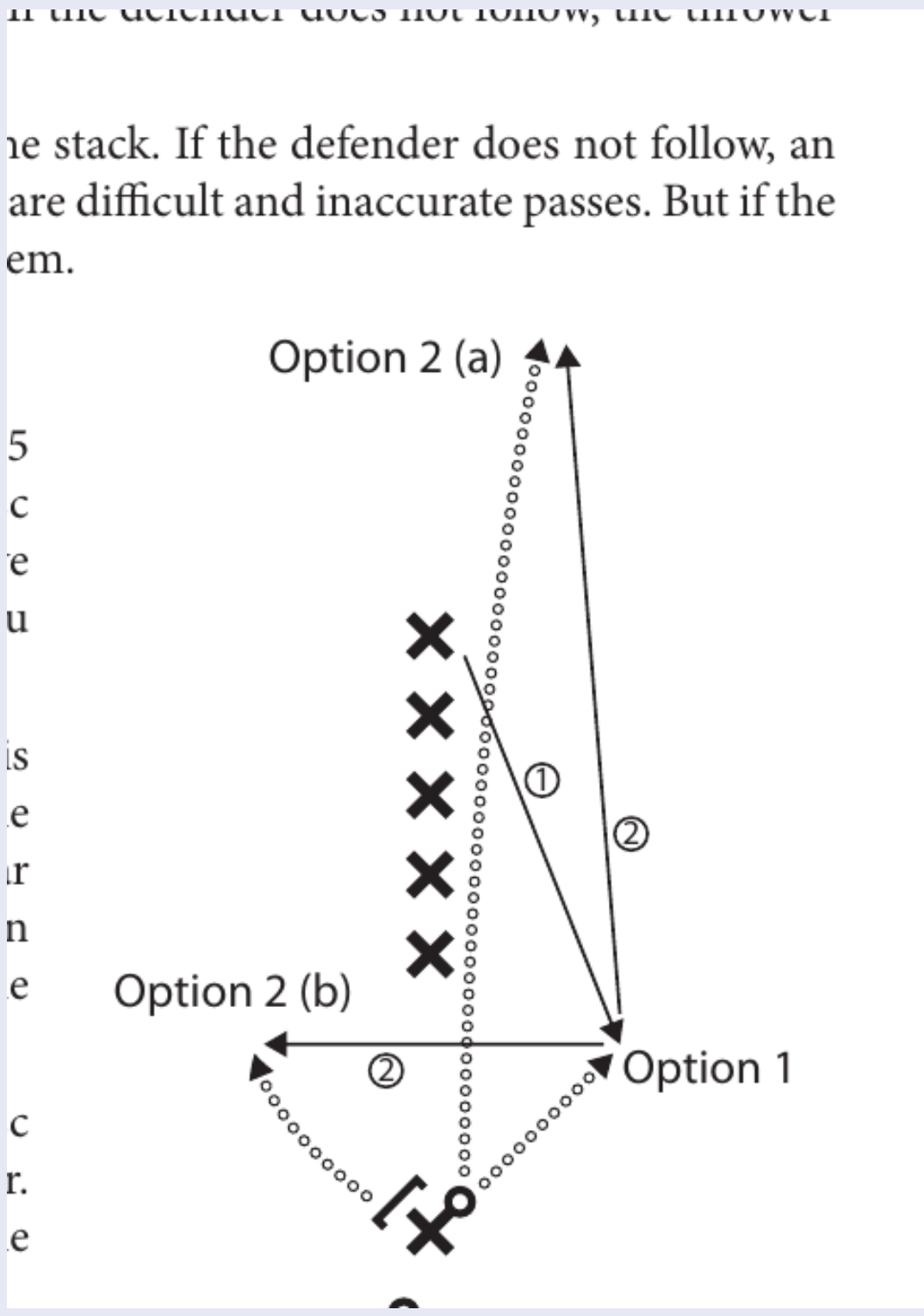
- Becomes a leading pass, *not* a huck.
- Outside-cone cuts are still out → in but they need to head-check to time the under.
- Pass after the middle-cone cut is received needs intention – i.e. set, pivot, spin in the disc.

1.2 Back of Stack – “the five”

STRATEGY

Bijl §7.3, p. 33

Setup



Equipment. 8 players, 2–3 discs.

Procedure

Back of stack (“the five”) cuts under for:

- (1) an **under** option – attacking and securing the disc;
- (2a) a **break** option (a 7-cut) – sharp, around-throw not inside, hammer ok;
- (2b) a **deep** option – ensure cut is in a straight line.
 - Drill each separately, then leave for interpretation.
 - Rotation: throw → mark → cut → throw.
 - Communication between thrower and cutter is encouraged.

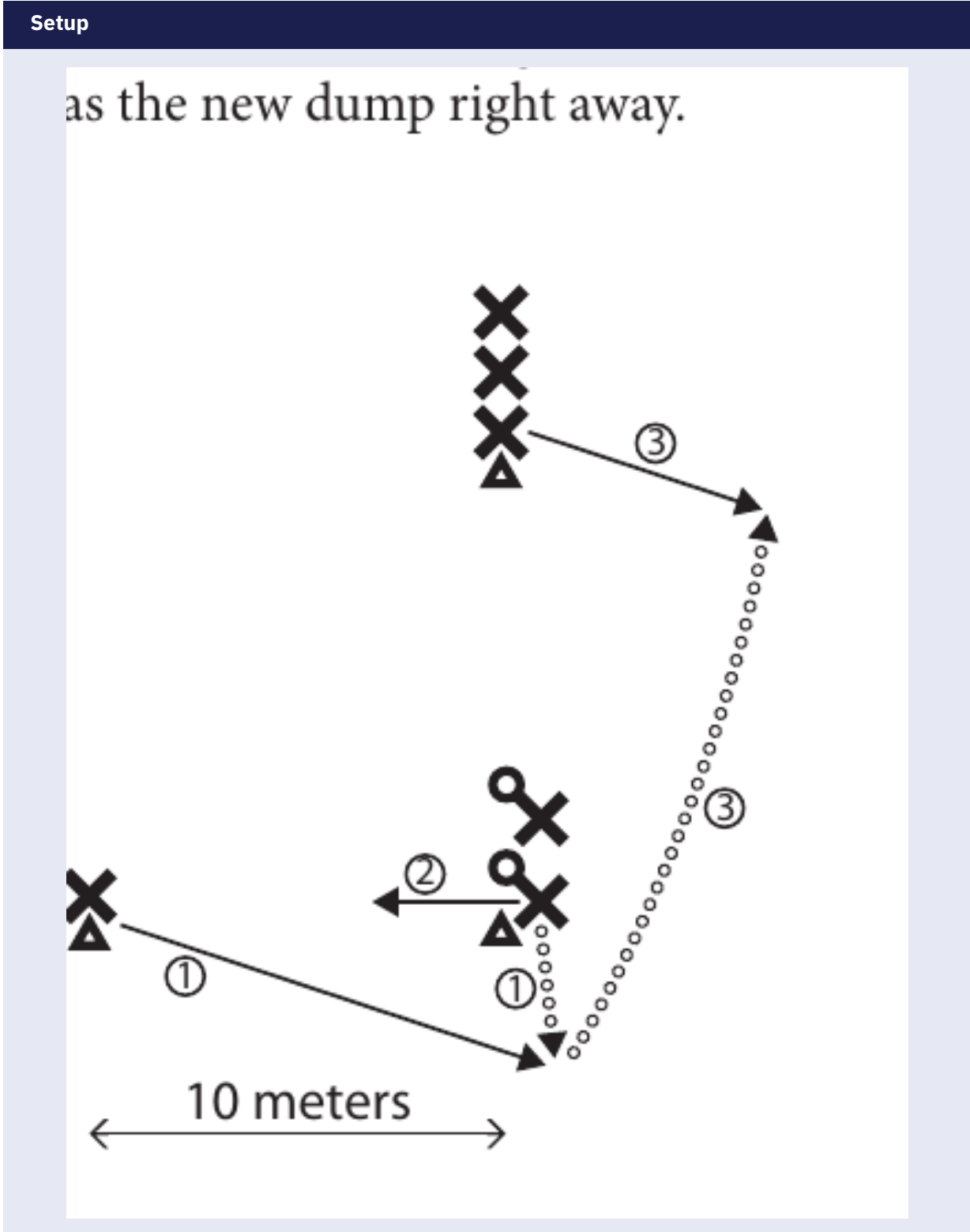
<i>t</i> (min)	Item	Focus
0	0. Precedent	
0	1. Warm up	
30	2. Backwards handler dishie	
60	3. Diamond cutting	middle, sideline hook
90	4. Scrim	horo only
110	5. Conditioning	

2.1 Backwards Handler Dishie

TECHNIQUE

Bijl §12.3, p. 57

From Manly.



Equipment. 3 players, 1 disc.

Procedure

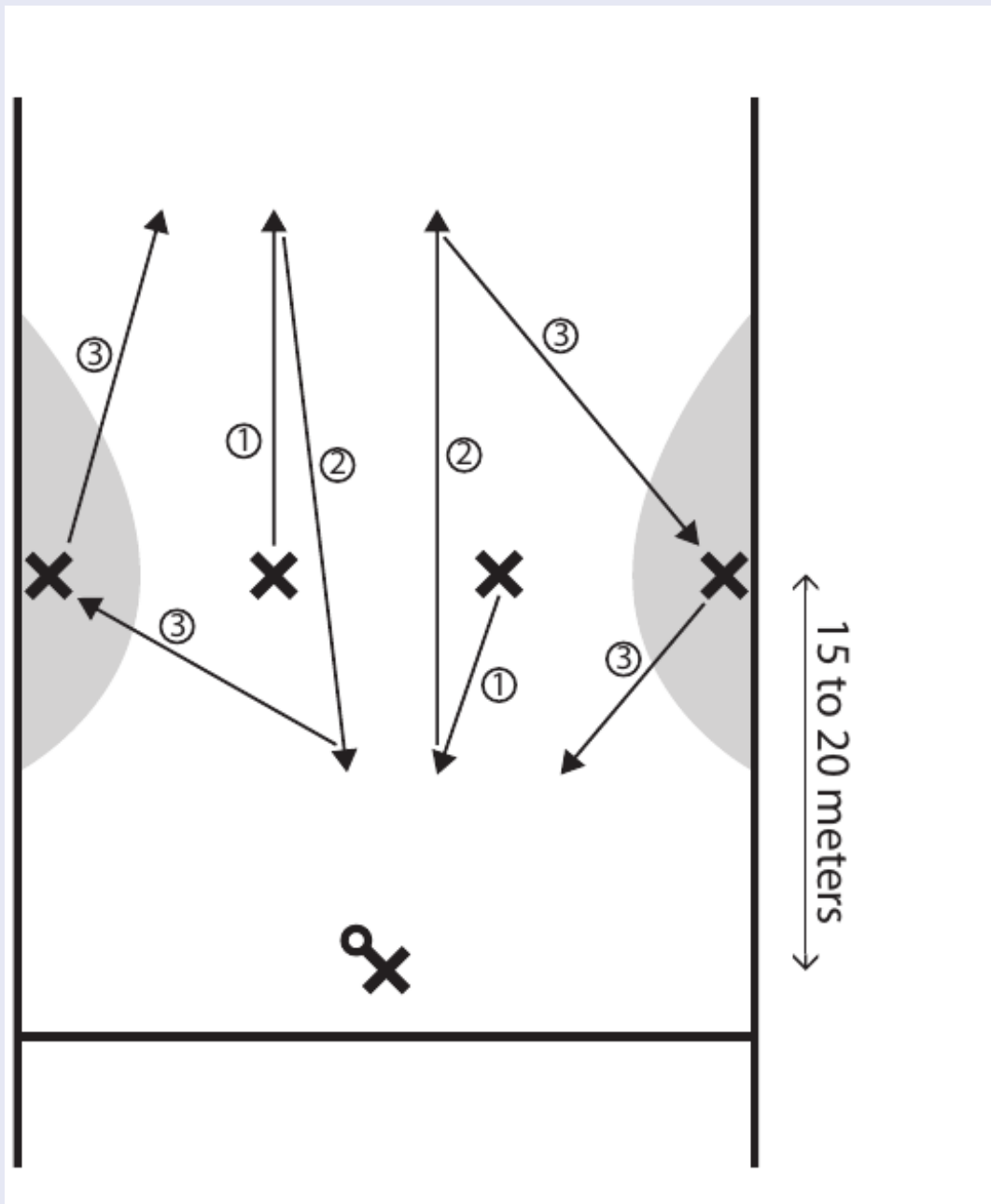
- Focus: the middle thrower passing the disc to their dump with no complications.
- The open-side dump, set up 45° behind, cuts laterally across behind the thrower after eye contact, as the thrower is turning to engage.
- The thrower opens their hip to a wide stance to block their defender from the throw.
- The throw is a dishie with spin; preferably backhand so it is easier to catch.
- Rotate throughout so each player has ~ 5 reps until understood.

2.2 Diamond Cutting

STRATEGY

Bijl §6.4, p. 28

Setup



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 the diamond pair (even if the defence is listening).

<i>t</i> (min)	Item	Focus
0	0. Precedent	
0	1. Warm up	serpentine [Bijl §8.4, p. 38]
30	2. Buffer	
60	3. Boxing out	
90	4. Scrim	match, no unders
110	5. Conditioning	hot box [Bijl §23.4, p. 105]

3.1 Buffer

TECHNIQUE

Bijl §22.3, p. 100

From Manly.

Setup

the offensive runner should take
round, he should apply a normal

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

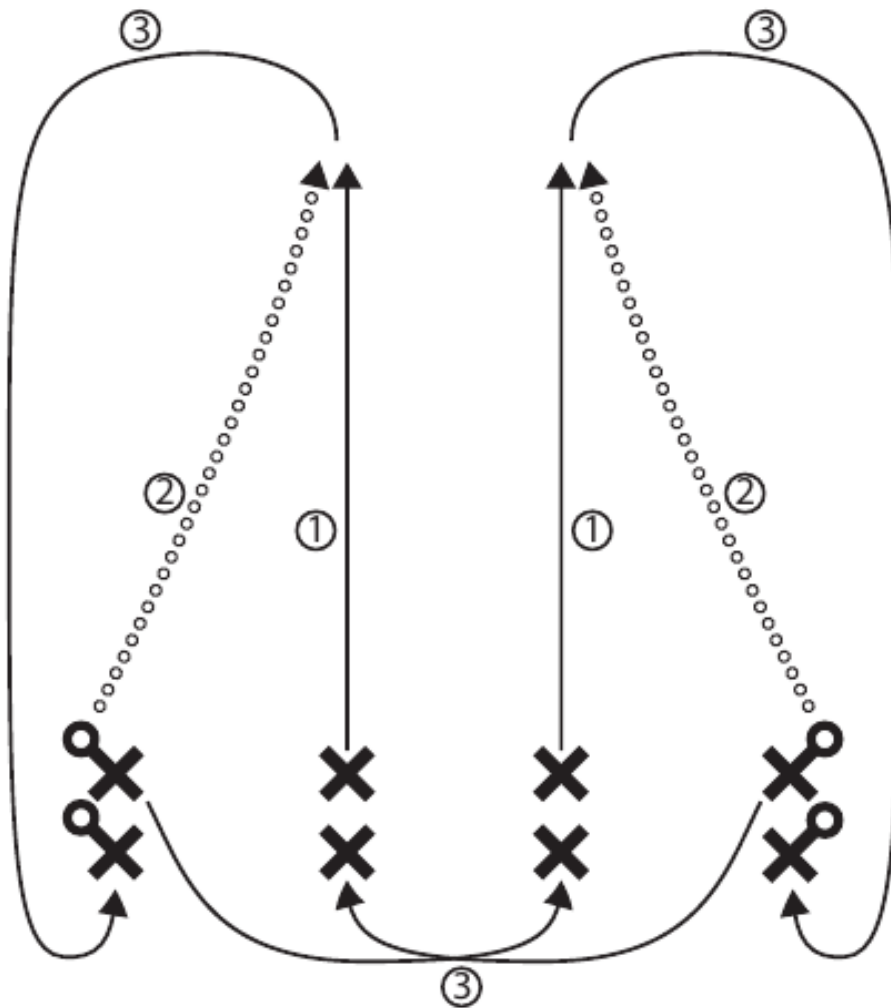
3.2 Boxing Out

TECHNIQUE

Bijl §27.5, p. 122

Setup

unning, you need to be able to figure out
We'll practise doing that now.



neir throw, that the throw goes awry. This
ng far isn't important. It's only important
it simply means it has to be thrown early.
er. This also isn't good. By looking back-

Equipment. 8 players, 2 cones.

Procedure

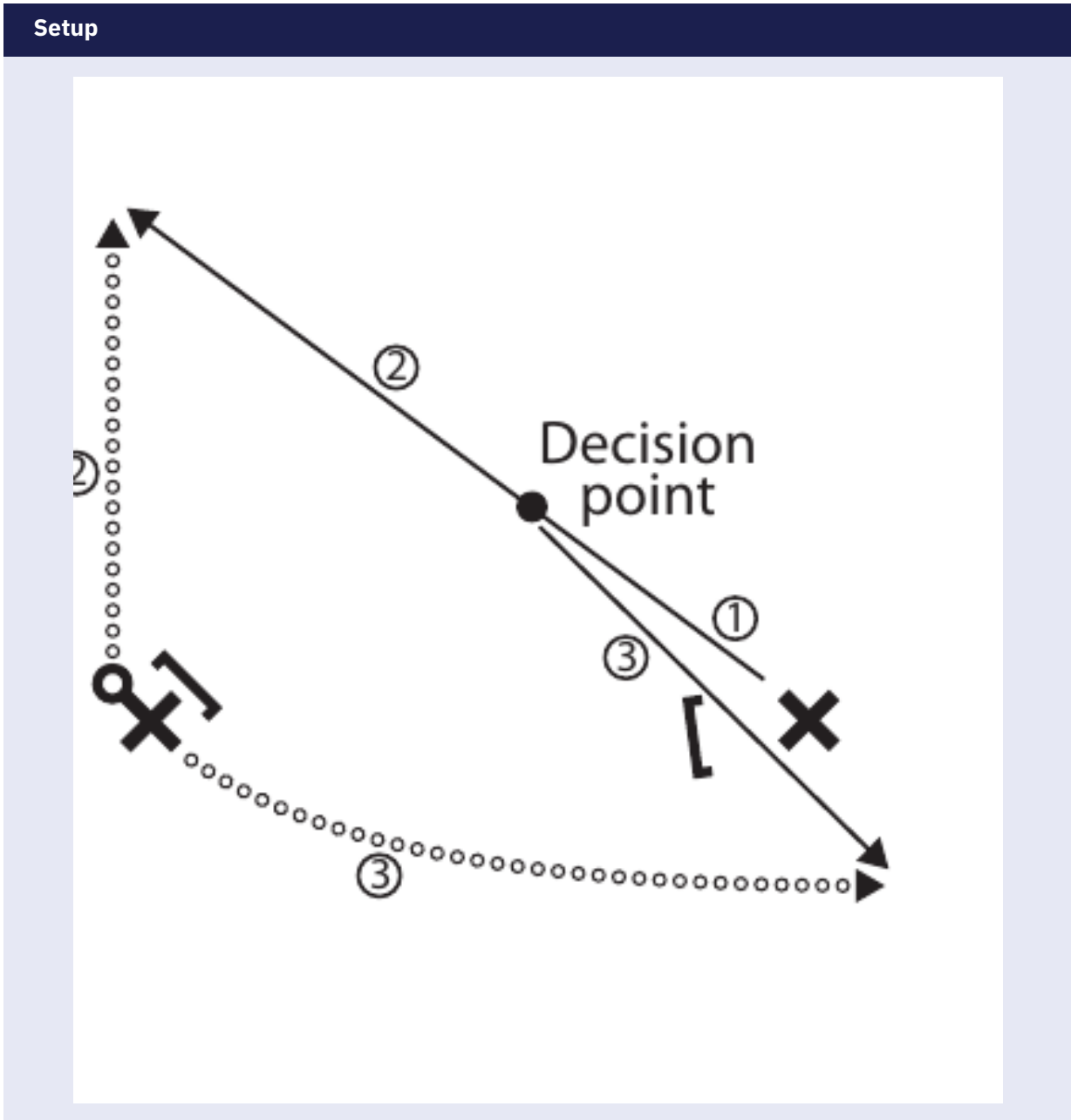
- Defence set up behind offence making the deep cut.
- Main aim: box out offence by head-checking when the throw is up and moving to an advantageous position.

<i>t</i> (min)	Item	Focus
0	0. Precedent	
0	1. Warm up	ladder
30	2. Getting the disc off the sideline	
60	3. Endzone play	parting the sea, iso
90	4. Scrim	
110	5. Conditioning	

4.1 Upline Cut

TECHNIQUE

Bijl §12.2, p. 55



Equipment. 8 players, 3 cones.

Procedure

Note these are thrower-initiated dumps. Fake with intention of communicating. Various upline cuts to get the disc off the sideline:

- (1) **Up-line.** 45° cut. Throw must be leading open-side, *not* a huck. Only throw if they are free! Add a jink at the beginning of the cut.

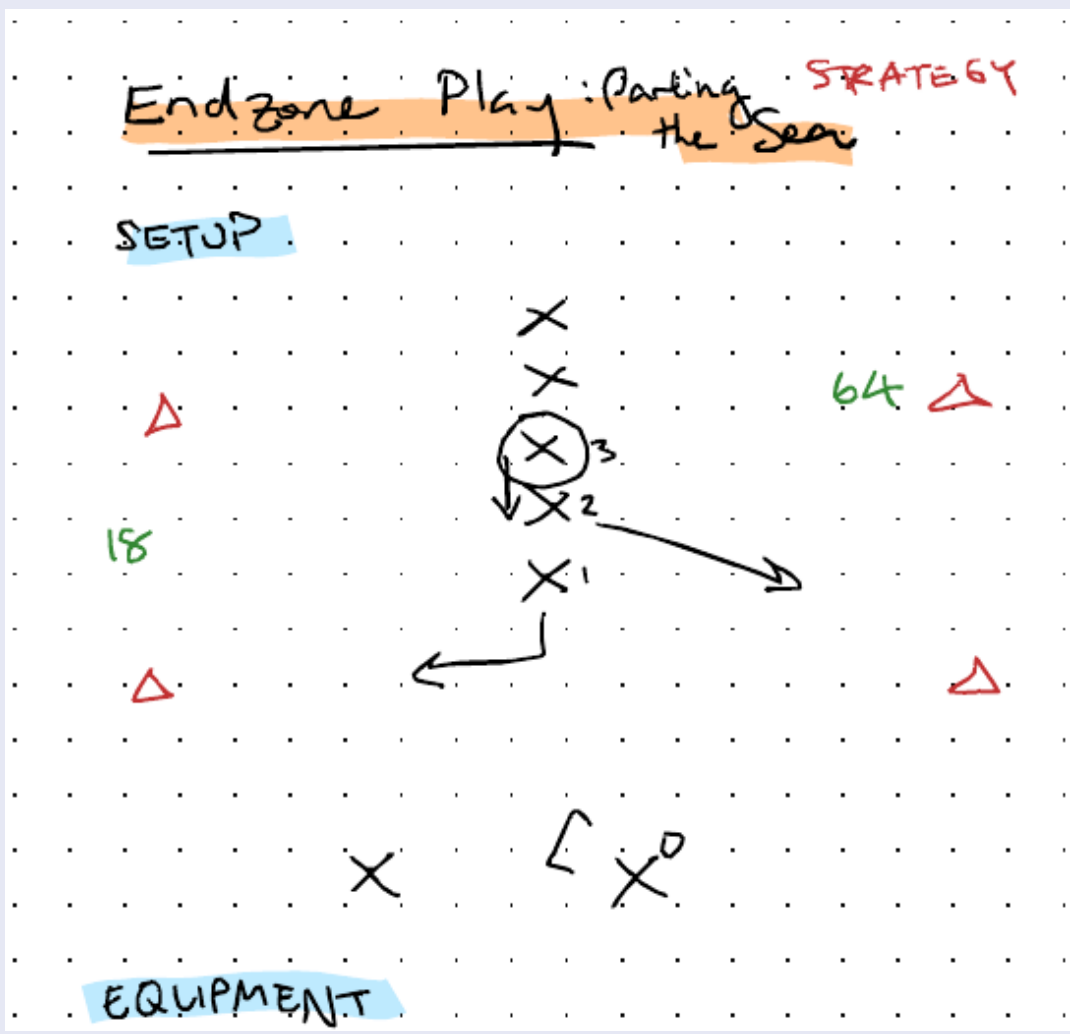
- (2) **Inside.** Option for a well-covered up-line cut. Hard stop to catch the inside shot from the thrower. Must go in line with the thrower before coming back, otherwise the inside shot lane is too narrow.
- (3) **Around.** Faked upline to around throw. Around throw should be further out for the dump to catch on the break-side.

4.2 Endzone Play – Parting the Sea

STRATEGY

Coach's drill

Setup



Equipment. 8 players, 4 cones.

Procedure

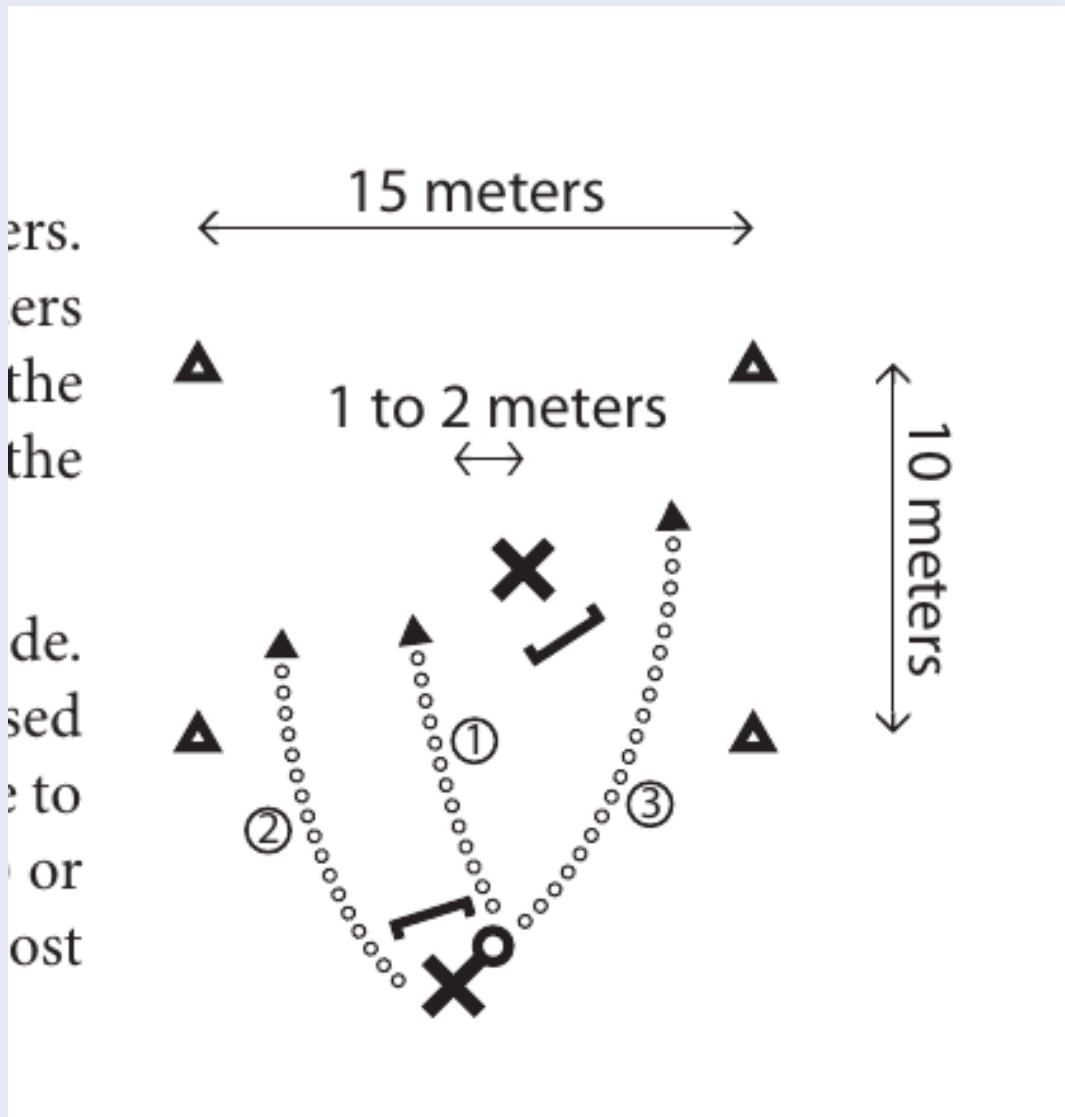
- Endzone first-in-stack cuts.
1. Chooses a cone to attack.
 2. Follows and attacks the opposite.
 3. Scores in the midst of the chaos.

4.3 Endzone Play – Iso

STRATEGY

Bijl §9.2, p. 41

Setup



Equipment. 8 players, 4 cones.

Procedure

- Only works from a 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 case the stack clears far and away, and the dump cuts in-line.
- If the dump is well-covered, a fill can come in and endzone play resumes with cuts from the front of the stack.

t (min)	Item	Focus
0	0. Precedent	
0	1. Warm up	
30	2. Technique	
60	3. Strategy	
90	4. Scrim	
110	5. Conditioning	

Session content TBD.

<i>t</i> (min)	Item	Focus
0	0. Precedent	
0	1. Warm up	
30	2. Technique	
60	3. Strategy	
90	4. Scrim	
110	5. Conditioning	

Session content TBD.

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0	0. Precedent	
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0	1. Warm up	
30	2. Technique	
60	3. Strategy	
90	4. Scrim	
110	5. Conditioning	

Session content TBD.

Bibliography

- Bijl, H. *Ultimate Trainer's Manual* (v2.5). Self-published. Denoted in the coach's notebook as *Bjl*; in-text references appear as [Bijl §X.Y, p. N], pointing to chapter/section and printed page.
- Baccarini, P. (2009). *Essential Ultimate*. Ultimate Publishing.
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