Ultimate coaching figures coaching cards

Four setups to build with the 3D printed figures, on the grass or on a table. Each card: how to place the figures, and what to talk about.



1. Vertical stack



2. Ho stack (horizontal)



3. Breaking the mark



4. Beating the cup with a hammer

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Vertical stack



Everyone lines up behind the thrower on the force line, which leaves both sides of the field open for cuts.

SET IT UP

- Neutral thrower at the back, blue mark on them, standing on the break side
- 4 idle reds in a line downfield, about 3 to 4 figure lengths apart
- A ready-stance defender next to each red
- Sprinter at the front of the stack (first cutter), another at the back (deep option)

TALK ABOUT

- Which side is open? That's where the first cut goes
- Cut hard, and if the disc doesn't come, clear out of the lane so the next cutter has space
- The back of the stack goes deep when the under cut is covered
- Keep the stack tight and straight so both lanes stay wide

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Ho stack (horizontal)



Three handlers at the back, four cutters spread across the field. Lots of space in front of the cutters for under cuts, and deep stays open.

SET IT UP

- Neutral thrower in the middle, 2 idle handlers wide on either side
- Mark on the thrower, a defender on each handler
- 4 cutters in a wide line downfield: 2 idle on the outside, 2 sprinters inside
- A defender with each cutter (2 ready-stance, 2 sprinters)

TALK ABOUT

- Cutters start deep so there's space in front of them
- One cutter comes under while the one next to them goes deep
- After a cut, reset the spacing: back out wide and deep
- Handlers keep the disc moving side to side if nothing is open downfield

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Breaking the mark



The mark forces the thrower to the open side. Step low and wide around them and throw to the break side instead.

SET IT UP

- Backhand release (or forehand) as the thrower
- Mark low/high on the thrower, turned to take away the break side (use the inverted one for the other force)
- A sprinter cutting to the break side, with a blue sprinter chasing
- An idle red on the open side, covered by a ready-stance defender

TALK ABOUT

- Show the force line: open side vs break side
- Pivot wide and low, past the mark's hand
- Swap thrower poses to show the backhand and forehand break
- Low/high mark: which throw is the mark actually taking away?

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Beating the cup with a hammer



Zone D: the mark and two cup defenders wall off the thrower. A hammer goes over the top to a popper in the hole behind the cup.

SET IT UP

- Hammer thrower, with 2 idle reds wide as swing handlers
- Mark plus 2 zone cup defenders around the thrower (the cup), a third zone cup figure as middle-middle
- Ready-stance defenders as the two wings and the deep
- 2 sprinters as poppers just behind the cup, 2 idle reds deep on the wings

TALK ABOUT

- Where are the holes? Behind the cup and between the cup and the wings
- Swing the disc side to side to make the cup move and open those holes
- Poppers sit in the holes and face the thrower
- The hammer goes over the cup when it's set and nothing is open through it

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