

## 1. Winning Your Match-Up

1. Warm Up (Ends 7:15)
2. Sprint Set 1 (Ends 7:20)
3. 5-10-5 (Ends 7:25)
4. Swiss Drill (Ends 7:30)
5. Tic-Tac drill with Huck (Ends 7:40)
6. Boxing out without Jumping (Ends 8:00)

Aims:

- Bettering our Footwork (Week 2)
- Boxing Out
- Changing the momentum of your defender

### Pre-Reading:

**Believe** – Mental Game is very important you must believe that you will win the match up. Why are the best players so cocky? Because the cockiest players are the best

**Learn!** – Either learn by watching before the match up if you have time to prepare. If not you better be a quick learner because it's time to learn on the fly. Learn their strengths, learn their weaknesses.

**Analyse and Predict** – Remember your own personal strengths. Based on everything you have learnt and observed you can make a prediction on what's to come so you don't get caught by surprise. Getting it wrong is all a part of the **Learning** and **Analysing** process so learn from it.

**Visualise Success**– Picture the ways that you are going to win the match up. Getting the score, getting open, making a block, shutting out a swing. Prepare yourself for the job you have to complete. *“When I know I have a big job I always plan in my head which throw I'll be getting the layout block on, so when the opportunity comes I'm ready to get it without hesitating”*

**Prioritise** – Total Domination isn't always possible, so you need to prioritise what you're going to win in your match-up. *Defence* – You cannot stop everything, making your opponent work harder than normal is a success of its own. Choose one option that you will prioritise taking away.

**Measuring Success** – If you're being guarded by one of their better defensive players and you are able to keep them away from the play and engaged in marking you. Even though you aren't directly involved in any play you have added extreme value to the team.

Success should not be measured on Goals, Assists and/or Blocks. Doing a job for the good of the team is a success.

Reference

<https://ultiworld.com/2017/10/31/tuesday-tips-11-ways-mentally-prepare-superior-matchup/>

### Before we start:

Hockey Stop Recap

- The Position
- The first step

### *Winning Your Match-Up: Fundamentals*

We touched on this last time, the key to beating a defender is to attack when the defender has committed their hips. **Why?**

**Offence**

- Play into your own strengths
- Intimidation

### **Defence**

- Don't be predictable
  - Never get beaten the same way twice
- Think about the momentum of your defender

### Drills:

#### Footwork Drill

#### 5-10 Footwork Drill

#### Intro Drill: Swiss Drill

#### Drill 1: Tic-Tac Drill with Huck

Girls must mark Guys

#### Drill 2: Gate Cutting

#### Drill 3: Winnings in the air

### **Offence:**

- Be aware of the position of your defender
- Control your position relative to the disc. Don't make it a 50/50
- Keep defender on your back shoulder
- Not allowed to Jump. Must win with position

### **Defence:**

- Head down to catch up distance. Without separation the offence is more likely to make a mistake
- Shoulder check to see how you should adjust your run.
- J-Step on the attack

Pre Reading: <https://ultiworld.com/2017/10/31/tuesday-tips-11-ways-mentally-prepare-superior-matchup/>

Further Reading: <https://ultiworld.com/2016/04/05/tuesday-tips-limiting-opponents-superstar/>

Subscription Required: <https://ultiworld.com/2018/02/21/notes-contrarian-coach-great-cutters-dont-fake/>

Getting Blocks: <https://ultiworld.com/2016/04/12/tuesday-tips-5-steps-baiting-d/?ref=more>