

### 5 OFFENSIVE PRINCIPLES (courtesy Jim Parinella):

1. Take what they give you.
2. If you really want something they're not giving you, try to fake them into giving it to you.
3. If you're not sure what you want, fake until they give you something, then take it.
4. Actively get out of the way when someone else is making a better cut.
5. Make smart choices with your throws.

### VS. 2-3-2

| Handlers   | Poppers   | Wings   | Deep   |
|--|---|---|--|
| 1. swing the disc; break the mark; complete short passes through the cup       | 1. exploit the defensive side-middle, who is trying to cover both wing and popper       | 1. work with the popper to exploit the defensive side-middle                                    | 1. keep the zone stretched out   |
| 2. off-handler: line up at an angle outside the cup; be ready to swing quickly | 2. move up and back in coordination with the other popper; use positioning over running | 2. move upfield when the disc is on the far side; cut back in as the disc is swung to your side | 2. keep the defensive deep off-balance; do not let him play you by positioning |
| 3. exploit a wide cup with give-and-gos  | 3. look to the other popper first, then the wing, then the handler; look to give-and-go | 3. move the disc once you've got it; don't hang on to it for too long                           | 3. time cuts in and out, off of the poppers and the wings                      |

### VS. MAN

| Basic Strategy   | Handlers   | Middles  | Deeps  |
|--|--|--|--|
| 1. run the disc up one line of the field with a combination of away cuts and cuts back to the disc | 1. run our offense; keep the disc moving                               | 1. cut off of the deeps or the handlers  | 1. cut to open space for the longer throw  |
| 2. dump and swing the disc when momentum up the line has been stopped                              | 2. reset our plays; when the stall reaches "5", YOU CUT                | 2. adjust your offensive positioning in the stack so that "hot spots" are open | 2. clear out of lanes when you're not open   |
| 3. immediately go up the far side of the field; break marks deliberately and effectively           | 3. keep your defender out of the play; call out poaches when necessary | 3. move the disc effectively; do not hang onto it unnecessarily                | 3. adjust in the stack and be sure that the "hot spots" are open for other cutters |

### MISCELLANEOUS OFFENSE

| 4 Person Play  | Regeneration  | End Zone   | Clam (and Junk)  |
|--|---|--|--|
| 1. catch to hitch to man to buddy  | 1. offense regenerates with man cutting for the buddy ("RUN IT")    | 1. two methods to initiate - scoring cut to the near cone or handler cut and then finish to the cone | 1. alert teammates by calling out the defense; be patient; relax; avoid taking risks |
| 2. hitch calls the side that the play will run; stack shifts to other side and stays SHALLOW | 2. play may be reversed ("REVERSE IT")                              | 2. scoring cuts come from the back of the stack and go hard to the near cone                         | 2. spread the field; hit easy throws underneath                                      |
| 3. team stays alert, is ready for junk, zone or any reason to run a breakdown play           | 3. fills provide two more options ("RUN FILLS" and "REVERSE FILLS") | 3. offense recycles until we score; cut through poaches -make space for other cuts                   | 3. run hard, be smart; the center of the field is usually weakest                    |