

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	Vertical offence 2w
b f	Horizontal offence 2w
d h	Diagonal offence 2w
e g	Zone offence 2w
B F	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
	↳ Throwing
	↳ Small drill (later)
30	2. Technique
	↳ Progressions
60	3. Strategy
	↳ Game-realistic scenarios
90	4. Scrim
	↳ With focus on 2. & 3.
	↳ Add a rule!
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

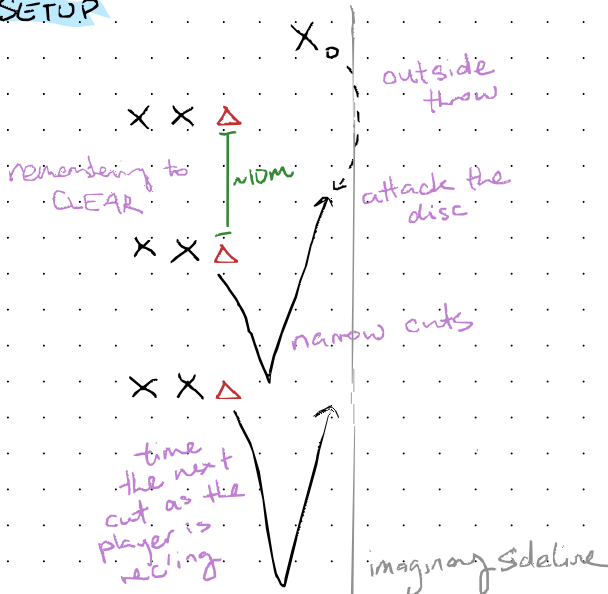
↳ narrow field

110 5. Conditioning

3-Stack

TECHNIQUE

SETUP



EQUIPMENT

8+ players

3 cones

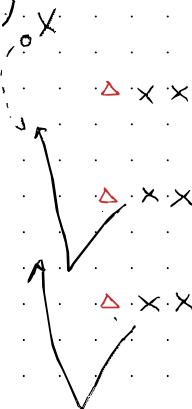
1 disc

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)

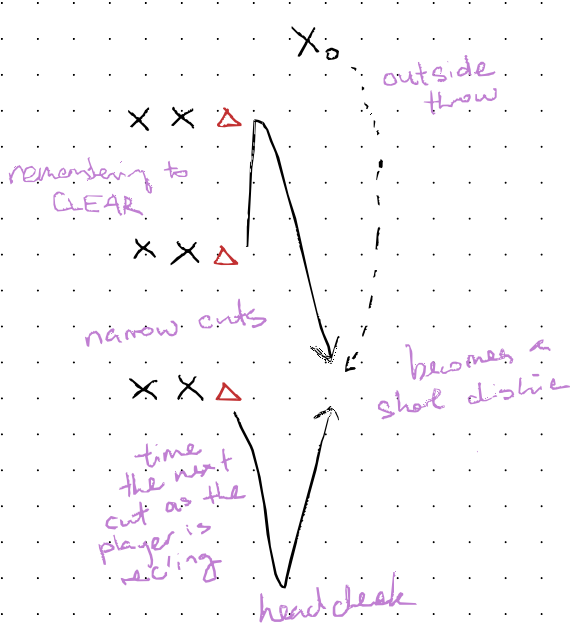


* Change middle cone cut only to in → out

↳ Becomes a leading pass NOT a huck

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

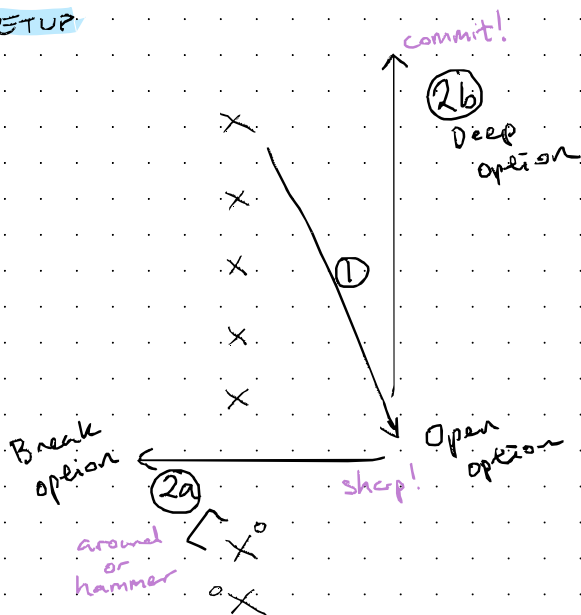
↳ Pass after middle cone cut is received needs to have intention - i.e. set and first, spin in the disc



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

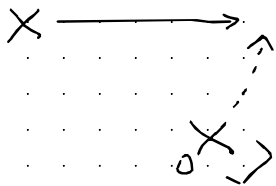
Backwards handler dishie

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

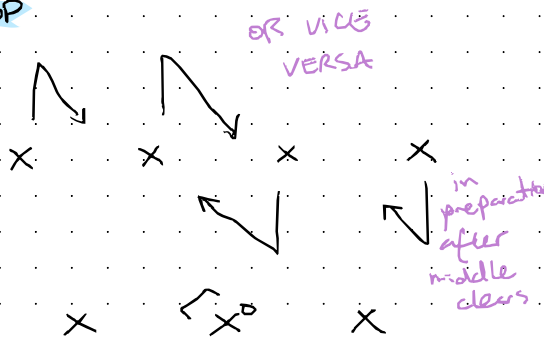
- The throw is a dishie with spin, preferable a back hand so it is easier to catch

- 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

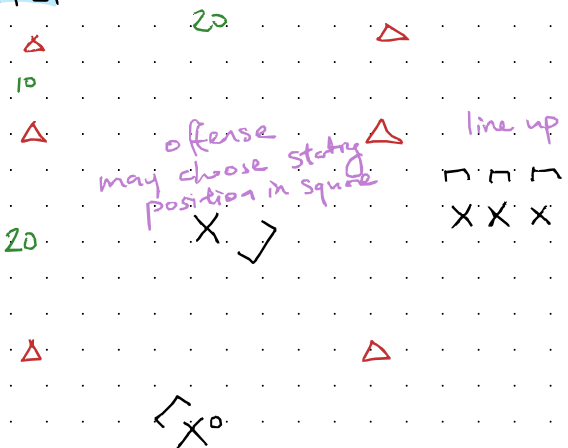
110 5 Conditioning / Hot box

Buffer

TECHNIQUE

↳ from Manly

SETUP



EQUIPMENT

6 players

6 cones

PROCEDURE

Emphasize 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!

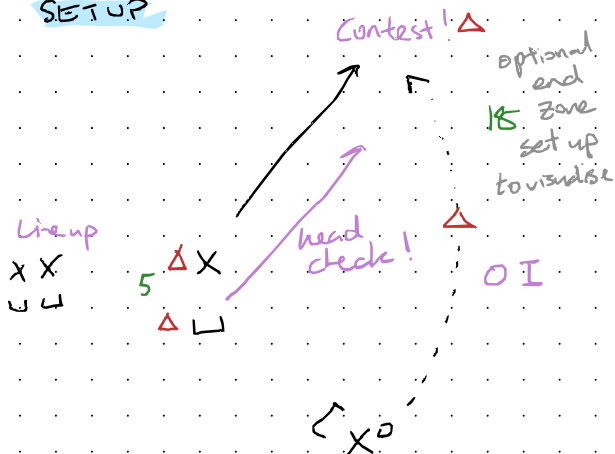
- Main goal is to take away the under without poaching so much that you can't make back the pressure on the deep cut.

- 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

SET UP



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

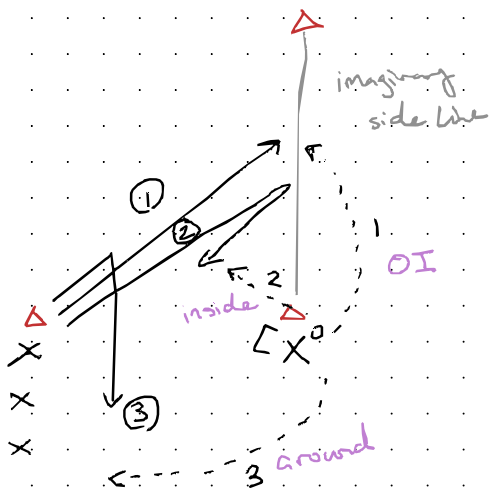
90 4. Scrim

110 5. Conditioning

Upline cut

TECHNIQUE

SETUP



EQUIPMENT

- 8 players
- 3 cones

PROCEDURE

- Note: these are thruer-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 truck

↳ only throw if they are free!

Add jink at beginning of cut

② Inside

Option for well covered up
line cut

Hard stop to catch inside
shot from thruer

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

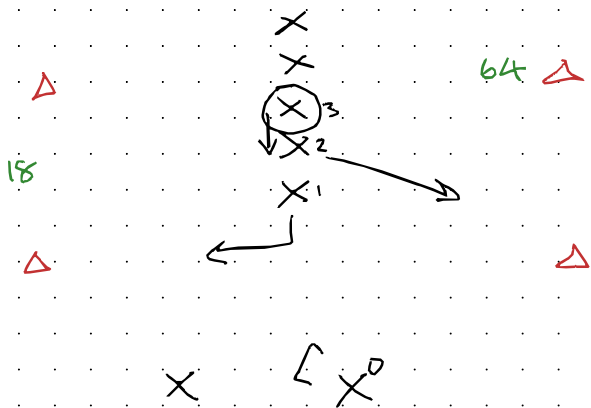
③ Around

Faked upline to around
thruer

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

Endzone Play: Parting the Sea STRATEGY

SETUP



EQUIPMENT

8 players

4 cones

PROCEDURE

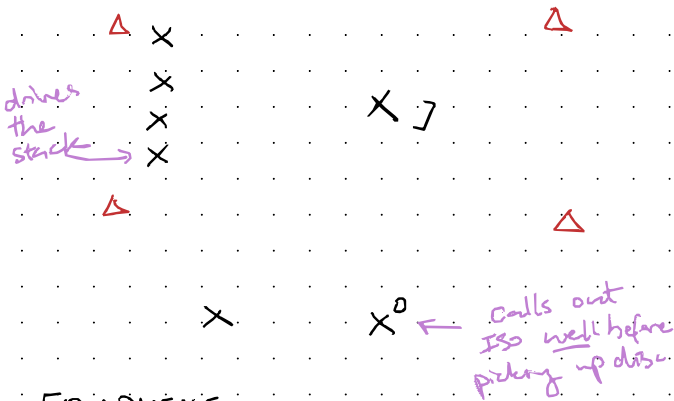
* Endzone: first in stack cuts

- 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

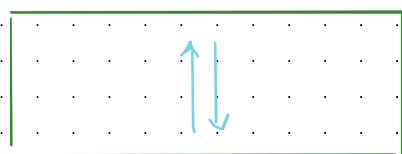
60/70

80/90

90/ past brick

Warm up variations

Set up ① endzone lineup



No cone required

spreadout

Set up ② 2 lines

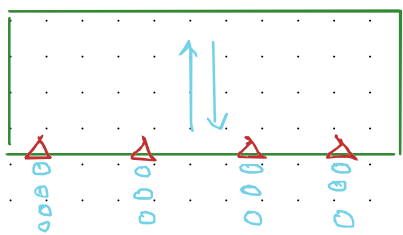


Opportunities:

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 2mins 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

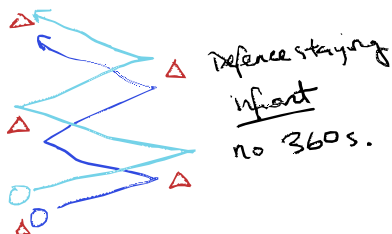
- ↳ Thrower aims for receiver's max vent
- ↳ Receive must jump only, no turn and chase

BASIC CUTTING DRESS

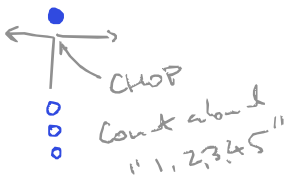
M • Break mark (can also be done on open side).

E • 3-stack → also good w/u.

M • Serpentine
↳ no disc required.



E • Chop practise
↳ 5M apart

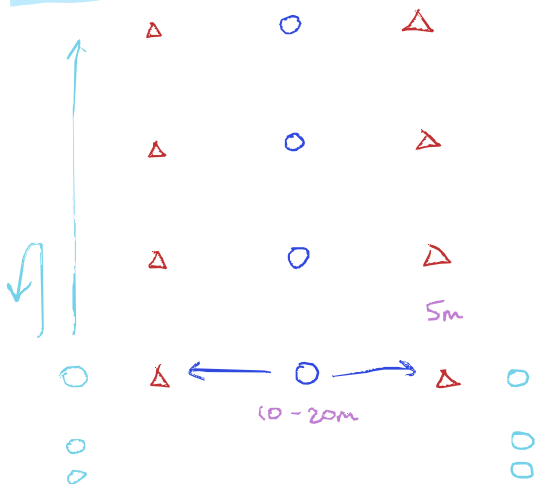


H Faking for O + D

THROWING
CUTTING

L 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

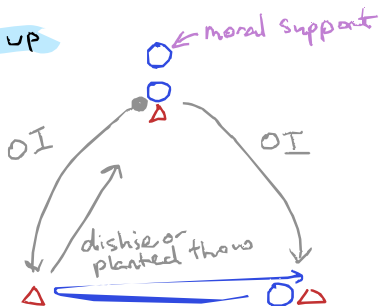
Comms - active comms between nearby teammates

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 AT THE AVG FOR REC LEAGUE IS 4.7 MINS. (2.5 MINS FOR LOSERS).

THROWING

whilst fatigued. Ensure pivot is planted before throwing.