

1. Breaking any Force

1. Warm Up (Ends 7:15)
2. Sprint Set 1 (Ends 7:20)
3. Forcing footwork drill (7:25)
4. First Break Mark (Ends 7:30)
5. Standing break-force (Ends 7:40)
6. Second Break Mark (Ends 7:50)
7. Leading Break-side (Ends 8:00)
8. Games (Ends 9:00)

Pre-Reading:

This is a really good take: <https://skydmagazine.com/2015/12/great-throwers-dont-pivot/>

English GCSE Assessment: Breaking the force.

Who: Anyone can make a break throw, it happens all the time that a complete beginner will seemingly effortlessly break the force of a very experienced player. How? Innocent ignorance. Holding a perfect mark is a very difficult task and even the best defenders in the world can't do it all of the time. There is always an advantage as a thrower and the key to breaking the force is finding the right space and attacking it confidently.

What: It's just a normal throw. You don't need a gimmick or to be able to throw some special throw to break a force. It's exactly the same as throwing an open pass but now there is a person stood next to you.

Where: Breaking a force opens up so much more space on the field, so any time we find ourselves drifting into the openside we should be looking to get onto the break-side and expand our playing field. In fact any time we can move onto the break-side we should.

When: Any time. Every time you break the mark as a team you expose the defence. You gain a huge advantage. More openside cutting space. Momentum into the break-side. The panic and fear in the defence which you can exploit.

Why: It makes work for the cutters easier. It plays out of the hands of the defence whose whole tactic revolves around you playing on the open side. It makes you less predictable as a thrower and as a team. Having the other team so scared of break throw options makes playing openside options a lot easier.

How: following some Key Principals: 1) Be confident 2) Chest up to the force. 3) Be Aggressive. 4) Dictate yours and their movement 5) Know your strengths 6) Make sure you practice, especially in games 7) Don't worry about it, it isn't always possible and it doesn't always work out but that's just life.

Other Links: <https://www.ioultimate.com/post/four-ways-to-quickly-break-the-mark>

How to fake: <https://ultiworld.com/2016/08/02/tuesday-tips-fake-effectively-presented-spin-ultimate/>

Nerd link: <https://www.usultimate.org/news/the-huddle-issue-14-breaking-the-mark/>

Fundamentals

- Aggressive Pivots
 - Dictate the direction the force is in; you can move the force more by adjusting your body angle
 - Chesting up to the force
 - Confidence

Drills

Footwork Drill Side Shuffle Force Drill

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

Intro Drill: 3-Person Break-force

- No Pivots- Throw from a neutral position
 - We are aiming to be able to throw without any movement or shimmies

Drill 1: Standing Break-force

Set Up: Groups of 4. Two pairs separated by approx. 10-15m

Variants:

- ****No Conditions****
- No Pivots
- Eyes Closed
- One Pivot

Drill 2: Running Break-force:

- No Pivot- throwing from a neutral position
- No Fakes- 1 Pivot, Focus is stepping and throwing with confidence
 - Adjustment- Aim to gain as much ground as possible.
 - Early throws & Aggressive arounds

Drill 3: Sweeping Break-side Cuts:

- Sharp throws
 - Infront of receiver
 - Fading away
 - Lead into the break-side