

### 5 DEFENSIVE PRINCIPLES (courtesy Bill Rodriguez):

1. Decide on your **comfort zone** – how much space do you give him? Why?
2. **Triangulate**: whenever possible, adjust to see the man and the disc at the same time.
3. **Dictate**. Decide what you will take away and do it.
4. **Use your body**. Make him do what you want.
5. **Get there first**. Beat him to the spot.

### 2-3-2

Points	Middle-middle	Side Middles	Deeps
1. harass the thrower; know which shoulder is “strong” and which is “weak”	1. keep moving, always; never let the thrower relax; flex as needed	1. reposition to cover greater threat: wing or popper; play the throw	1. cover offensive deep by positioning
2. communicate with other point and middle middle	2. command the cup; position the points as you want them	2. keep back to sideline; see the whole field	2. see the whole field; you are responsible for the deep threat
3. trap effectively; on-point forces upfield; off-point prevents io swing	3. listen for commands from short deep and from sideline; on fast break, cover receivers	3. coordinate with cup on sideline trap; come up the line to force weak throws	3. talk to each other and to middle-middle; COVER A MAN IN YOUR AREA

### MISCELLANEOUS DEFENSE

Man	Clam	1-3-3
1. achieve triangulation with receiver in the field; see man and disc	1. be aggressive; hide the defense and surprise at last moment	1. contain center of field; leave lines more open
2. hold mark; be at least as physical as your opponent	2. use on stopped discs only; learn to use during points on audibles	2. communicate with team; one man chases, keeps same force (usually flick)
3. communicate with team; make up calls	3. be quick and aggressive in the transition; guard against fast break	3. each line of 3 keeps the action in front of them; designed to vary defenses, cause unforced errors

Face-Guard	Poaching	Defense’s Offense
1. force forehand	1. be aggressive, not lazy	1. fast break whenever possible
2. front all receivers	2. call for a switch when you are in position to call for one	2. call two person play on the line and use it during stoppages
3. switch front and back; help each other on lead passes to away cuts	3. exploit weak throwers; know who has the disc and adjust accordingly	3. when the defense scores, WE WIN!

### GENERAL NOTES

Sidelines	Marking	Cutting	Making Calls
1. pick one man and talk to him throughout the point	1. move your feet	1. take what they give you	1. know the rules; play the rules
2. give info on disc and receiver positions; do not instruct positioning	2. change the distance between yourself and the thrower	2. juke hard and fake to make them give you what you want	2. if it’s your call to make, make it; don’t pay attention to people yelling at you
3. make sure that the last man in the defense knows that he is “last back”	3. be aggressive; over the course of a game, strong marks cause turnovers	3. remember that it’s a race and YOU get to determine where the finish line is	3. diffuse confrontation; don’t let it get personal