

Monday 26th October

Session Plan

1. Warm Up (Ends 7:20)
2. Sprint Set 1 (Ends 7:25)
3. Reaction Catch (Ends 7:35)
4. Reaction Cut Drill (End 7:45)
5. Reaction Cut Drill Level 2 (Ends 7:50)
6. Vertical Cutting Pairs (Ends 8:10)
7. Games (Ends 9:00)

Session Aims

- Catching Skills
- Awareness
- Attacking the disc
- Decisive cutting

Drills:

Intro Drill: Reaction Catch

Set Up

- In pairs with one disc and a bit of space:
- One of the pair stands 5m away from the thrower facing away from the disc.
- After each throw the previous thrower turns around and the process is repeated for the other member of the pair.
- 1-2 mins at each variant

Variants

1. The thrower shouts **UP** and pops the disc for the receiver at varying heights.
2. The thrower shouts **Right/Left** and pops the disc to **That Side** for the receiver.
3. The thrower shouts **Right/Left** and pops the disc to the **Opposite Side** for the receiver.

Drill 1: Reaction Cut Drill

Set up:

(2 Cones) Cutting Cone 12-15 Yards ahead of a throwing cone.

Cutter: Cutter starts facing away from the thrower and makes an away and under cut. The Cutter must check their shoulder to see which side the thrower has indicated that they should cut to.

Thrower: Once the cutter starts their cut the thrower must hold the disc to one side to indicate which direction the cutter should turn to cut under. Once the cutter has made the under cut the thrower should throw a leading throw for the receiver.

Drill 2: Reaction Cut Drill- Level 2

Set Up:

(3 Cones) a throwing cone **_10 Yards_** Pop Cutting Cone **_5 Yards_** Primary Cutting Cone

Pop Cutter: Facing away from the thrower, after the Primary Cutter begins their movement, they pick a side and cut there for a pop pass from the thrower.

Primary Cutter: Same cut as before but now instead of looking for the side that the disc is held, they must angle their cut to receive a throw from the new thrower.

Thrower: Throw a pop pass ahead of the pop cutter.

Focus:

Primary Cutter: Responding to the movement of the disc.

Drill 3: Vertical Cutting Pairs Cutting Drill

Set Up

(4 Cones) Throwing Cone, Two Stack cones in a vertical line. Dump Cone 10 Yards horizontal to the thrower

First Cut: From the back cone can pick either the open or break-side make a cut into

Second Cut: From the front stack cone they must make either a continuation cut for the first cut **Or** a cut for the primary thrower if the first cut doesn't connect.

Dump Cut: If the two cutters fail to engage the reset cut should happen following normal reset patterns.

Rotation: Dump-Throw- Front Stack- Back Stack

Variants:

1. Non-fixed cutting order
 - a. Before each rep downfield cutters/defenders get 15 seconds to decide on a plan for the rep
 - b. The order of the cutters is no longer fixed
 - c. The dump should still engage as before
2. No Cones
 - a. The stack cutting cones are removed and cutters may set up however they like.
 - b. The cutters should try and engage their defenders more to make the cut more realistic and gain an advantage.
 - c. The dump should still engage as before

Games: 5 vs 5

Game Restrictions

Stall 6 to begin- Stall Outs cannot be contested.

Games: 7 vs 7

Game Restrictions

Stall 10

Session End (9:00pm)