

Sharkbait Zone Defense

The primary goal of this zone defense is to funnel the disc toward the sideline where throwers are forced to either throw it backwards with no continuation option or to throw a risky pass to get the frisbee off the sideline. We achieve this by leaving the open side handler free while covering the breakside handler and potential downfield options. Here is the basic setup:



Positions:

C1: The mark - Part of the two person cup that chases the disc and sets the mark

C2: Front of the cup - Other player in the cup responsible for making downfield throws tough, prioritizing stopping inside breaks, uplines, then hucks

BH: Breakside handler - defends the breakside handler to discourage swings to the breakside

SD: Short Deep - Defends the center of the field, works with the openside wing to stop throws to the open side

OW: Openside Wing - Defends cutters toward the openside sideline

BW: Breakside Wing - Defends cutters toward the breakside sideline, mainly looking out for riskier throws such as hammers or inside-out throws

DD: Deep Deep - Covers the deep threat, prioritizing the openside.

The walkthrough below shows how the front layer, which consists of the 2 players in the cup and break handler defender, should move as the disc swings side-to-side.

<https://playspedia.com/play/embed/id/24086>

Downfield, the wings and the deeps function similarly to the way they would in a regular zone as shown in the walkthrough below.

<https://playspedia.com/play/embed/id/24145>

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