



## 2025 Pod Practices

presented by



### Session 3 - Breaking the Mark

**Concept:** Breaking the mark is one of the best ways to create initiation. Once we have moved it to a space the defense didn't want us to have, we can either capitalize on their lack of recovery, or counter against their over-recovery.

**Goal:** Be able to create offensive flow with just one or two challenging throws.

Warm-ups		
<a href="#">Warm-up</a> (15 minutes)	Designed by <a href="#">Brian Nevison of Ultimate Mobility</a>	<b>This is not optional.</b> It is critical to warm up before even the simplest of pods.
<a href="#">Complete the Square</a> (5 minutes)	Throw to moving targets with good pace, shape, timing. If there are only two of you, <a href="#">substitute V-Cuts</a> .	<b>Goals:</b> <ul style="list-style-type: none"> <li>- Get your throws and catches warm.</li> </ul> <b>Focus on:</b> <ul style="list-style-type: none"> <li>- Pace and shape of the throw to make it easy to catch</li> <li>- Hitting the receiver in the shooter's pocket (in front of them, in between their breastbone and their eyes) on every throw</li> <li>- Timing your cut to give a big window for your thrower to throw into; start later than you think!</li> </ul>
Pod Practice		
Tactical walkthrough (15 minutes)	Three person breakmark drill, with two throwers facing each other 10 yards apart. Mark is forcing mostly straight up, but slightly flick. The mark is facilitating this drill, and so should slightly overreact to fakes that are thrown. <ul style="list-style-type: none"> <li>- Level 1: Step out and throw the flick around the mark.</li> </ul>	<b>Goals:</b> <ul style="list-style-type: none"> <li>- Build some slow motion tools in your mark breaking. You will not become experts at this by doing this drill for 15 minutes. You will need to do it allllll the time. This is the first step in that journey; feel how it physically feels when done right, and try to replicate it in future reps.</li> </ul>

	<p>- Level 2: The shimmy! Step out for the flick, then rotate your shoulders to face where the backhand pivot would be, then rotate them back to the flick side and throw the flick.</p> <p>- Level 3: half-pivot backhand. Step out for the flick, fake it towards the inside of the mark, then pivot quickly for the around backhand. Throw the disc before your foot has been put back on the ground. Mark, you will need to facilitate this by biting somewhat hard on the flick fake.</p> <p>Switch the force to straight up but slightly backhand.</p> <p>- Level 1: the same, but backhand.</p> <p>- Level 2: same</p> <p>- Level 3: around flick. Fake the backhand to the inside space, then step quickly to the flick side and slightly backwards, and throw a slightly bladey around flick. Again, mark, facilitate with a hard bite on the backhand fake.</p> <p>The rotation is the thrower chases their throw and becomes the new mark when they get there, and the old mark stays as the new target for the thrower.</p>	
Commitment tests (15 minutes)	<p>Three person breakmark drill, with two throwers facing each other 10 yards apart. Mark is forcing straight up.</p> <p>- Level 1: the mark cannot shuffle. Step out to one side or the other, and hold the disc at release point. Step out to get to a place where the mark is forced to lean. Once you've reached the mark's max reach, step out further and release</p> <p>- Level 2: step out to measure the mark's max lean, then pivot back to the other side quickly</p>	<p><u>Goals:</u></p> <p>- Obviously this is a bad mark, but we are trying to see where limits are. We can apply this process to marks that are more balanced and shuffling; once the disc has been shown to a space, the mark will sometimes think that's as far as the thrower is willing to release it. To then step out just a bit more is sometimes enough.</p>

	<p>and try to get the throw off using quickness, length, or a combo</p> <p>- Level 3: step out to measure the mark's max lean, and then decide organically if you'd rather step out further to that side or beat the mark back the other way.</p> <p>The rotation is the same as the last drill.</p>	
<a href="#">Breakmark drill - thrower focus</a> (10 minutes)	Breaking a mark to a moving cutter.	<p><u>Goals:</u></p> <ul style="list-style-type: none"> <li>- Lead the receiver, and ideally put it in the shooter's pocket so they can generate initiation off of your throw.</li> </ul>