Offense: Direct vs Indirect

Direct: Beat the opp. with your leg (in the open side) or in the middle of the field for H-stack

Indirect: throw driven (break the mark + flow)

Horizontal Stack: Dir. vs Ind. is defensive choice.

\[ \begin{array}{cccccc}
\times & \times & \times & \times & \times & \times
\end{array} \]

20-22 yds men
15 yds women

\[ \begin{array}{cccc}
\times & \times & \times
\end{array} \]

\[ \begin{array}{c}
1) \text{Cutters} \\
2) \text{Handlers} \\
3) \text{Find weaknesses that you see often} \\
\text{DRILL IT.}
\end{array} \]

Drill: Section per section

\[ \begin{array}{c}
\text{Section} \\
\text{8}
\end{array} \]

1) Repeat the last goal throw
2) Define goal throw
3) 2 pts goal for only guy

Test: hammer it 9/6 = convert
4 methods to beat a zone

1) Go around
2) Go through
3) Inside
4) Over

Marking drill variations
- No low
- Choose best throw
- Stay on X
- "Air plane" X, X
- With no arms

Team = body, brain = 2-3

Handler:
- always be throwable (wing)
- always give an easy throw
- 2 situations: be alone or be covered by 2 guys.

Stress & Rattle Practice
1) Exhaustion
2) High stakes?
3) Pre-stress, small days before

Fast break

Lo Method:
- not involved = clear

Ben Method:
- not involved = get involved
Sakeye fan plays

Each player = letter
13 = dump
odd | even
x

Being overconfident talking before receiving the pool.

Two = hook
Teen = give ago
Long game

- Two options: get defensive more in opposite direction

- More than run as hard as you can in quadrilateral and beat only with speed

- About 2 complete deep players

<table>
<thead>
<tr>
<th>Lot of Cuts</th>
<th>Few Cuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thrown often</td>
<td>BIG</td>
</tr>
<tr>
<td>Thrown deep rarely</td>
<td>BEST</td>
</tr>
</tbody>
</table>

Throwing

- When to throw R & D
  1) Thrown for fun
  2) Throw in practice warm-up
  3) Throw in game situations w/o pressure
  4) Game warm-up
  5) Practice
  6) Real game throw

Try Pjip