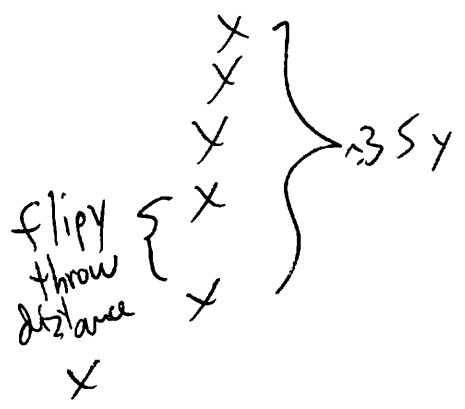
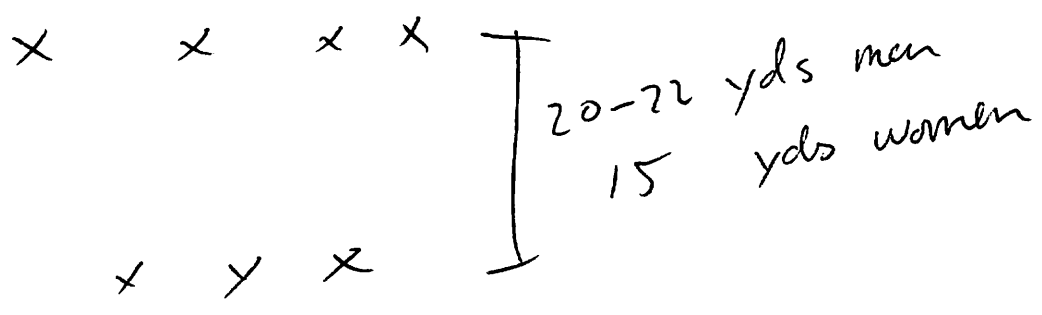


Offense Direct vs Indirect

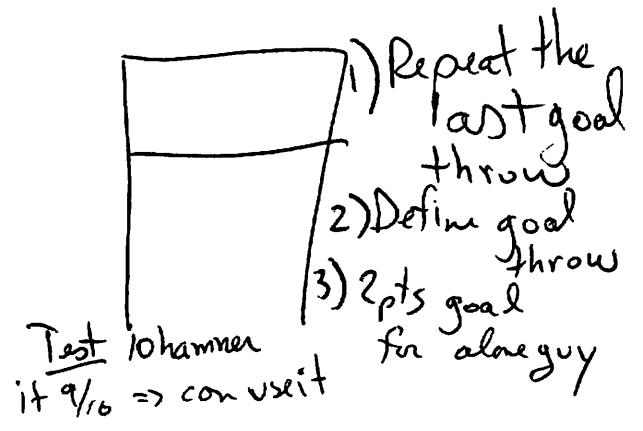
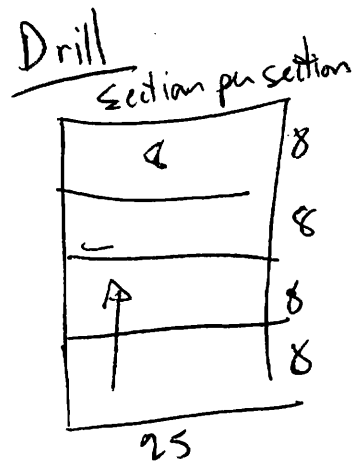
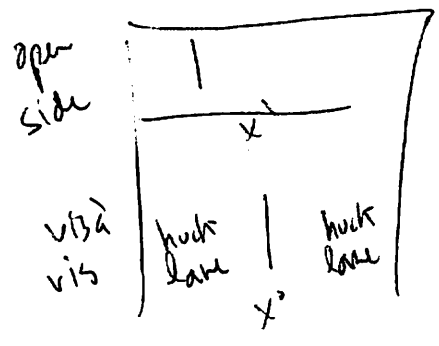
Direct: Beat the opp. with your leg (in the open side) OR in the middle of the field for H-stack

Indirect: trawler drivers (break the mark + flow)

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



- 1) Cutters
- 2) Handlers
- 3) Find weaknesses that you see often  
↳ DRILL IT.




## 4 methods to beat a zone

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

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

## Marking drill variations

- No low
- choose best throw
- Stay on x
- "Air plane" 
- With no arms

Team = body, brain = 2-3



## Stress Situation Practice

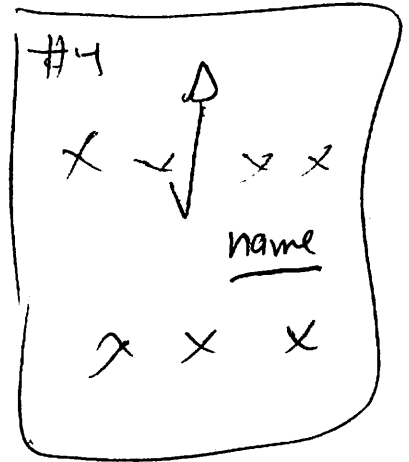
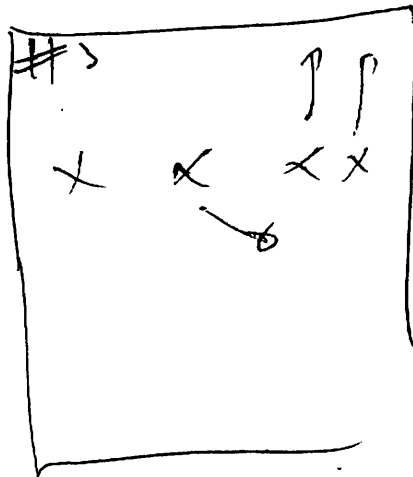
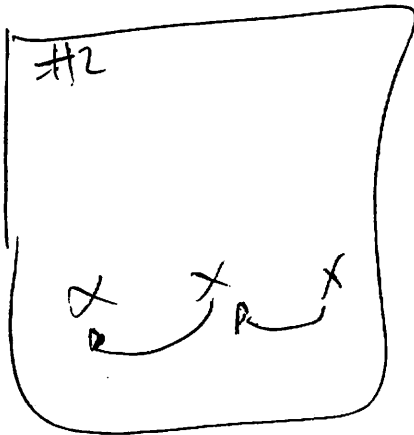
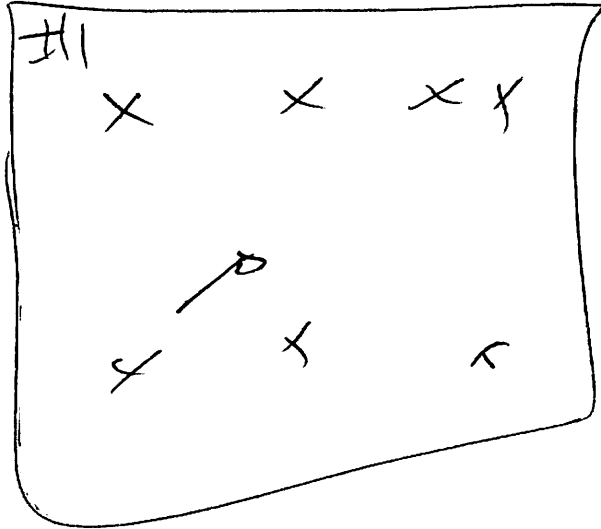
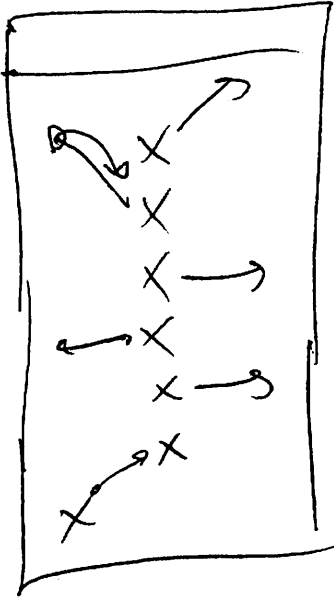
- 1) Exhaustion
- 2) High stakes?
- 3) Pre-stress, email days before

## Fast break

Loo Method:  
not involved = clear

Ben Method:  
not involved = get involved

Sokerye four plays



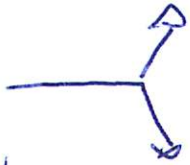
each player = letter  
13 = dump



zero = huck  
teen = give n go

being over confident  
talking before receiving the pool.

# Long game

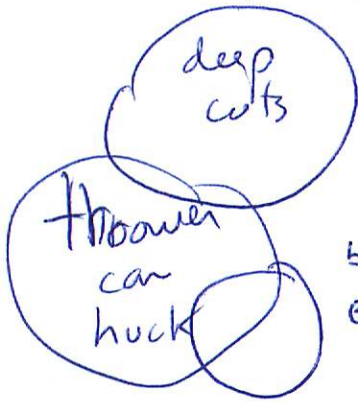


two options

get defense move  
in opposite direction

more than run as hard as you can in addition  
and beat only with speed

about 2 complete deep players



better timing  
is better

	LOT OF CUTS	FEW CUTS
Throw often	BIG	BAD
Throw deep rarely	BEST	SMALL

# Throwing

When to throw RSD

- 1) Throwing for fun
- 2) Throw in practice warmup
- 3) Throw in game situations w/o pressure
- 4) Game warm-up
- 5) Practice
- 6) Real game throw

Try P grip