

Ultimate Practice Overview

Practice Agenda

Practice Begins / Talk: 5 min (0:00)

- Announcements; Deadlines; Reminders; Goal of Practice

Active Warm-up: 5 min (0:05)

- *All Down/Back Across Field*: Jog; High Heels/Lunge; High Knees; Butt Kicks; Carioca; Backpedal; Sprint 50/60/70/80%

Dynamic Stretching: 5 min (0:10)

- Ankle Circles; Heel-raise Figure 8s; Calf Push Starts; Knee Circles; Lateral Squats; Leg Swings (front/back & sides); Trunk Circles; Arm Circles; Arm Crossovers; Wrist Circles; Wrist Shakes; Neck

Strength Training and Conditioning: 20 min (0:15)

- Core: Upper Abs, Lower Abs, Obliques, Lower Back
- Stations: 30 sec 100%, 30 sec rest, Partner 1 on while Partner 2 off; each Partner does station exercise 3x then both move to next station; 5-6 stations
- Example Stations: Burpee, Layout, ACDC, Mark, Sky, Frog, Zig-Zag Bounds, Tuck Jumps, Squats, Lunges, Backpedal, Lateral Skates, Agility Box, Carioca
- Distance Run: Back2Fronts

Partner Throwing: 10 min (0:35)

- 10 throws each: backhand, forehand at short / medium distances
- Focus: Grip, Step, Snap, Pivots, Fakes, In-Hand Disc Transition, Gator, T-Rex
- End with 10 alternating backhand/forehand with T-Rex catches closing the distance with each throw
- Throwing Drill: No Step; Rapid Fire; 5-Man Box; Stretch Step; Clock Step; High/Low; Angled In/Out; Scoober/Hammer

Warm Up Drill: 10 min (0:45)

- Throwing with Backhand, Forehand, and Hammer; Faking/Pivoting; Gator and T-Rex Catches; Marking; Cutting; Try to throw strikes/strikouts
- 3-Man Line, Box In/Out Cuts, 4 Corners, Diamond, Cross Cut, M&M, etc

Skill Drill: 10 min (0:55)

- Intro Drill (Explain, Demo, Try, Stop/Critique, Resume, Repetition)
- Skills: Backhand, Forehand, Hammer, Catching, Marking, Faking/Pivoting, Cutting, Man Defense, Forcing, Man Offense, Zone Defense, Zone Offense
- Add in Defense To Drill if Applicable for a more advanced twist

Tactical Game: 15 min (1:05)

- Modify field and rules; add strategy components and twists; focus on skill for the day; (Examples: Tag, Masters of the Universe, Castle, Waterfall, etc)

Scrimmage: 30 min (1:20)

- 15 min Focused Scrimmage: Fundamentals, Offenses, Defenses, Plays, Red Zone; points based on skills for the day; recap skills when done; add moral dilemmas and violations to learn and practice rules
- 15 min Regular Scrimmage; divide evenly and play

Tired Partner Throwing: 5 min (1:50)

- 2/3 person weave up and down field 2x; 1 tuck jump for each incompleton

Warm Down / Static Stretching/Coach Talks: 5 min (1:55)

- Lay into and hold all stretches for 45 sec
- Downward Dog; Cobra; Side Splits; Runners Pose; Quad Stretch; Chest Openers, Arm Crossovers for Lats; Overhead Tri Stretch; Wrists/Neck

Cheer/Break it Down: (2:00)

Practice Examples

Practice Week 1: Practice Format, Throwing, Catching

Practice Week 2: Marking/Forcing, Faking/Pivoting

Practice Week 3: Cutting

Practice Week 4: Man Defense I – Marking a Cutter

Practice Week 5: Man Defense II – Forcing

Practice Week 6: Offense I – Strategy/Positions/Formations

Practice Week 7: Offense II – Resetting (Chisel/Dump/Swing)

Practice Week 8: Offense III – Horizontal Stack

Practice Week 9: End Zone Offense

Practice Week 10: Zone Defense I – Basics

Practice Week 11: Zone Defense II – Cup Defenses

Practice Week 12: Man Defense III – Forcing / Downfield D

Practice Week 13: Laying Out

Practice Week 14: Walk Thru - Offense, Defense, Endzone

Practice Week 15: Forcing / Downfield Marking

Practice Week 16: Basic Throwing / Catching

Practice Week 17: Long Throws / Judging the Disc / Skying

Practice Week 18: Breakmark Throws & Marking/Forcing

Practice Week 19: Disc Movement

Practice Week 20: Field Vision

Practice Week 21: Walk Thru - Offense, Defense, Endzone

Warmup Example

Can be done at the beginning of each practice and/or game.

Active Warm-up:

- **Jog** (Down and Back Twice)
- **High Heels** (Down) / **Lunge** (Back)
- **High Knees** (Down/Back)
- **Butt Kicks**(Down/Back)
- **Carioca** (Down/Back)
- **Backpedal** (Down/Back)
- **Sprint** 50% Down / 60% Back
- **Sprint** 70% Down / 80% Back
- *Note: "Down" means 20 yards or half way across the width of the field*

Dynamic Stretching:

- **Ankle Circles** (5 each way on each foot)
- **Heel-raise Figure 8s** (10)
- **Calf Push Starts** (10 each leg)
- **Knee Circles** (5 each way)
- **Lateral Squats** (2 each way, hold each for 5 sec)
- **Leg Swings** (10 front/back & 10 side to side)
- **Trunk Tips/Twists** (5 sec reach & hold/5 each way)
- **Arm Circles** (10 each way)
- **Arm Crossovers** (10)
- **Wrist Circles** (5 each way)
- **Wrist Shakes** (5 sec)
- **Neck** (down, up, right, left hold each for 10 sec)

Strength Training and Conditioning:

- Core: Upper Abs, Lower Abs, Obliques, Lower Back
- Stations: 30 sec 100%, 30 sec rest , Partner 1 on while Partner 2 off; each Partner does station exercise 3x then both move to next station; 3-6 stations
- Example Stations: Sprints, Burpee, Layout, ACDC, Mark, Sky, Frog, Zig-Zag Bounds, Tuck Jumps, Squats, Lunges, Backpedal, Lateral Skates, Agility Box, Carioca, Other...
- Distance Run: Back2Fronts, Timed Run

Partner Throwing:

- **10 backhand, 10 forehand at short / medium distances**
- Focus on Grip, Step, Snap, Pivots, Fakes, In-Hand Disc Transition and Gator & T-Rex Catching
- **End with alternating backhand/forehand** with T-Rex catches closing the distance with each throw
- Throwing Drill: No Step; Rapid Fire; 5-Man Box; Stretch Step; Clock Step; High/Low; Angled In/Out; Scoober/Hammer

Warmup Drill:

- 3-Man Line, Box In/Out Cuts, 4 Corners, Diamond, Cross Cut, M&M, Seesaw, Banana Flip, etc.

ULTIMATE WARM-UP

Ultimate Practice

Practice Week 1: Practice Format, Throwing, Catching

Practice Agenda

Practice Begins / Talk: 5 min (0:00)

- Announcements; Deadlines; Reminders; Goal of Practice

Active Warm-up: 5 min (0:05)

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Dynamic Stretching: 5 min (0:10)

- Ankle Circles; Heel-raise Figure 8s; Calf Push Starts; Knee Circles; Lateral Squats; Leg Swings (front/back & sides); Trunk Circles; Arm Circles; Arm Crossovers; Wrist Circles; Wrist Shakes; Neck

Strength Training and Conditioning: 20 min (0:15)

- Core: Upper Abs, Lower Abs, Obliques, Lower Back
- Stations: 30 sec 100%, 30 sec rest, Partner 1 on while Partner 2 off; each Partner does station exercise 3x then both move to next station; 5-6 stations
- Example Stations: Burpee, Layout, ACDC, Mark, Sky, Frog, Zig-Zag Bounds, Tuck Jumps, Squats, Lunges, Backpedal, Lateral Skates, Agility Box, Carioca
- Distance Run: Back2Fronts

Partner Throwing: 10 min (0:35)

- 10 throws each: backhand, forehand at short / medium distances
- Focus: Grip, Step, Snap, Pivots, Fakes, In-Hand Disc Transition, Gator, T-Rex
- End with 10 alternating backhand/forehand with T-Rex catches closing the distance with each throw
- Throwing Drill: No Step; Rapid Fire; 5-Man Box; Stretch Step; Clock Step; High/Low; Angled In/Out; Scoober/Hammer

Warm Up Drill: 10 min (0:45)

- Throwing with Backhand, Forehand, and Hammer; Faking/Pivoting; Gator and T-Rex Catches; Marking; Cutting; Try to throw strikes/strikeouts
- 3-Man Line, Box In/Out Cuts, 4 Corners, Santa Barbara, Cross Cut, M&M, etc

Skill Drill: 10 min (0:55)

- Intro Drill (Explain, Demo, Try, Stop/Critique, Resume, Repetition)
- Skills: Backhand, Forehand, Hammer, Catching, Marking, Faking/Pivoting, Cutting, Man Defense, Forcing, Man Offense, Zone Defense, Zone Offense
- Add in Defense To Drill if Applicable for a more advanced twist

Tactical Game: 15 min (1:05)

- Modify field and rules; add strategy components and twists; focus on skill for the day; (Examples: Tag, Masters of the Universe, Castle, Waterfall, etc)

Scrimmage: 30 min (1:20)

- 15 min Focused Scrimmage: Fundamentals, Offenses, Defenses, Plays, Red Zone; points based on skills for the day; recap skills when done; add moral dilemmas and violations to learn and practice rules
- 15 min Regular Scrimmage; divide evenly and play

Tired Partner Throwing: 5 min (1:50)

- 2/3 person weave up and down field 2x; 1 tuck jump for each incompletion

Warm Down / Static Stretching/Coach Talks: 5 min (1:55)

- Lay into and hold all stretches for 45 sec
- Downward Dog; Cobra; Side Splits; Runners Pose; Quad Stretch; Chest Openers, Arm Crossovers for Lats; Overhead Tri Stretch; Wrists/Neck

Cheer/Break it Down: (2:00)

Specific Practice Notes

Notes:

- Turn in Forms (Due today)
- Link to Twitter (text to 40404 "FOLLOW @VikingsUltimate")
- Practice Format Walk-through
- Practice Focus Throwing/Catching

Conditioning:

- Two Groups: Group 1 Back2Fronts (5 in a line, separate lines running opposite directions, one group on outside, 1 group on inside), Group 2 Suicide Sprints (4 sets, partner rests while other runs)

Throwing / Warm Up / Skill Drill:

- Backhand / Forehand: Grip, Step, Arm, Flick/Snap
- Gator / T-Rex: Two Hands, Clean (Gator), Step (T-Rex)
- Throw "Strikes" between knees and shoulders; count strikeouts and walks
- 20 of each throw (backhand/forehand)
- 20 throw, alternating throw, speed round; one tuck jump for each drop, throw not between knees and eyes, or throw the forces receiver to step right or left

Tactical Game:

- Waterfall – 4v4; Team members set up in zig-zag pattern across shortened field; they cannot move their pivot foot for throwing or catching; winner is the first to throw 5 discs from start to finish through each person with backhand, then throw all 5 discs back to the start person using forehands; incomplete passes must reset to the respective start person

Focused Scrimmage:

- 3 on 3 in the gym; work on throwing/catching technique
- play to 15 points
- 1 point scored for complete passes with good technique
- 1 point for each goal

Reminders:

- \$100 Deposit (or total) due Wednesday, January 14
- USAU Membership Signup/Renewal due Wednesday, January 14
- Order Form due Wednesday, January 14
- Practice Friday: Meet in Mack O at 3pm
- Candy Bars – sign out / pick up before you leave Practice Friday; pick-up in H203
 - \$1 each, carry them with you, 2 box required sell, sign out / pick up @ end of 2nd hour, pass to 3rd hour available if necessary
- Link to Twitter (text to 40404 "FOLLOW @VikingsUltimate")

Ultimate Practice

Practice Week 2: Marking/Faking/Pivoting

Practice Agenda

Practice Begins / Talk: 5 min (0:00)

- Announcements; Deadlines; Reminders; Goal of Practice

Active Warm-up: 5 min (0:05)

- *All Down/Back Across Field:* Jog; High Heels/Lunge; High Knees; Butt Kicks; Carioca; Backpedal; Sprint 50/60/70/80%

Dynamic Stretching: 5 min (0:10)

- Ankle Circles; Heel-raise Figure 8s; Calf Push Starts; Knee Circles; Lateral Squats; Leg Swings (front/back & sides); Trunk Circles; Arm Circles; Arm Crossovers; Wrist Circles; Wrist Shakes; Neck

Strength Training and Conditioning: 20 min (0:15)

- Core: Upper Abs, Lower Abs, Obliques, Lower Back
- Stations: 30 sec 100%, 30 sec rest, Partner 1 on while Partner 2 off; each Partner does station exercise 3x then both move to next station; 5-6 stations
- Example Stations: Burpee, Layout, ACDC, Mark, Sky, Frog, Zig-Zag Bounds, Tuck Jumps, Squats, Lunges, Backpedal, Lateral Skates, Agility Box, Carioca
- Distance Run: Back2Fronts

Partner Throwing: 10 min (0:35)

- 10 throws each: backhand, forehand at short / medium distances
- Focus: Grip, Step, Snap, Pivots, Fakes, In-Hand Disc Transition, Gator, T-Rex
- End with 10 alternating backhand/forehand with T-Rex catches closing the distance with each throw
- Throwing Drill: No Step; Rapid Fire; 5-Man Box; Stretch Step; Clock Step; High/Low; Angled In/Out; Scoober/Hammer

Warm Up Drill: 10 min (0:45)

- Throwing with Backhand, Forehand, and Hammer; Faking/Pivoting; Gator and T-Rex Catches; Marking; Cutting; Try to throw strikes/strikouts
- 3-Man Line, Box In/Out Cuts, 4 Corners, Santa Barbara, Cross Cut, M&M, etc

Skill Drill: 10 min (0:55)

- Intro Drill (Explain, Demo, Try, Stop/Critique, Resume, Repetition)
- Skills: Backhand, Forehand, Hammer, Catching, Marking, Faking/Pivoting, Cutting, Man Defense, Forcing, Man Offense, Zone Defense, Zone Offense
- Add in Defense To Drill if Applicable for a more advanced twist

Tactical Game: 15 min (1:05)

- Modify field and rules; add strategy components and twists; focus on skill for the day; (Examples: Tag, Masters of the Universe, Castle, Waterfall, etc)

Scrimmage: 30 min (1:20)

- 15 min Focused Scrimmage: Fundamentals, Offenses, Defenses, Plays, Red Zone; points based on skills for the day; recap skills when done; add moral dilemmas and violations to learn and practice rules
- 15 min Regular Scrimmage; divide evenly and play

Tired Partner Throwing: 5 min (1:50)

- 2/3 person weave up and down field 2x; 1 tuck jump for each incompletion

Warm Down / Static Stretching/Coach Talks: 5 min (1:55)

- Lay into and hold all stretches for 45 sec
- Downward Dog; Cobra; Side Splits; Runners Pose; Quad Stretch; Chest Openers, Arm Crossovers for Lats; Overhead Tri Stretch; Wrists/Neck

Cheer/Break it Down: (2:00)

Specific Practice Notes

Notes:

- Turn in Forms (Due today)
- Practice Focus:
 - Marking/Forcing, Faking/Pivoting

Conditioning:

- Four Groups: Group 1 Back2Fronts; Group 2 Suicide Sprints Forward, Backpedal Back (4 sets, partner rests while other runs); Group 3 Lateral Skates; Group 4 Burpees

Throwing:

- Start with No Step Throws; wrist flick only; Backhand then Forehand (10 of each throw), then do 10 of each throw regular from short, then medium distances; end with alternating throws with forward stepping "t-rex" catches until partners meet

Warm Up:

- Three Man Drill
 - Thrower, Mark, Receiver in a line; Thrower follows throw and becomes the mark, receiver becomes thrower, mark becomes receiver
 - Marking: Feet Remain Shoulder Width, Knees Bent (Legs Loaded), Low Hands, Swat Up; Stalling 1, 2, 3, 4...; UP! when disc is thrown
 - Fake/Pivot: Face/Look, Nail (Pivot), Grip (Roll Disc in Hand), Step, Snap

Skill Drill:

- Mirror Drill
 - Two marks mirror each other's shuffle

Tactical Game:

- Cone Chuck – 3 Cones lined up in goals about 5 yards apart; 2 discs in play; 4v4; object, hit opposing players cones down; emphasize good marking; 5 stall count

Focused Scrimmage:

- 3 on 3 in the gym, work on marking/faking/pivoting
- play to 15 points, 1 point scored for complete passes that began with a fake then pivot
- 5 points for a blocked throw; 1 point for each goal
- 10 stall count

Reminders:

- \$100 Deposit (or total) due today
- USAU Membership Signup/Renewal due today
- Order Form due today

Ultimate Practice

Practice Week 3: Cutting

Practice Agenda

Practice Begins / Talk: 5 min (0:00)

- Announcements; Deadlines; Reminders; Goal of Practice

Active Warm-up: 5 min (0:05)

- *All Down/Back Across Field:* Jog; High Heels/Lunge; High Knees; Butt Kicks; Carioca; Backpedal; Sprint 50/60/70/80%

Dynamic Stretching: 5 min (0:10)

- Ankle Circles; Heel-raise Figure 8s; Calf Push Starts; Knee Circles; Lateral Squats; Leg Swings (front/back & sides); Trunk Circles; Arm Circles; Arm Crossovers; Wrist Circles; Wrist Shakes; Neck

Strength Training and Conditioning: 20 min (0:15)

- Core: Upper Abs, Lower Abs, Obliques, Lower Back
- Stations: 30 sec 100%, 30 sec rest, Partner 1 on while Partner 2 off; each Partner does station exercise 3x then both move to next station; 5-6 stations
- Example Stations: Burpee, Layout, ACDC, Mark, Sky, Frog, Zig-Zag Bounds, Tuck Jumps, Squats, Lunges, Backpedal, Lateral Skates, Agility Box, Carioca
- Distance Run: Back2Fronts

Partner Throwing: 10 min (0:35)

- 10 throws each: backhand, forehand at short / medium distances
- Focus: Grip, Step, Snap, Pivots, Fakes, In-Hand Disc Transition, Gator, T-Rex
- End with 10 alternating backhand/forehand with T-Rex catches closing the distance with each throw
- Throwing Drill: No Step; Rapid Fire; 5-Man Box; Stretch Step; Clock Step; High/Low; Angled In/Out; Scoober/Hammer

Warm Up Drill: 10 min (0:45)

- Throwing with Backhand, Forehand, and Hammer; Faking/Pivoting; Gator and T-Rex Catches; Marking; Cutting; Try to throw strikes/strikeouts
- 3-Man Line, Box In/Out Cuts, 4 Corners, Santa Barbara, Cross Cut, M&M, etc

Skill Drill: 10 min (0:55)

- Intro Drill (Explain, Demo, Try, Stop/Critique, Resume, Repetition)
- Skills: Backhand, Forehand, Hammer, Catching, Marking, Faking/Pivoting, Cutting, Man Defense, Forcing, Man Offense, Zone Defense, Zone Offense
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Tactical Game: 15 min (1:05)

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Tired Partner Throwing: 5 min (1:50)

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Warm Down / Static Stretching/Coach Talks: 5 min (1:55)

- Lay into and hold all stretches for 45 sec
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Cheer/Break it Down: (2:00)

Specific Practice Notes

Notes:

- Practice Focus:
 - Cutting – Cuts are sprints with sharp angled turns

Conditioning:

- Groups: Group 1 Back2Fronts; Group 2 Carioca Suicides (middle of gym, 6 sets); Group 3 Box Sprints (1 player at three corners of the gym, remaining players in line at 1st corner, sprint to corner (clockwise), tag next sprinter, if at corner, wait for tag to begin and stop at next corner)

Throwing:

- Start with Regular Throwing (10 Backhand, 10 Forehand) emphasizing strikeouts; end this with alternating throws with distance closing t-rex catches
- Rapid Fire Throwing - Groups of 4; 1 v. 3; 2 discs; forehand/backhand; work on wrist only quick throwing motion

Warm Up:

- Cutting Drill – 6 full speed steps into a cone square (~1.5 m²), then cut 90 degrees to right or left
Emphasize: drop, chop, plant, explode for each cut

Skill Drill:

- Diamond Drill – 2 lines facing each other, all in line have discs, thrower throws to cutter doing a cone cut from the opposite facing line, thrower becomes the next cutter, cone cuts in opposite direction from original throw, fake backhand then forehand (and/or throw to coach) after catch then reset in opposite line
Work on: 1. Cutting technique, 2. Cutting into open space, 3. Clearing the lane, 4. Throwing to moving target, 5. Throwing into open space

Tactical Game:

- 4 Square Score Dare – 2 discs in play; 4v4; Have 4 small squares (~5 yards square) as end zones in the corners of the field; all ultimate rules apply; 5 stall count; players cannot be in the score zone before the disc is thrown; stress cutting/throwing into open space

Focused Scrimmage:

- 3 on 3 in the gym, work on throwing then cutting and cutting technique
- 1 point for each goal, play to 15 points, 5 stall count
- 1 point scored for each completed pass from a "give and go cut" (i.e. thrower cuts immediately after throw and catches the next pass)
- 1 point scored for defense if any cutter is caught standing still for more than three seconds (like in basketball, "3 sec in the lane")

Reminders:

- Practice Friday in Mack O at 3pm
- Practice next Tuesday, Mill Creek, 3:30 to 5:30
- Candy Bars (still waiting for them)

Drills

- **Three Person Line Drill** – Thrower, Mark, Receiver in a line; Thrower follows throw and becomes the mark, receiver becomes thrower, mark becomes receiver
 - Marking: Feet Remain Shoulder Width, Knees Bent (Legs Loaded), Low Hands, Swat Up; Stalling 1, 2, 3, 4...; UP! when disc is thrown
 - Fake/Pivot: Face/Look, Nail (Pivot), Grip (Roll Disc in Hand), Step, Snap
- **Cutting Drill** – drop, chop, plant, explode;
- **Diamond Drill** – 2 lines facing each other, all in line have discs, thrower throws to cutter doing a cone cut from the opposite facing line, thrower becomes the next cutter, cone cuts in opposite direction from original throw, fake backhand then forehand after catch then reset in opposite line
- **Other Drills** if interested:
http://www.usultimate.org/resources/coaching/skill_development/default.aspx

Useful Resources

On **Spirit of the Game**: http://www.usultimate.org/about/ultimate/spirit_of_the_game.aspx

Tutorials on the Basic **Throws**:

Backhand: <http://www.youtube.com/watch?v=zOMtYnNUEzEn>

Forehand: <http://www.youtube.com/watch?v=6UHbwWqPUw0>

Pro Brodie Smith - Backhand:

<http://www.youtube.com/watch?v=Mlf7nfKYK40&feature=relmfu>

Pro Brodie Smith - Forehand:

<http://www.youtube.com/watch?v=lgUyW5aGC2U>

Excellent Site for the Official **Rules**:

http://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx

Drills if interested:

http://www.usultimate.org/resources/coaching/skill_development/default.aspx

Awesome Ultimate Catches:

Ultimate World Championships in Prague:

<http://www.youtube.com/watch?v=HFfOkHbxPI8>

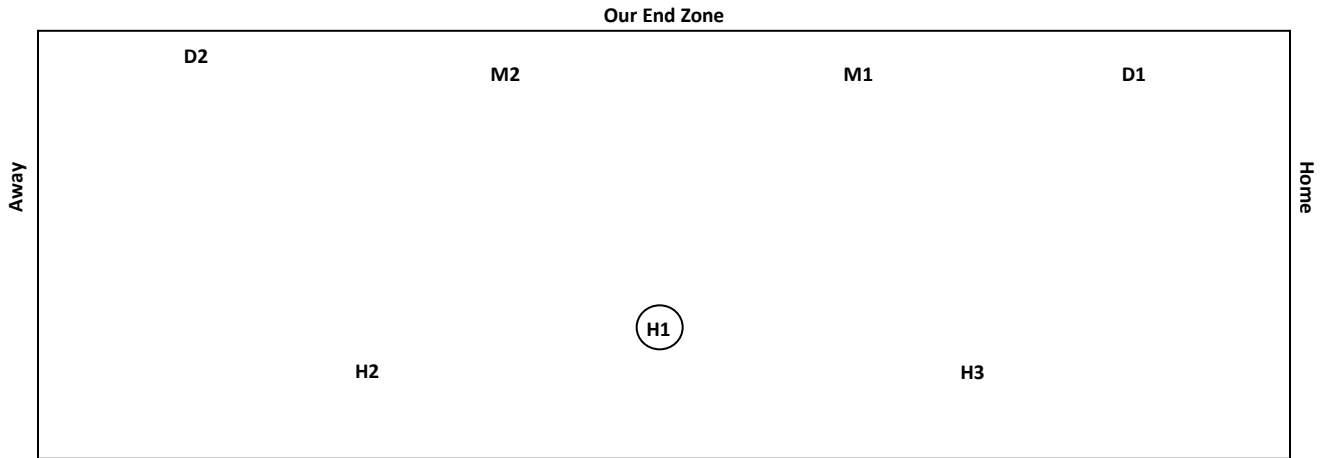
American Ultimate Disc League AUDL (Professional Ultimate League):

http://www.youtube.com/watch?v=YBaB1SI_Lk4

Ultimate Fitness DVD – Excellent Resource!!!

Some Formations and Plays

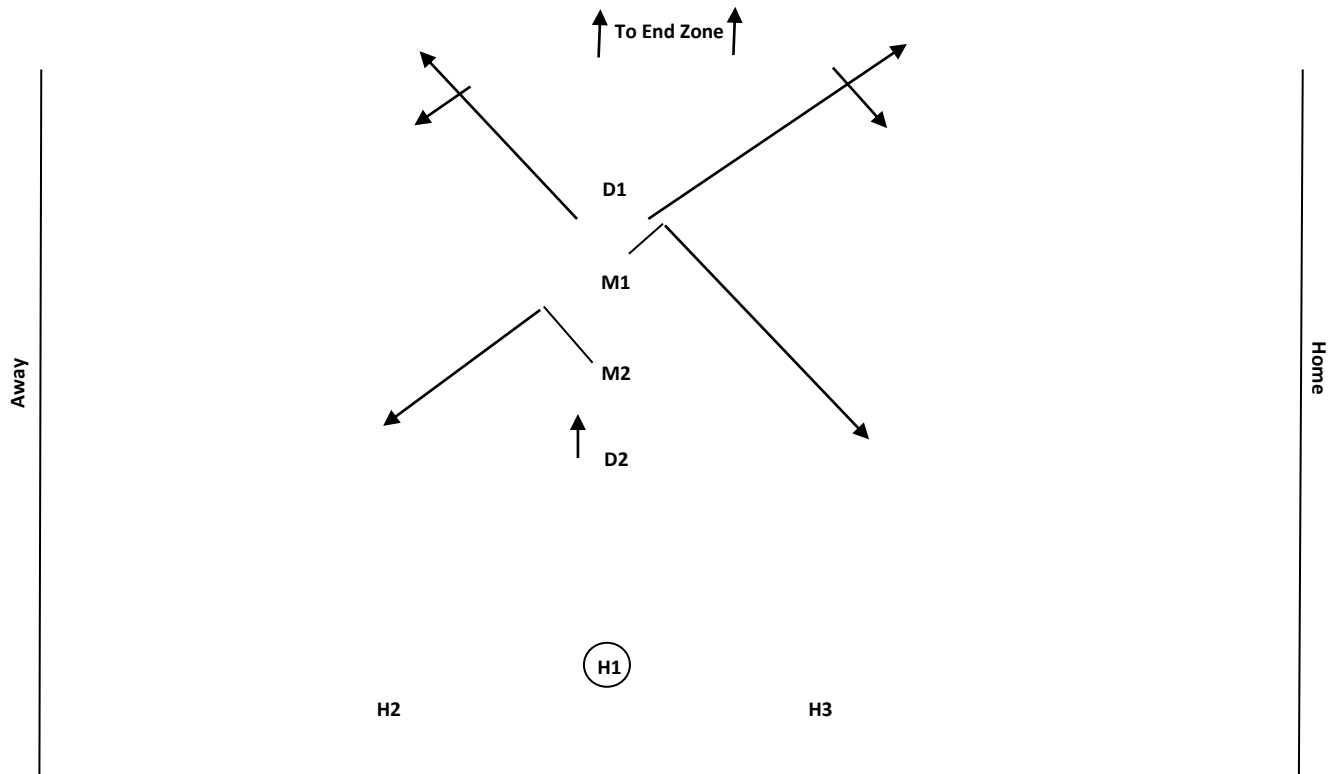
End Zone Play: Iso-<player nickname>



The Play:

Start the play by hitting the disk over your head after the stack is set. Stack should always set up in the back of the end zone (M1 and D1 home side, M2 and D2 away side). Call out a players' name/nickname. That player runs free and tries to get open. All other players stay out the of the way in the back of the end zone. H2 and H3 stay home (and out of the way). If H1 doesn't throw to any of the cutters and the stall count reaches 6 or more, H2 provides H1 with a dump pass, H2 swings to H3, H3 swings to H1 for a reset.

Vertical Stack: Many plays can be run out of this basic formation.



Horizontal Stack: Many plays can be run out of this basic formation.

