

Resets

When a thrower is unable to throw downfield for whatever reason, they should look to perform a reset (AKA dump)—a short/low-risk throw to reset the stall count, keep possession, and ideally reposition the disc to an advantageous position to continue downfield progression.

There are two standard dump cuts that teams typically run. Both of them are designed to give the reset handler at least two spaces to attack, making it hard for defenders to anticipate which space to guard. The first is known as a jam cut and has the reset handler set up 45 degrees behind the disc on the open side. The sequence is shown below.

<https://playspedia.com/play/embed/id/23977>

Jam cuts are most effective when the disc is far enough away from the sideline such that there is space to cut to on either side of the disc. When the disc is on the sideline team will use the second type of reset, often referred to as train tracks. In these cases, the reset handler should set up level with the thrower on the breakside or toward the center of the field, with a preference for the breakside if it's available.

<https://playspedia.com/play/embed/id/23978>

Revision #3

Created 31 July 2023 10:42:21 by Walton

Updated 4 August 2023 23:18:07 by Walton