

Lauren Boyle Zone 0

- Pitt, Danger 2nd yr
- Team USA - 4 cycle 3 mixed women
- High school girls / mixed
- Club women's

Can people put in the chat
where they ~~have~~ are from?

+ ~~what you are excited~~

Zone 0

Zone offense is typically a reaction
to zone D.

↓
today I am going to talk about
once you are in your zone 0.
Transition from pull play / stop
disc into we can talk @ the
end if there are questions.
~~tonight~~

- ① Shout out or put in chat
different Zone D's + Junk
→ bonus if you can say / write
the objective of that D

later
come
back
+ see
what
we
learn

Objective: Flexible + dynamic
to create opportunities to
go around + thru

balance attacking + patience

Zone D → system designed to limit
+ dictate space
in specific ways

Instead of having a defense system
for every scenario
having a flexible + dynamic
offense that can attack
~~each one~~ whatever comes your
way.

Thinking about it as a full system
is very complex
so break it into parts

Horizontal → front wall

Vertical → front wall to deep

Bring back to objective
AROUND + THRU EACH

HORIZONTAL

Accordion

Going Expands proactive
turn

Collapses proactive
→ around

Good default → after 3x do something different.

Create opportunities

also
want to attack the zone D
so balancing that we will talk
about later.

Going Around

- ① Face up mark + play
3 person marking
- ② Going around in 2 or 3 throws
- ③ ~~over the top~~ Be creative
- over the top
- go back

① Facing up the mark



Facing up mark it's 2 on 1
also moving disc away from
the front wall
+ still have the easy

Drill → 3 person marking
"McFluegan"
"Redemption"

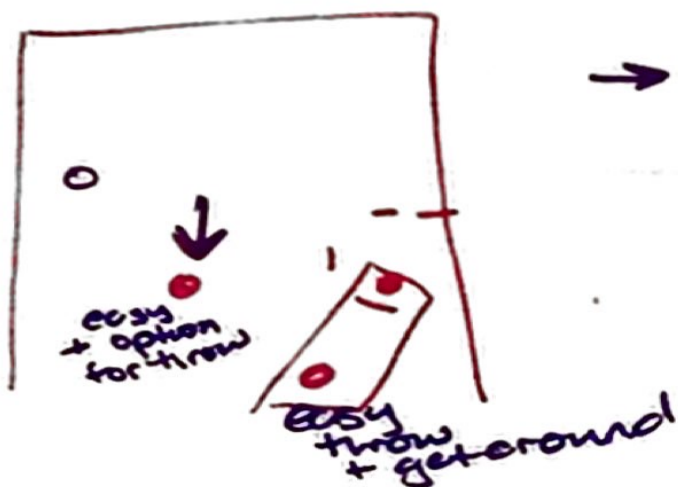
Coach: One player to play
McFluegan

② Swing the disc
to be able to move laterally
to expand

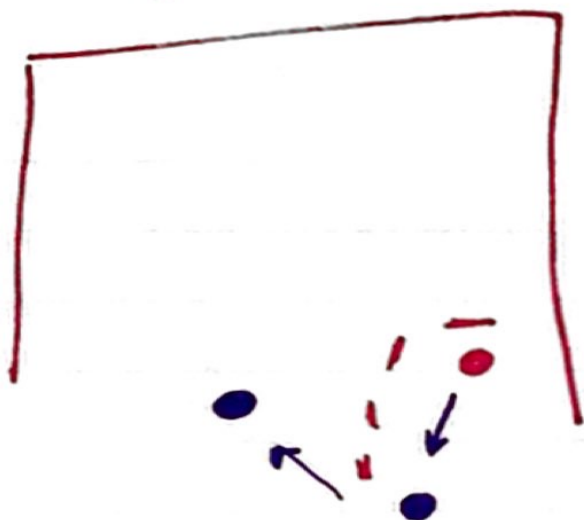
Guidelines

→ stay 5-7 yds off sideline
Why?
- get help

→ lateral + upfield



→ find position you can
do both.



③ Be Creative

- Over the top
 - Space
 - Speed
 - Angle
- The Slingshot effect

Thru

① Front wall is spread be opportunistic

→ showing your poppers/wings
where holes are

→ show the option
to test the D *

② Using movement to go thru

- poppers schenerry
- handlers

use one or the other

Movement

~~Popper~~ Schenere

Objective get wrist past
front wall.

~~Front~~ Horizontal movement

Breakout rooms Clip

Focus / Front wall + Handlers

- ① Identify what type defense
is Texas running?
- ② What does Colorado do well
- ③ ~~What can they do~~
~~Thoughts on tweets to~~
~~see~~ What makes them successful
this point?

Vertical later w/ same clip
Have prep from each room
bring back thoughts

Handoffs + front wall

Popovers / wing areas / now what?

→ if zone / junk overloads
the front wall
go play catch until stopped
either b/c scored or the
D was continued.

→ minimize loss of yards getting
back to handoffs

if zone / junk overloads back field
that's where this accordion
become + tactics become
useful

① Put ^{defenders} people in motion b/c
it will be harder to guard
you + someone else
Accordion

② Overload a position
"making them choose"

③ Optimize the hand off

Questions?

Other thoughts

Drills to use

- 3 person marking

- 10 x 10 box

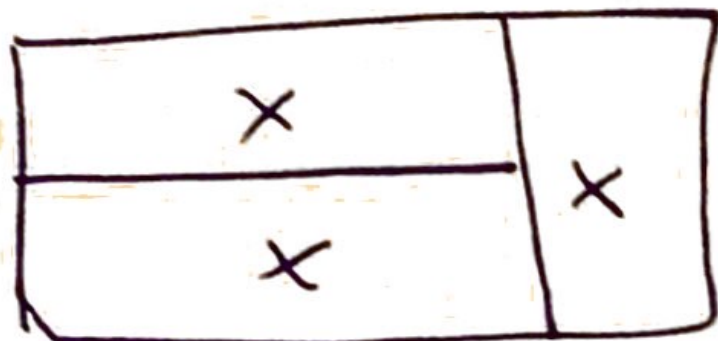
4 vs 5

Swalk

the or that passes

great warm up drill

Ping Pong



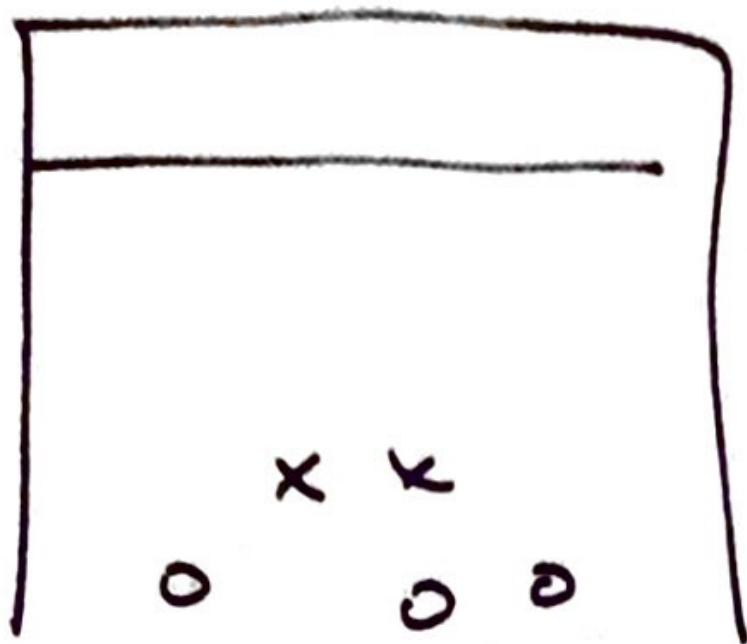
Someone
on sideline
still

get it in endzone

- 3 offenders

- can't be more than 2 in one
box

teach split defenders



half field
stall 5
stall from
anywhere