

Defense

Defense can get complex very quickly and we avoided going in-depth in this introductory series. We will look to expand on defensive concepts in future content but please review these key points for now:

- There are two types of defenses, zone and person-to-person. We strongly advise using the person-to-person method when introducing the sport to beginners as it helps create clearer spacing for understanding certain offensive concepts.
- If your person has the disc, stand on one side of them and try to force them to throw either their forehand or backhand. You should also count to 10 at a rate of one count per second until they release the disc.
- If your person does not have the disc, stay between them and the disc. Ideally, they will position themselves to see the disc and their offensive person at the same time throughout the point.
- Beginners often have a hard time understanding contact and fouls; heir on the side of safety, especially at younger ages.