

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

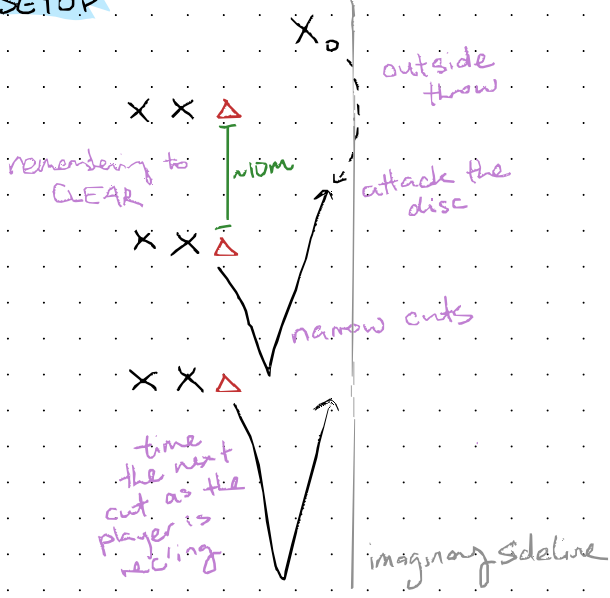
110

5. Conditioning

### 3-Stack

### TECHNIQUE

#### SETUP



#### EQUIPMENT

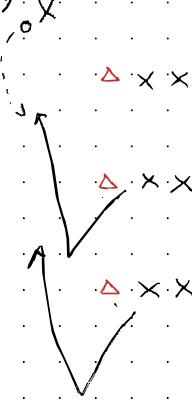
- 8+ players
- 3 cones
- 1 disc

#### 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)

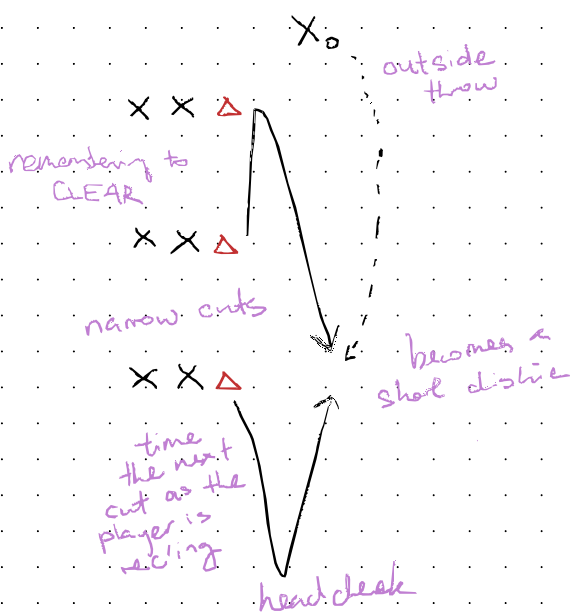


\* Change middle cone cut only to in → out

↳ Becomes a leading pass NOT a huck

↳ Outside cone cuts are still out → in but they need to headcheck to time the under

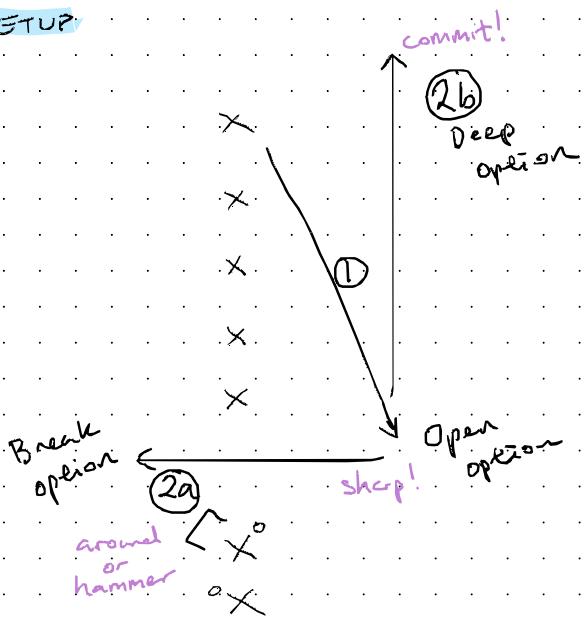
↳ Pass after middle cone cut is received needs to have intention - i.e. set and first, spin in the disc



## 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

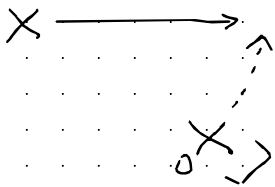
# Backwards handler dishie

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

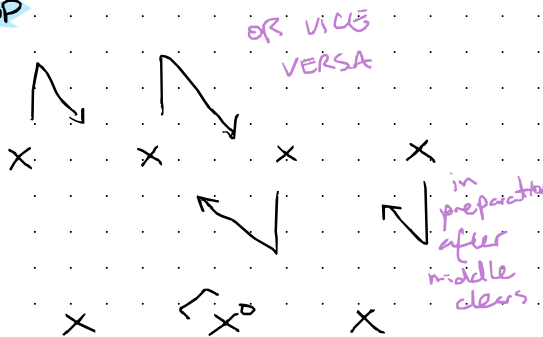
- The throw is a dishie with spin, preferable a back hand so it is easier to catch

- 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

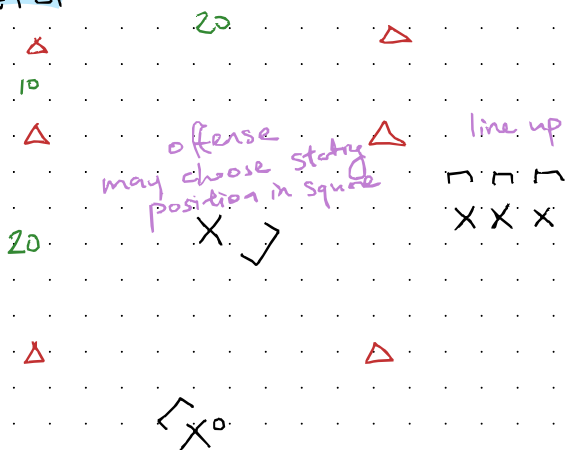
- 0 0. Precedent
- 1. Warm up
  - ↳ Serpentine
- 30 2. Buffer
- 60 3. Boxing out
- 90 4. Scrim
  - ↳ Match, no unders
- 110 5. Conditioning / Hotbox

# Buffer

## TECHNIQUE

↳ from Manly

## SETUP



## EQUIPMENT

6 players

6 cones

## PROCEDURE

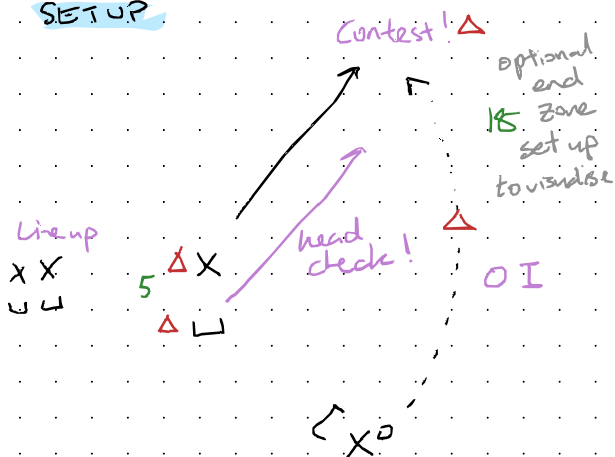
Emphasise this is a defence drill — offence may not get free and that is okay, because you are giving your teammates the opportunity to practice defence.

- 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.
  - 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 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

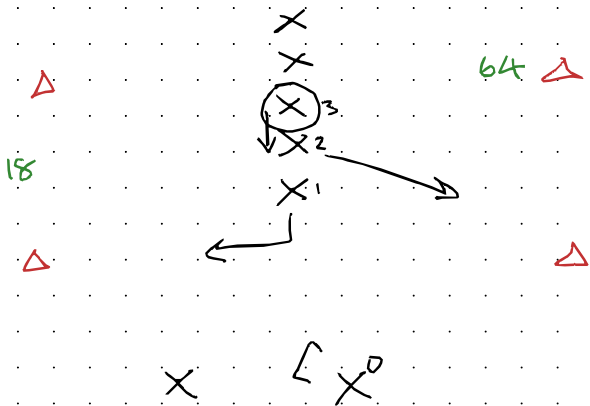
90 4. Scrim

110 5. Conditioning



# Endzone Play: Parting the Sea STRATEGY

## SETUP



## EQUIPMENT

8 players

4 cones

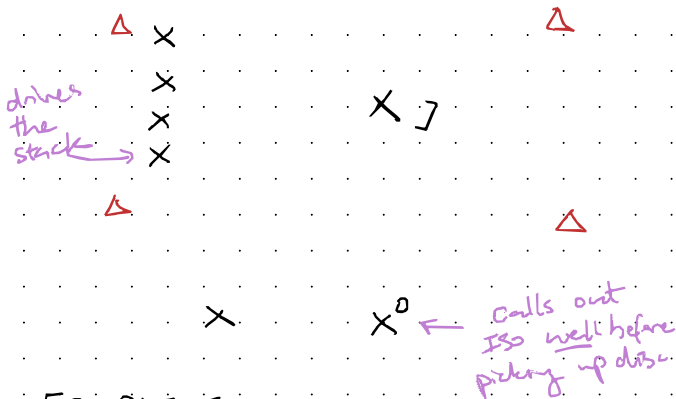
## PROCEDURE

- 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

# Deez Hicks Training Handbook

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- More details → opinionated

Athletic Ability

# Overview

- \* 12-week program (15 available trainings)
- \* Win people, win games
- \* Development - beginner / intermediate
- \* Main topics to cover:
  - ↳ Foundation
  - ↳ Offense
- \* Avg. 8-12 ppl attendance

Advanced Div I nets

Div II nets

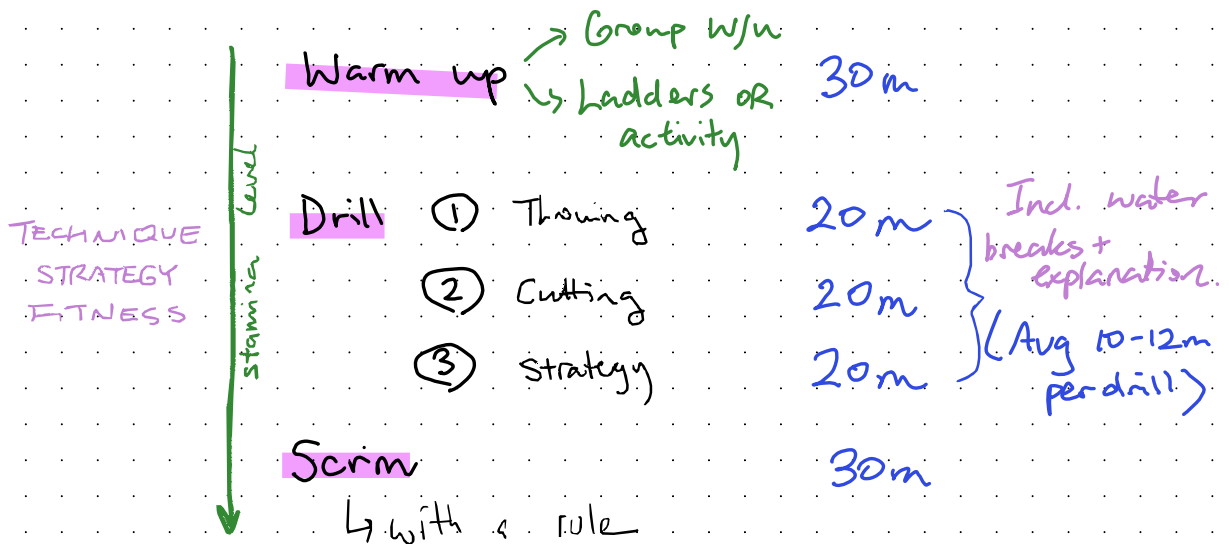
1. True beginner  
0-1 yrs

2. League only  
1+ yrs  
No nationals

3. League only +  
other sports  
1+ years  
Athletic

# Training Structure

\* 2 hour slot





# 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

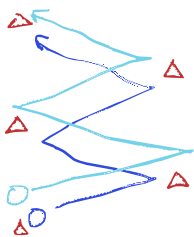
# BASIC CUTTING DRESS

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



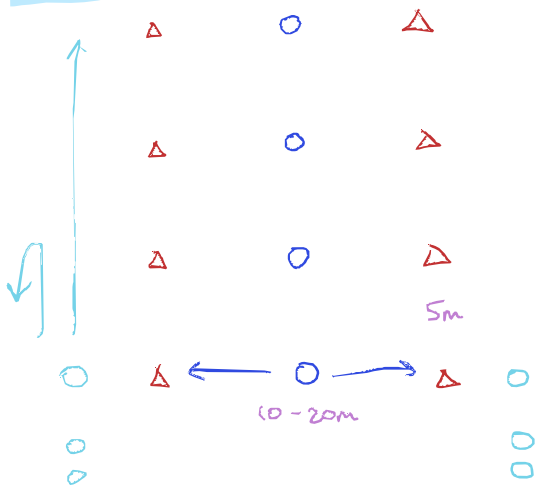
Count about  
"1, 2, 3, 4, 5"

# 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

Defence is restricted to lateral movement along cones.

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

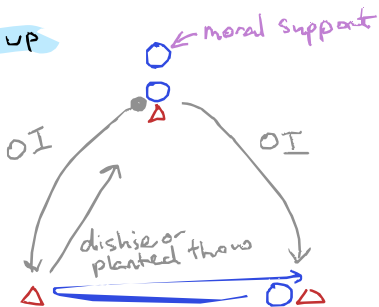
**Comms** - active comms between nearby teammates

# 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.