

## **Film March 31, 2020**

There is no breakdown from me this time because it is included in the video effectively.

There are 4 parts to this game, please watch all 4.

These are both European teams and I know essentially nothing about them so just follow the video's commentary. Overall these teams are a bit more sloppy in certain areas compared to the last film you watched.

I also encourage you all to observe how he breaks down every play, identifying what happened and then figuring out why that happened. Ultimate is a sport where little issues can turn into big plays and the commentator does a good job identifying them, and understand these causes will make you a smarter player.

### **Videos:**

Part 1: <https://youtu.be/5tnTRJbM3kQ>

Part 2: <https://youtu.be/NsMNE1s3iA4>

Part 3: <https://youtu.be/wLYxVtVgo5s>

Part 4: [https://youtu.be/C\\_403C9dAik](https://youtu.be/C_403C9dAik)

### **NEW PLAYERS:**

There is some terminology that is used in the video that you may not be aware of; I'll try and cover some of it but as always let me know if you have questions.

### **Switching:**

A defensive switch is exactly how it sounds. When a defender switches who they are defending with another defender.

**Poaching:**

The commentator uses the word poach to describe defenders multiple times in the videos. A poach is simply when a defender creates space from his assigned mark to attempt to create pressure elsewhere on the field. This is a technique that can break the offense, but also leave players wide open if done poorly.

**Zone defense:**

There is a decent amount of zone played in this game and the commentator is assuming that viewers know what it is. Zone defense is the inverse of the traditional person (1 to 1, man, etc.) defense. Zone defense, like in football, is when the defense players in “zones” of the field rather than directly on individual offensive players. Watch how certain defenders are leaving players open but instead defending players once they enter their “zone” on the field. There are multiple zone sets that are used but that’ll be discussed in a later lesson.