



BY: Kyle Weisbrod
ILLUSTRATIONS BY: Tony Porter

Presented by



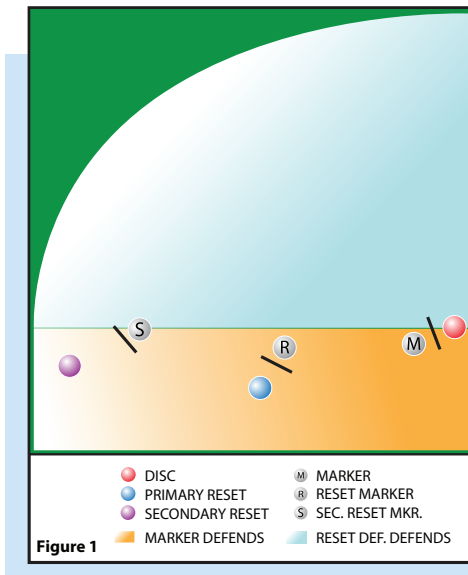
Reset Defense

EFFECTIVE RESET DEFENSE WILL GREATLY INCREASE A TEAM'S DEFENSIVE SUCCESS. PUTTING PRESSURE ON THE RESET THROWS, WHICH ARE SUPPOSED TO BE EASY, WILL FORCE THE OFFENSE INTO TAKING LOWER PERCENTAGE THROWS DOWNFIELD. GOOD RESET DEFENSE STARTS WITH PLAYING IT. TOO OFTEN, TEAMS OR PLAYERS WILL RELAX ON THE RESET RECEIVERS AND ALLOW EASY RESETS. PLAYING GOOD DEFENSE ON RESET RECEIVERS REQUIRES AS MUCH FOCUS AND EFFORT AS PLAYING GOOD DEFENSE ON DOWNFIELD RECEIVERS.

Understanding what space the mark is responsible for and what space the reset defenders are responsible for on all positions on the field is just as important for reset defense as it is for downfield defense. A common division of responsibilities on the trap sideline is to make the mark responsible for throws backfield and the reset defender responsible for throws downfield. Figure 1 shows the area of the field that the mark and the reset defenders are primarily responsible for in a typical force forehand defense.

Reset defense with the disc in the middle of the field is more complicated and difficult compared to when the disc is on the sideline. With the disc in the middle of the field, the mark is responsible for taking away more downfield throws from the thrower, leaving more space for which the reset defenders to be responsible. In a force forehand defense with the disc in the middle of the field, the mark is responsible for taking away throws to the backhand side of the field.

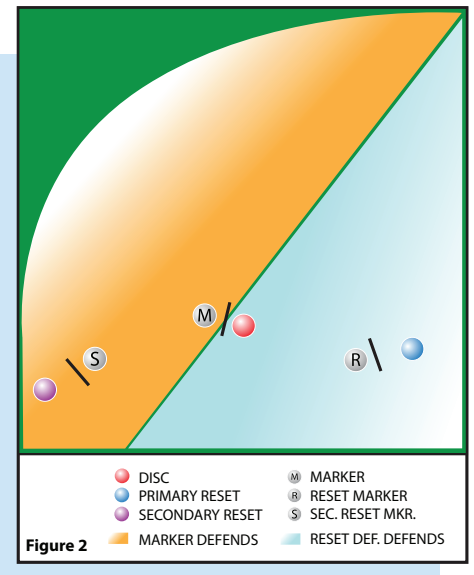
A reset defender covering a reset on the force side of the field is primarily responsible for defending the area behind the thrower. This defender should be set up between the reset receiver and the thrower, and slightly to the backfield side of the receiver. Throws downfield on the force side to this reset have a very narrow window and are difficult to complete for the thrower. This defender should be set up to prevent a reset with the receiver moving to the breakside of the field with no mark, but should also be in a posi-



tion to make the downfield throw from the thrower difficult to complete.

The defender marking a reset receiver on the breakside of the field is not in as vulnerable position as the defender on the force side, but must still work to deny the disc to the reset receiver. The defender on the breakside is primarily responsible for the area behind the thrower. Figure 2 demonstrates the responsibilities of the mark and the reset defenders in a force forehand with the disc in the middle of the field.

Good reset defense when the disc is on the breakside of the field can greatly increase the chances of a turnover in that situation. Particularly in a force forehand defense against a right-handed thrower where the short leading forehand or lefty backhand is a very dif-



icult pass reset defenders can mark smartly to force difficult throws. On the line, the mark can use the sideline and swing around to prevent throws directly downfield.

The defender guarding the closest reset receiver is responsible for backfield throws and should take a position to force the reset receiver to cut downfield, allowing only the difficult leading forehand throw and putting pressure on it. The defender guarding the farther reset receiver cannot slack off. If the first reset cutter cuts downfield, the second reset receiver can be expected to make a reset cut. The defender guarding the second reset cutter is responsible for cuts to the backfield as well, but because of the distance from the thrower, does not need to be positioned as much to force the downfield throw.