

1. Setting a Point Winning Force

1. Warm Up (Ends 7:15)
2. Sprint Set 1 (Ends 7:20)
3. First Break Mark (Ends 7:25)
4. Side Shuffle Forcing (Ends 7:30)
5. Triangle Force Progression (Ends 7:40)
6. Swooping the Lane (Ends 8:00)

Session Ideas

- Learning the Triangle Force Progression
- Modifying your force
 - Distances
 - Body angle
- Swooping in on a thrower
- Setting the force to dictate play.
- Move into the thrower to establish dominance

<https://ultiworld.com/2019/02/26/tuesday-tips-make-mark-presented-spin-ultimate/>

<https://ultiworld.com/2018/09/04/tuesday-tips-take-mark-next-level-presented-spin/>

Session Focus

- Athletic Position while on the force
- Small side-steps
- Changing the angle of our force vs the pitch.
- Hand Positions
 - Mirror the thrower
 - Erratic movement
 - Cover the danger throws

Drills

Intro Drill: 1st Break Mark

Drill 1: Side Shuffle Force Drill

- Focus:
 - Don't lunge/ overcommit
 - Stay in athletic position
 - Light on feet

Drill 2: Walking through a Triangle Force

- Principals:
 - Don't allow a shown throw onto the break-side
 - Increase distance on force to decrease throwing angle
 - Recover ground to pressure the thrower

Alternative to a Triangle force?

Drill 3: Swooping the lane

- Principals:
 - Check shoulder on the way in
 - Cover most dangerous options
 - Slow down as you approach