The Ultimate Playbook for Conjugal Visits

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- Defense
  - Person-to-Person
    - Standard
    - Sideline Trap
  - Zone
    - Rabbit
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    - Salmon
    - Wall
    - 4-person cup
      - prevent swing
      - prevent dump
  - The Clam
- Offense
  - Person-to-Person
    - Stack
    - Dump
    - Give and Go
    - Iso
  - Zone
  - Berkeley
  - Endzone

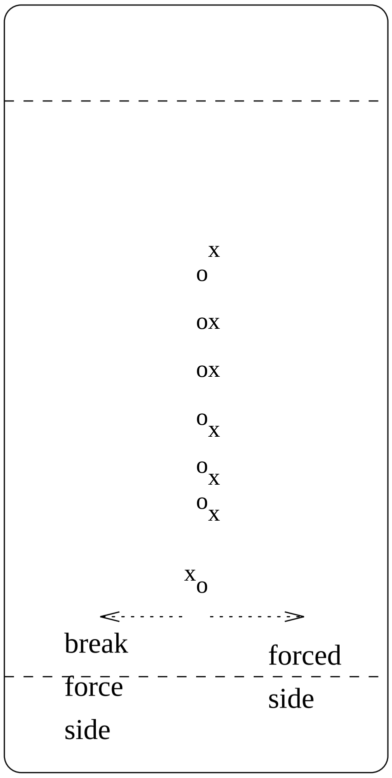
Legend

x = defense	- -> = path of player
o = offense	···> = flight of disc

Defense

Good defense begins with a good mark that keeps the force.

Playing person-to-person defense starts with a good force and everyone denying the person that they are covering to get open on the forced side of the field. Figure 1 explains.



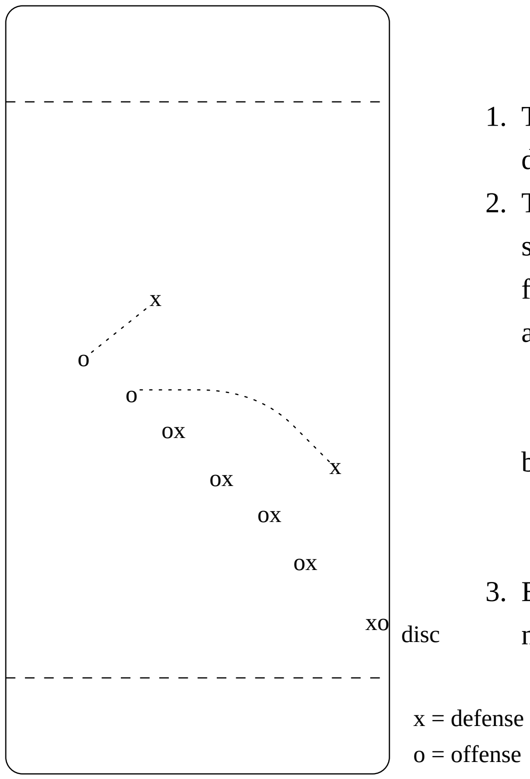
1. The marker does three things:
   a) sets and calls out a force.
   b) starts counting to ten out loud.
   c) yells "up!" when the disc is thrown.
2. Everyone else will not allow their checks to get open on the forced side of the field.
3. The last person back will play behind their check and watch to give help to anyone who is going deep.

x = defense
o = offense

Figure 1: Person-to-person defensive set.

Often times when playing person-to-person defense, the disc will begin on the sideline or work its way there. A team may take advantage of this by forcing the disc up the sideline and allowing one person to play in the narrow passing lane. This set up is called a **sideline trap** and is shown in figure 2. When a defender sits in the passing lane guarding no specific player while the other defenders still play person-to-person, this defender is said to be **poaching**.

When playing person-to-person defense, the defender must always react to the offensive player. If everyone is able to keep up with his/her check, this works well. However, playing a zone defense forces the offense to react to the specific defensive set up. Figures 3-8 show different types of zone defenses. (Note on terminology: the left middle and right middle are also called the em left hammer or em left hammer stopper and the em right hammer or em right hammer stopper.)



1. The marker will force the disc up the sideline.
2. The last two people in the stack will decide upon the following positions (zones):
   a) One person will fill the passing lane about 10 yards from the disc.
   b) The other person will play back and towards the middle of the field.
3. Everyone else plays their normal good defense.

Figure 2: The sideline trap.

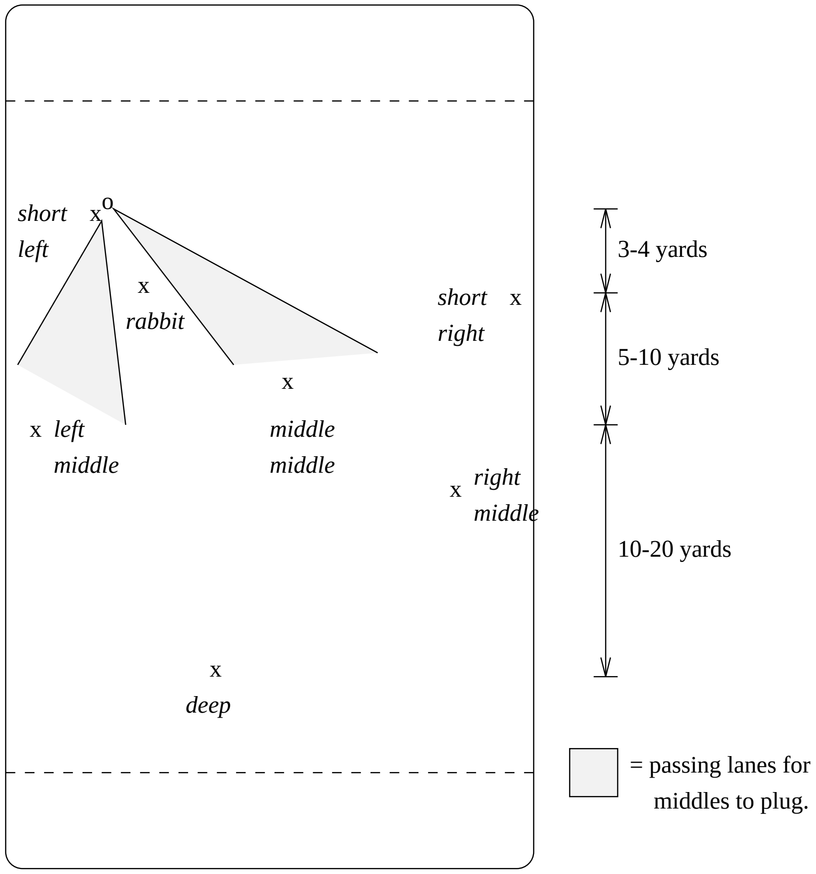


Figure 3: The **rabbit zone** defense. The rabbit is the only person that does a lot of running in this zone. The short player on the same half of the field as the disc will mark the disc back towards the other side of the field. The rabbit will be 4 yards off the disc and towards the side being forced. The rabbit will prevent the huck and try to break up any *give and goes*. The middle on the side with the mark will look to prevent passes being thrown between the mark and the rabbit. The middle-middle will look to prevent passes on the other side of the rabbit. The middle on the opposite side will look to drop back and so will the short. The deep will cheat towards whichever side of the field the disc is on since the other side is partially protected by the middle on that side.

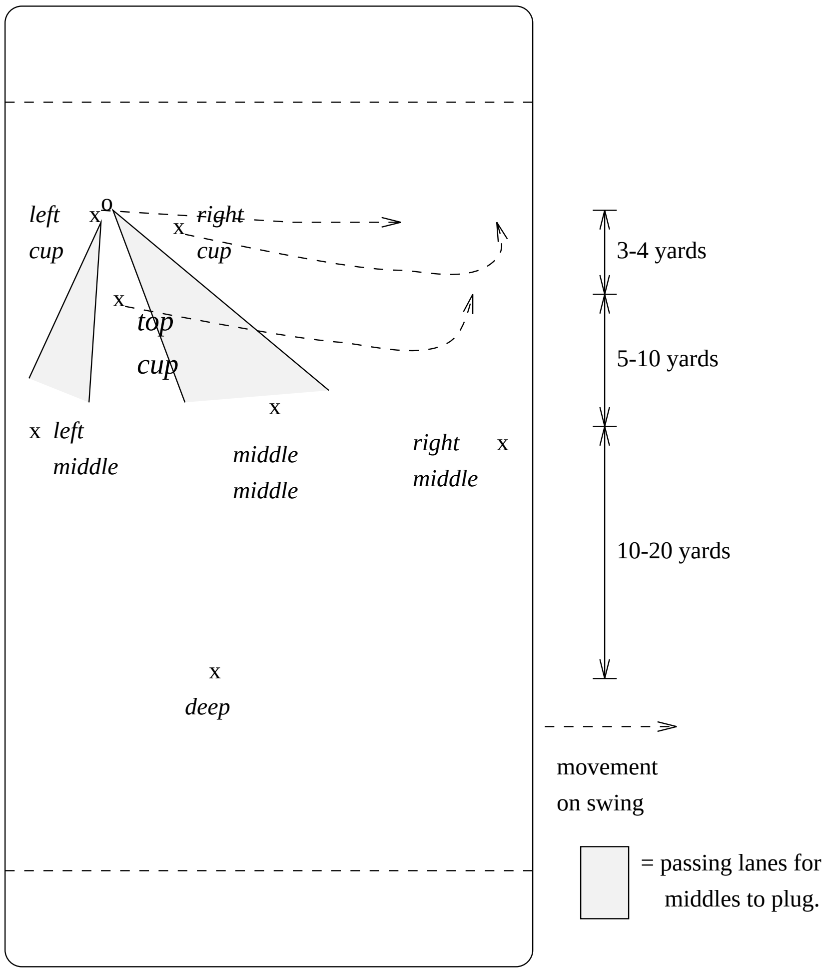


Figure 4: The **standard zone** defense. The cup will always chase the disc. Only one of the sides of the cup will mark the disc and call out the stall count. (*Nobody* else may do this.) The other people in the cup play exactly ten feet off the disc unless there is an offensive player within ten feet in which case the defender may follow him/her in. When the disc is swung, the cup tries to contain passes from getting up the field before tightening up again. The middles look to cover offensive players in their zone paying special attention to the passing lanes through the cup. The deep watches people behind the middles. *Note*: Communication is very important. The top of the cup talks and directs the other people in the cup. The middle-middle directs the top of the cup. The deep directs the middles. The players sitting off help the hammers and warn the deep when someone is behind him/her.

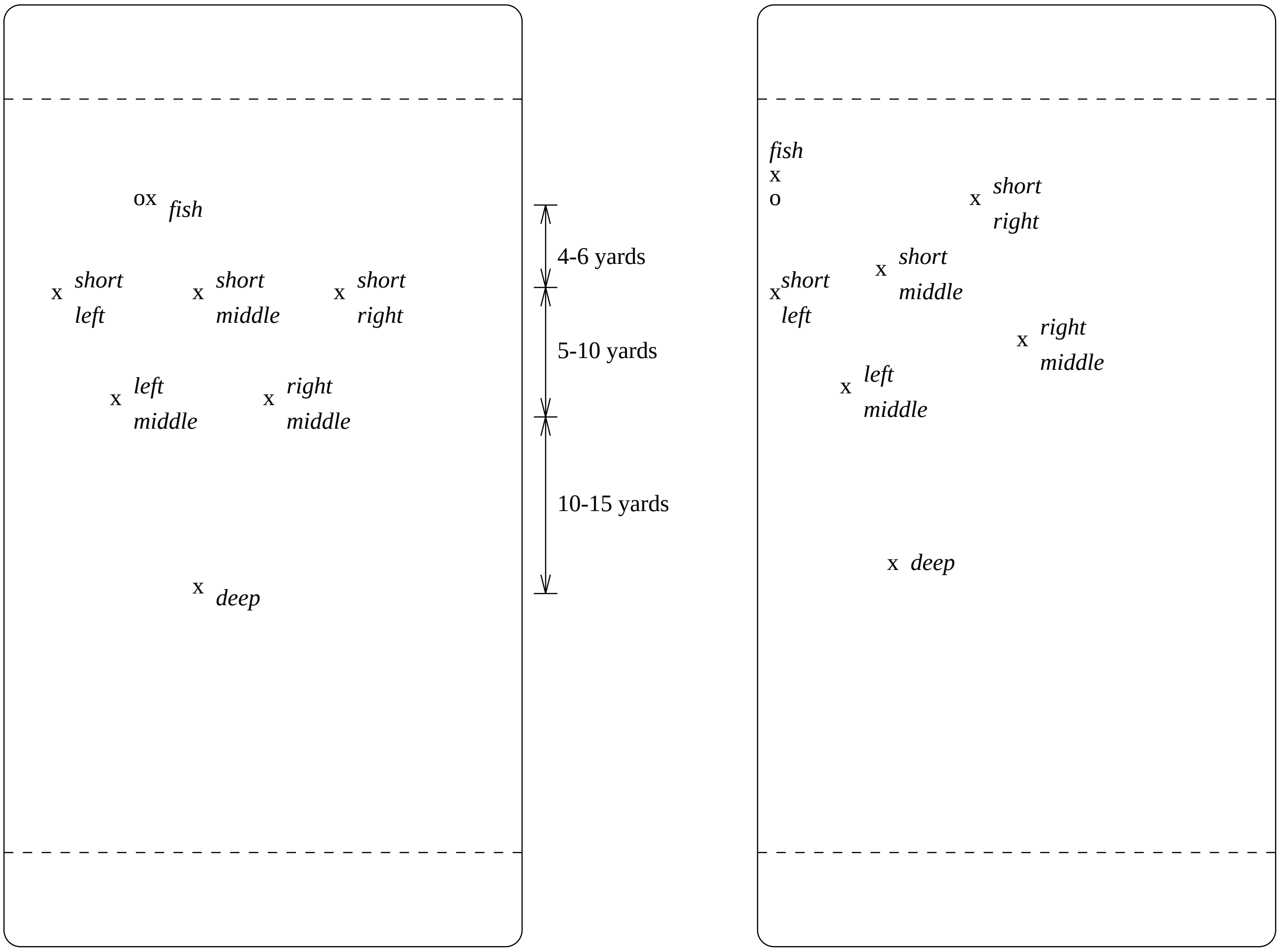


Figure 5: The **salmon zone** defense. The *fish* forces the disc towards the closest sideline. The rest of the defense shifts towards that side of the field. The key is to play aggressive defense on the person in your zone, especially if you are one of the shorts. The shorts may move up to a position even with the disc if there is an offensive player there. In such a case the middles and deep must adjust themselves to fill in holes to prevent an easy throw. Good communication is needed all around. If the disc reaches the sideline, the fish may force the disc up the field and the far short may come up even with the disc as shown in the diagram on the right.

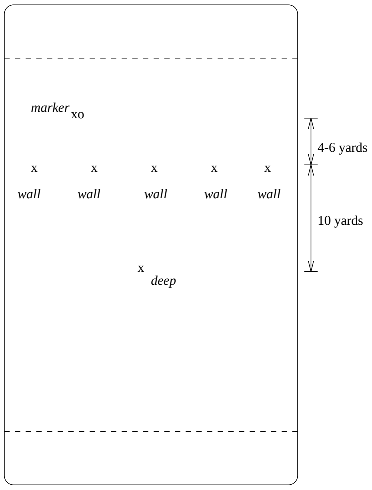


Figure 6: The **wall** defense. This is only used for fun and on *very* windy days. One person will mark the disc and one person will play back. Everyone else forms a line across the field. When the disc is moved, the player closest to the disc will go to mark it and force it back towards the middle (and a little foward). The player that was marking the disc will go back into the wall. Everyone else will adjust to make room for the old marker and take up the void left by the new marker.

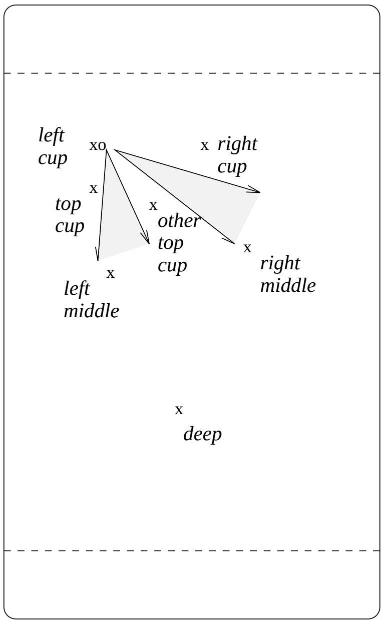
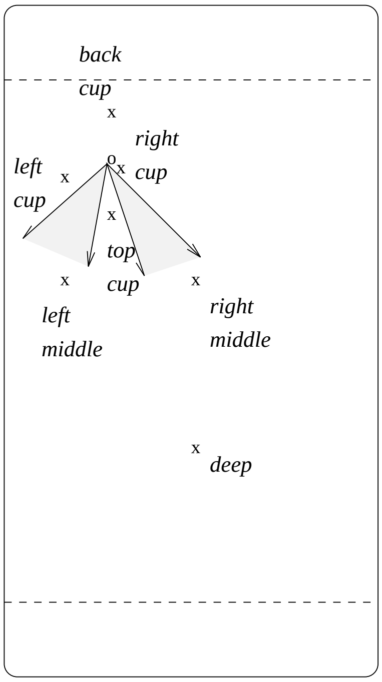


Figure 7: The **4-person cup preventing the swing**. This cup plays fairly loose. The top of the cup almost plays even with the disc, sometimes even cheats towards the sideline. This makes for a very small opening through the cup towards the sideline and for the middle on that side to ignore it and instead cover the zone between the top of the cup and the other top. When the thrower passes the disc back for a dump, the other side of the cup immediately goes to prevent the swing pass and the other people in the cup converge on the dump. The middles play the zones in the obvious holes. The deep does a lot of praying. This is best used for only a few passes. After the offense has lost a bit of yardage one of the top cup players should drop back and play middle middle as the team changes to the standard or rabbit zone defense.



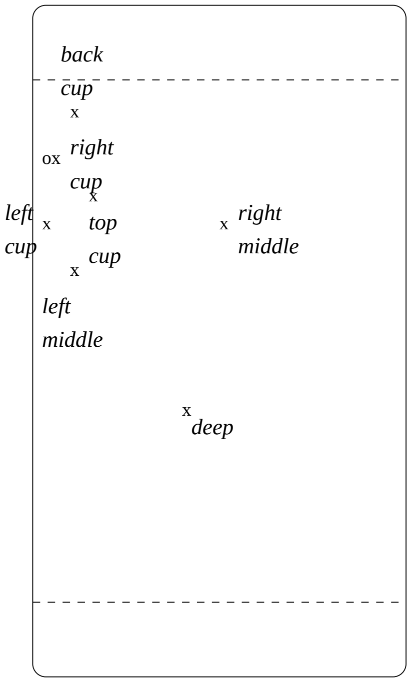


Figure 8: The **4-person cup preventing the dump**. This cup plays fairly tight and forces the disc to the sidelines. The back cup plays person-on-person with the dump denying the disc towards the centre of the field. When the disc is on the sideline the cup changes formation into a hard trap as shown on the right. The middles cover the zones through the obvious holes in the cup. The deep does a lot of praying once again.

The final defense is one that is disguised as a person-to-person defense, but is really a zone defense. It is usually only effective for one or two passes. It is called the **clam** and is shown in figure 9.

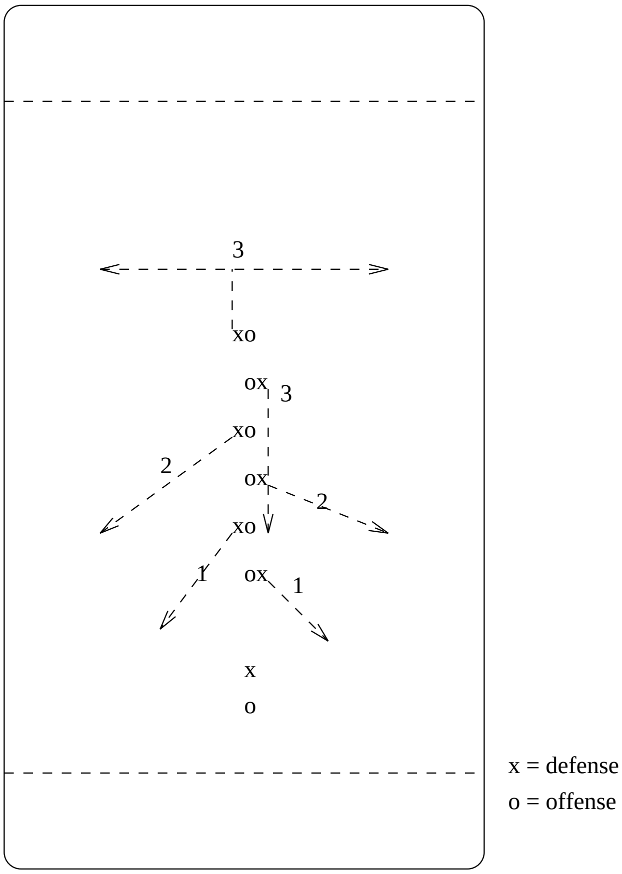


Figure 9: The **clam**. Everyone marks an offensive player so that the offense believes it's a person-to-person defense and stack up. The player marking the disc marks straight up (usually a no-no). What area a defender will cover depends on what position his/her check takes in the stack. As soon as the disc is in play the first two players in the stack get ready to poach on either side of the disc. As soon as any offensive player moves, these players take a position in the passing lanes. When the offensive players notice something is wrong, the next two people in the stack take positions behind the poachers. They stay about 10 yards behind the poachers no matter where the poachers go. The last two people in the stack will decide who should watch long and who should patrol the middle of the field. Since the force is straight up, a huck should be very difficult to get off.

Offense

Patience is a virtue, especially when playing offense.

In ultimate, unlike most other sports, the person with the disc can't move. This means that the receivers must work extra hard to get open for the thrower. The best way to work the disc up the field is to create open space for the disc to be thrown and for people to run. One way of creating lots of space is for everyone to line up in the centre of the field. This is called a **stack** and is diagrammed in figure 10. This creates two open spaces for the disc to be thrown. People may then leave the

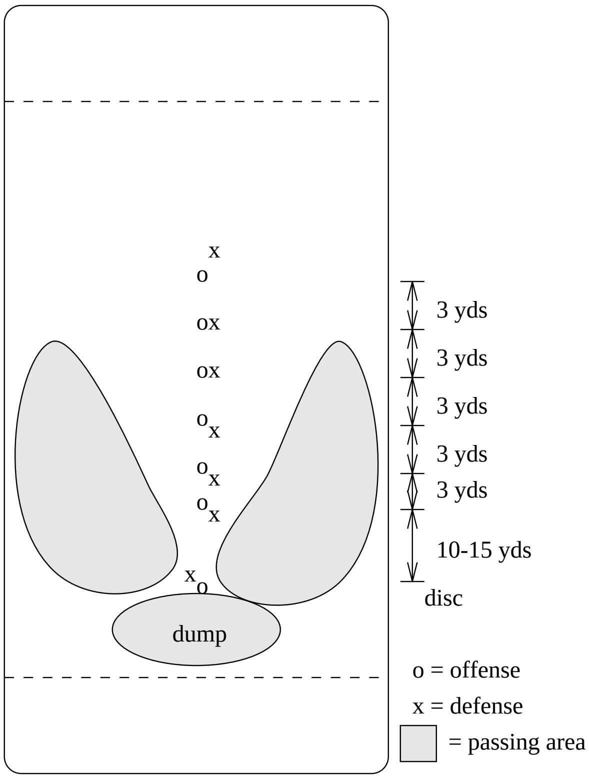


Figure 10: The **stack** is used to create space for people to run and the disc to be thrown. There should be enough room between players in the stack so that any one of them can run from the stack without risking having their defender run into anyone (called a *pick*). Take note of the areas that are shaded. These are the areas that the receiver should expect the disc.

stack (ideally, one at a time) and run to one of the open areas. The best throw to the receiver would be one that curves from the outside and goes in towards the receiver (see figure 11). If the receiver

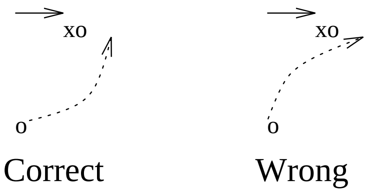


Figure 11: The thrower wants to make a throw that allows his/her teammate to run in to the disc while making it hard for the defender to touch the disc. This leads to putting a certain *edge* on the disc depending on which way the thrower is being marked.

does not quickly get open, he/she must clear the area by either running long down the sideline (the usual clearing cut) or going behind the thrower (done less often). (The entire **cutting** process is shown if figure 12.) If the defender doesn't follow the receiver (*i.e.* **poaches**), the receiver should

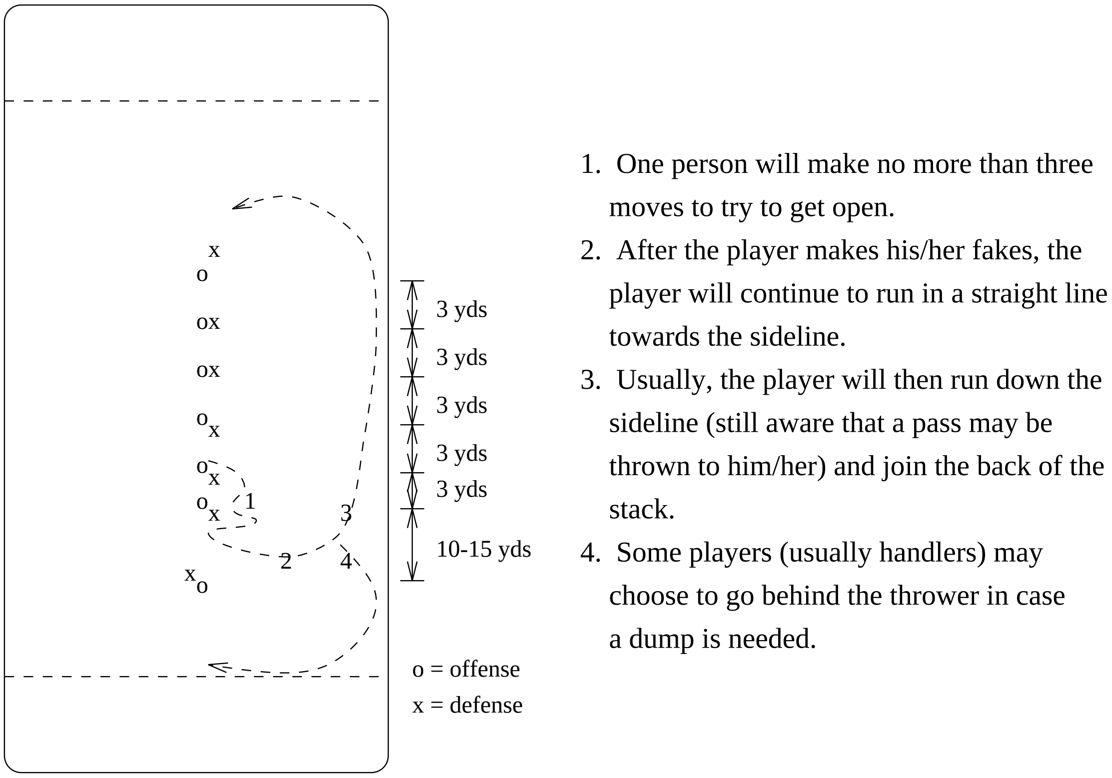


Figure 12: One person will leave the stack and try to get open. If they don't get open they must clear the area to give room for another person to *cut*.

look to get open from everyone for an easy immediate pass or a later pass (usually by running down the field, keeping to the sideline). This player will yell, "poach!" to let the thrower know that there is a defender sitting in a passing lane and to draw attention to his/herself.

To summarize, the role of the receiver is to

- get in the middle of the field to be part of the stack and create open space.
- cut one at a time (with only a few fakes) to try to get open.
- quickly clear the area if they don't get the disc by running on the sideline to eventually get back in the stack.
- (off of a pass that is about to be completed) set up their defender for an easy continuing pass (this is called a **mirror** cut).

The key is to keep lots of space clear for the disc to be thrown there and for people to run there. The role of the thrower is to

- be patient; 10 seconds is a long time.
- pivot and fake to create more angles to throw the disc.
- throw a throw that you know will get to an *open* receiver.
- (in the case where a defender is poaching) see if a pass may be made to the open receiver or else look to an area that is not occupied by the poacher.

- look to make a short backwards pass (**dump**), when the stall count gets to 6.

Throwing a **dump** is usually easy because the defense is not concerned if the offense moves the disc backwards. Dumps take place in the region behind the thrower as seen in figure 10. Once the thrower decides to throw a dump, he/she will pivot so that his/her endzone is now to his/her back. He/she will take note of which side of the receiver the defender is positioned and look to throw the disc to the opposite side. He/she will then make eye contact with the receiver and throw a short pass to the open side of the receiver allowing the receiver to run to the disc. In most cases, dumps can be used to break the defense's force or to initiate a *give and go* cut.

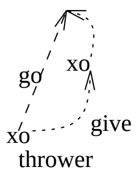


Figure 13: The *give and go* play.

The **give and go** play is simple but dynamic (see figure 13). Usually it is run off of a short pass. The cut begins with the thrower. Once the disc leaves the thrower's hand, the thrower is running. The release of the throw and the beginning of the run happen instantaneously. Since the thrower knows when he/she is going to throw the disc (unlike his/her defender), he/she will usually be open after his/her first step. The receiver of the short throw then looks to throw the disc back to the original thrower. (Note: Running right after you throw is a good idea no matter what the situation.)

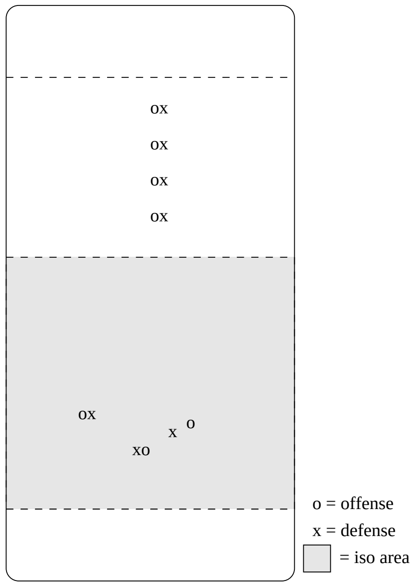


Figure 14: Three players may try to work the disc up the field by themselves if the other players give them room. So as not to tip the play too early, the four remaining players usually stay stacked and within about 25 yards of the disc, moving back as the disc is advanced.

There are other ways to create space besides using a stack. One way is to have four of the seven players run down field. This leaves lots of room for the remaining three players to run (see figure 14). In essence, you have *isolated* three players to move the disc up the field and hence this play is called the **iso**. The players in the iso are then free to move the disc anyway they can to at least half field. Usually, many give and goes are used to move the disc.

When running a **zone offense**, looking for and creating open space is still necessary, but patience becomes even more important. There are three different roles for players in the standard zone offense: handler, popper, and long. The **handlers** work the disc from side to side creating and looking for holes in the defense. The **poppers** move in the middle of the field, timing their cuts off of the swings by the handlers, hoping to receive passes through the holes in the cup. The **longs** move along the sidelines. They alternate coming in and going out as the disc leaves and comes towards the sideline that they are on, respectively. (See figure 15.) Once the disc is moved up field, the receiver may quickly look for an easy open pass or (in most cases) be patient and look to dump the disc (the dump is usually available) and the pattern is repeated.

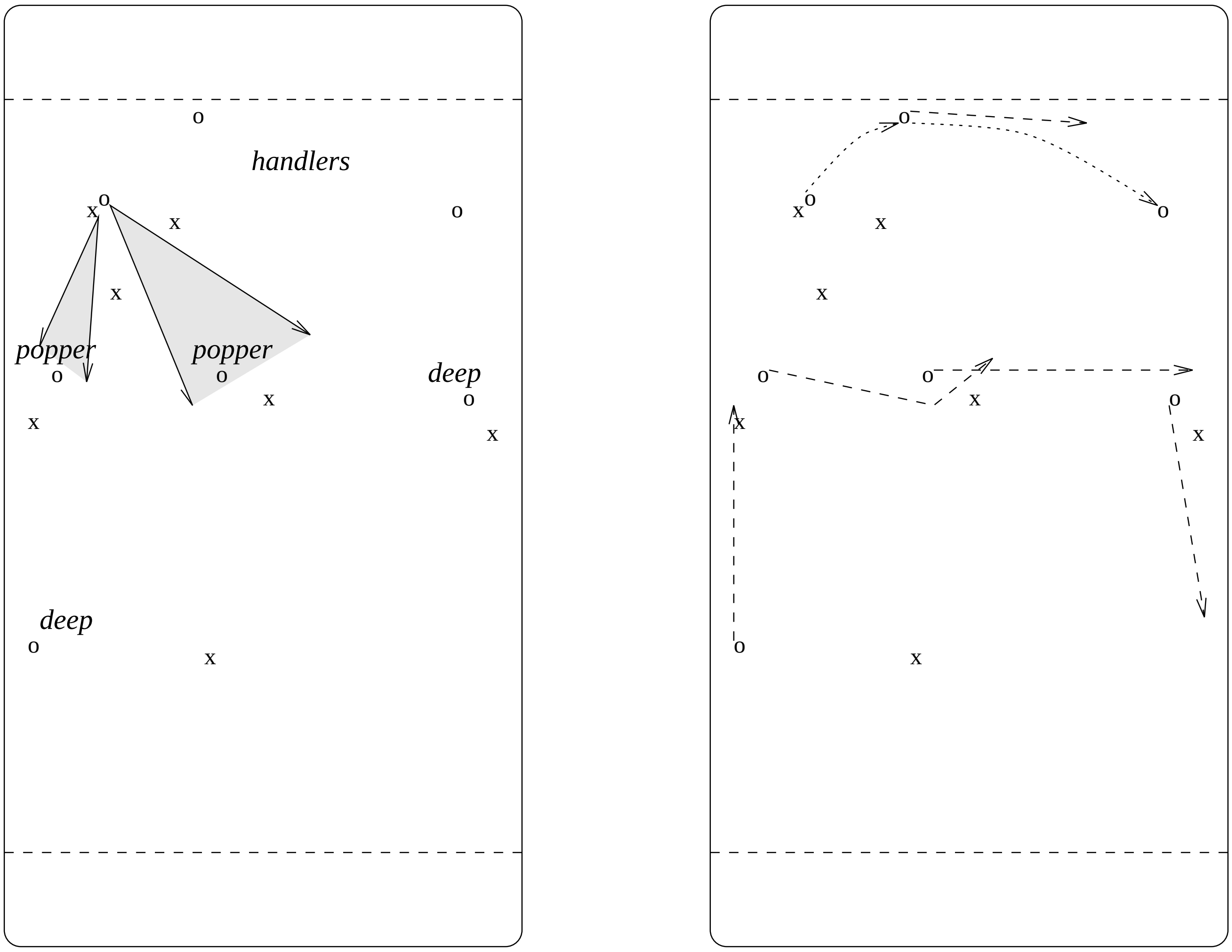


Figure 15: The set up of the standard zone offense is shown on the left. One way for the offense to move is shown on the right. This movement usually begins when the disc is dumped back. If the swings don't happen quickly, the poppers should be moving (usually one following the other through an area) trying to get passes through the holes of the cup.

Often times the disc will start on the sideline or be moved to the sideline because of the flow. If the defense is forcing the disc to be thrown on the sideline (*i.e.* **trapping**), the offense does not have a lot of room with which to work. In this case, a special formation is used to get the disc off the sideline and to break the force. This set up is called a **Berkeley**. (See figure 16.) One player, the **berkeley**, will initiate his/her cut about ten yards from the disc, even with the thrower. Usually, the berkeley looks to cut towards the dump side of the thrower. Once the throw is made, a person from the stack will cut to the break force side of the field. The berkeley will receive the disc and proceed to throw the disc to the cutter from the stack. If a Berkeley is called, the berkeley cut must get open and the number one priority of the thrower is to get the disc to the berkeley.

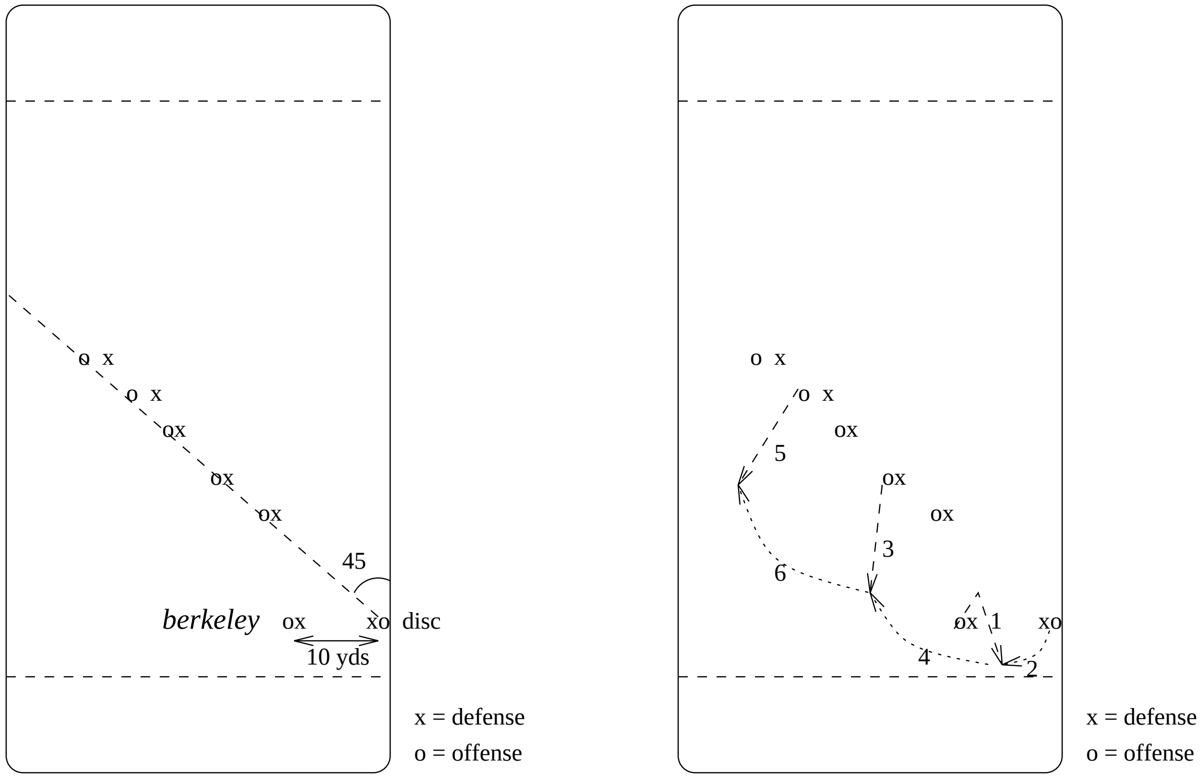


Figure 16: The berkeley is lined up even with the disc to allow the thrower to throw the disc on either side of the mark. The berkeley will primarily try to get open for a dump and swing play, but if the sideline is open *and* so is the berkeley, a pass up the line is also good.

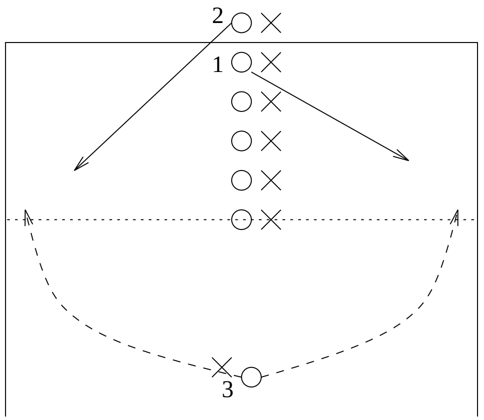
A team should eventually be able to work the disc close to the endzone. However, at this point less space is available with which to work and the defense usually tries to play a little harder. Therefore, having some special plays set up for when the disc is within 15 yards of the endzone is a good idea. Figure 17 explains the setup and a few plays.

Set-up : The stack should have plenty of space between players so that picks can be avoided. (This means that people may be out of the endzone which is ok.)

1st in stack : The first player in the stack is the safety person. It will be his/her responsibility to go for a dump if the play doesn't work.

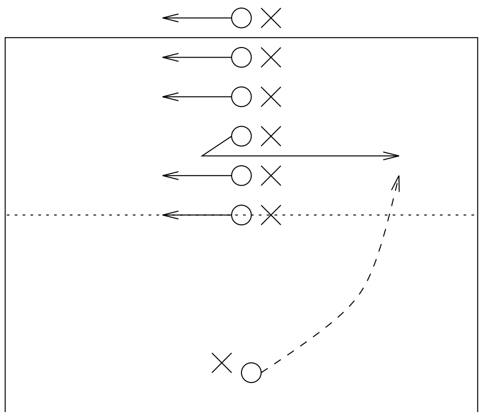
Note : Be sure to note the designated passing lanes for each play and if you are not the designated target try keeping your check (as well as yourself :) out of the area.

Calling : The play will be bellowed out by the thrower. However, no one will move until the thrower says "go."



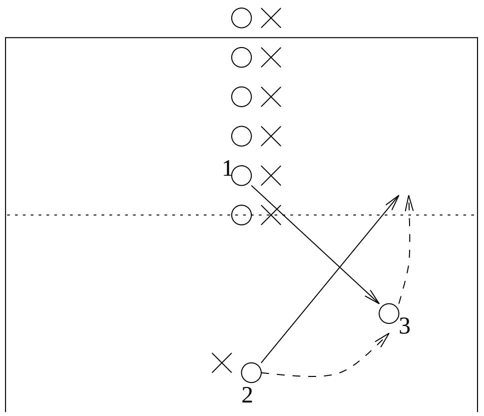
Jail Break

1. Next to last person will cut to one of the front corners.
2. The last person will immediately cut to the other corner.
3. The thrower will choose between the two cuts.



Mob

1. Someone will be designated to make the cut.
2. Everyone will start running to the break force side of the field.
3. The designated cutter will quickly cut back to the forced side.



Foreplay

1. The second person in the stack will cut to either flat.
2. As soon as the thrower releases the disc, he/she makes an immediate 45 to the endzone.
3. The catcher quickly throws a floater to the original thrower.

Figure 17: Endzone plays.