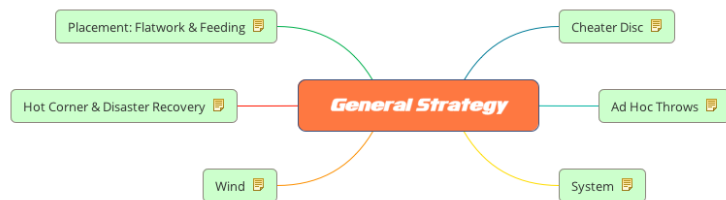


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## **General Strategy**



### **Cheater Disc**

Should you use a cheater disc?

Do you need one?

Do you use one in training?

If not, then you probably shouldn't.

### **Ad Hoc Throws**

Making random or unusual throws is a recipe for disaster -- unless that is your style and your dog handle's it well.

Throws that are standard and well thought out and placed are much better.

Reading the dog's line and hitting the dog with a well thought out and well placed disc for the task at hand are key.

### **System**

If you have a system, stick to the system.

It only takes a few seconds to get back on track.

### **Wind**

Throwing into the wind makes disc hover more = less run out after catch and faster retrieve.

Throwing down wind means long run out = slower retrieve.

Down wind makes discs drop -- shorter throws more so.

Rollers work well down wind.

### **Hot Corner & Disaster Recovery**

The "Hot Corner" works well for games that clear quads or allow repeated throws into a zone.

After a cleared quad, the last zone caught is open. A flip or tiny toss in there makes for a speedy start to the next quad.

Double up on big point quads as time runs down.

If you miss a zone and have to go back to it, a flip or a tiny toss works quite well and allows the team to quickly get back on track.

## Placement: Flatwork & Feeding

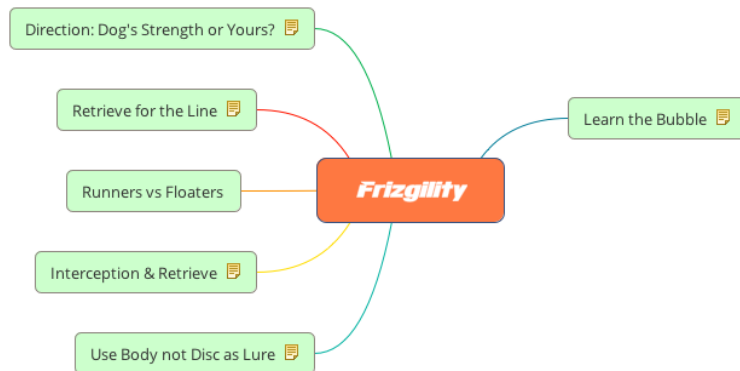
Make sure you read your dog's position and motion well.

Dogs that are moving are on a line. Throws that are too far off that line are not going to be caught.

Read the dog's line and deliver throws that feed the dog's line and motion.

If the dog is not in position or on the proper line, wait a moment and direct the team to the proper line -- 1 second of adjustment is much better than a 10 second miss.

## ***Frizgility***



### **Learn the Bubble**

Dogs have a bubble of success space around obstacles. It is not necessary to get right on top of the obstacle, but just to stay inside the edge of that bubble.

Explore the bubble on different obstacles and use that knowledge to give yourself some time and better set up your next move.

### **Use Body not Disc as Lure**

A disc in a running humans hand can be an overwhelming distraction.

The disc should not be used as a lure.

Your body and movement are the lure. The disc should be an extension of the body, placed on the same plane of your shoulders in the direction the team are going if it is to be used to guide the dog.

An open hand is a fine cue for taking jumps.

Discs that are not moving are quiet. Discs that are moving are LOUD!

The throwing hand is meaningless until it comes time to throw.

### **Interception & Retrieve**

The speed and angle of the dog at the time of catch affect the time it takes to retrieve. A low, running throw means that the dog will be sprinting at the time of catch. After

the catch it may take 20 yards to turn around after aggressive attempts to get the disc.

A floating disc can drastically reduce that outrun after the catch.

Throwing too far into the zone can also cause problems. If you need to throw 10 yards, throwing 19 only wastes time. If you need to throw 10 yards, throw 12.

Interception type receptions eliminate the outrun and lead to a quicker and more efficient retrieve.

Throwing short, just over the 10pt line, to the opposite side of the field will create a friendly and efficient pattern for max reps through the obstacles.

### **Runners vs Floaters**

Runners run away from the dog and encourage ludicrous speed. Floaters hang in the air and encourage a stable, thoughtful approach for the leaping catch.

Keep the discs slow and floaty to reduce the outrun and reinforce fast reorientation to the handler.

### **Retrieve for the Line**

Be an active handler! Move to the spot you need to start your next run at the obstacles during the retrieve. You may cross the throwing line after a throw.

Put yourself in position before the dog Gives or Drops the disc and the team will already be set up and ready to tackle the obstacles.

If the dog has strong agility skills a Drop & Send is pretty sweet too.

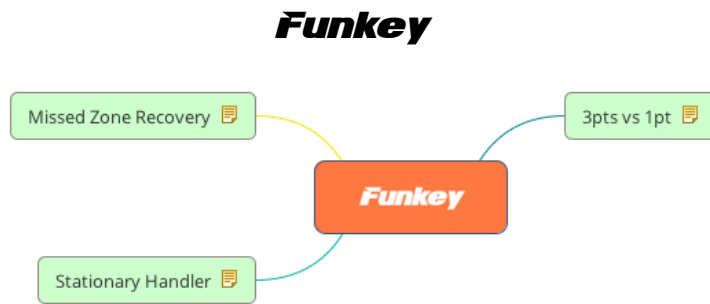
### **Direction: Dog's Strength or Yours?**

Clock or counter clock; those are your choices in Frizgility.

Handlers and dogs both have a preference for direction -- naturally and as a product of conditioning.

Throwing to the left for a right handed handler is sometimes tough, it's not a natural move. Some dogs are heavily unbalanced, clock or counter.

These preferences make for some choices to be made regarding whether the team will play to the handler or the dog's strengths.



### **3pts vs 1pt**

22 Points Per Quad (PPQ) using 3 Point jumps

14 PPQ using 1 Point jumps

3 Quads at 1 Point = 42 Points

2 Quads at 3 Points = 44 Points

3 Quads at 3 Points = 66 Points

### **Stationary Handler**

Camp out on a 3 Point jumps for fast score and stable play.

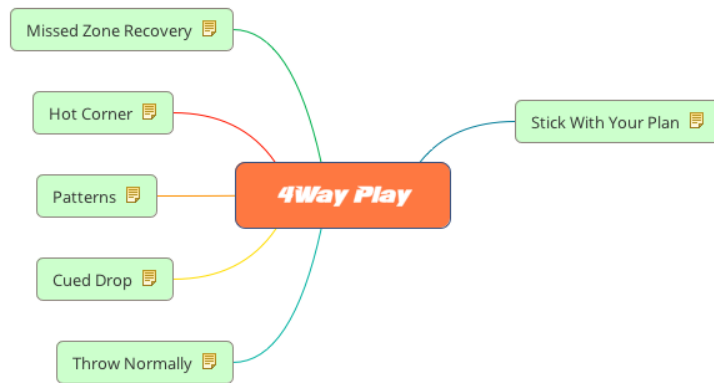
Take 1/2 a quad from the corner with a single jump and make a 15 yard throw while you pick up discs and move over to the other 3 Point jump on the other corner.

### **Missed Zone Recovery**

After hitting an obstacle and missing a throw, instead of sending the dog around and firing out another throw, move towards the zone and try to work a high percentage flip or tiny toss to nail down that zone.

Be prepared for the landing and next obstacle. Get yourself in position to set the line while the dog is navigating the catch. You might want to choose the high percentage trick that will line the dog up with the obstacle you choose to do next.

## ***4Way Play***



### **Stick With Your Plan**

If you have a plan or a pattern, stick with it. If a mistake happens, take it in stride. Implement your plan B (Missed Zone Recovery) with an eye towards hopping back on the pattern, or call the dog in, reset and get started again. It only takes a few seconds to get back on track with your plan. That's often a much better solution for experienced players than trying to wing-it in the last 45 seconds of the game.

### **Throw Normally**

If you don't make tiny tosses of less than 3 yards in your normal game, throwing from the corners near the zones or

the side of the SweetSpot the target zones are, can lead to great frustration.

Throws from this part of the field are tough to make with "proper" execution.

It might be a good idea to drop back to the other side or other corner of the SweetSpot so you can make normal 7-12 yard throws to the target zones.

### **Cued Drop**

A Cued Drop is extremely helpful in 4Way Play. It allows the handler to control where the drop happens.

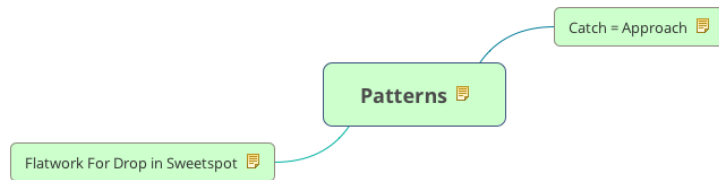
If the dog drops on "opportunity" it can be hard to control where the drop happens on the field leading to lots of running and rushing by the handler to collect discs outside the SweetSpot.

If the dog only drops on cue the handler can simply wait until the dog is in or near the SweetSpot to eliminate the need for the handler to sprint and rush to collect discs.

Resist the urge to reflexively cue the Drop at freestyle distances. Just chill out and wait a moment and your discs will all be close by.



## Patterns



Z Pattern - Zig Zag = Discs Medium Distance and Normal Throwing

Pendulum = Discs Close and Normal Throwing

O Pattern - Around the World = Discs Far and Normal Throwing

Corner Pattern = Short Throws and Discs Close

Random = Good Luck

### **Catch = Approach**

The dog puts his face where the disc happens.

The dog retrieves from where the disc happens.

How and where you throw manufacture the next approach. Slow, floaty discs keep speed low. Fast, low, running discs increase outrun distance after catch.

### **Flatwork For Drop in Sweetspot**

Throw placement manufactures the approach, flatwork tailors it to the task at hand.

Use proper or practical flatwork to bring the dog in before the drop happens. Pull the dog into the SweetSpot before cuing the Drop.

When switching sides of the field, from working 1-2 to working 3-4, a Front Cross is a great way to bring the dog right through the center of the SweetSpot.

Just pivot towards your dog and push her corner to corner, and the drop can be cued right in the middle of the SweetSpot.

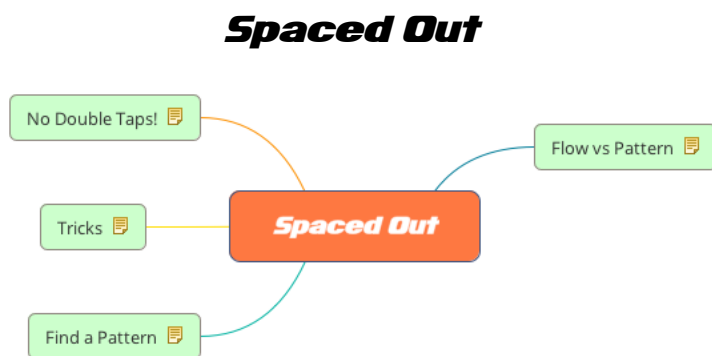
### **Hot Corner**

All scoring zones are open after a cleared quad. Hitting the last zone completed with a Flip or a short toss is a great way to rack up points and efficiently start your next quad.

### **Missed Zone Recovery**

Similar to the Hot Corner, a short toss or a Flip is a great recovery tool.

After the miss, simply wait for the dog to approach and either set up your flip so it lands in the desired zone or set up a little



### Flow vs Pattern

There are two basic ways to play Spaced Out. You can play simply in Flow, using Flatwork or your team's flexible catching skills to move from zone to zone. Another option is to use a known pattern, cramming it into the squares from your random throwing zone.

### Find a Pattern

If you are working with the pattern methodology, identify a pattern from your throwing zone that you can use to

quickly and efficiently navigate the catch zones and Space Out.

### Tricks

There are a few "trick shots" available in Spaced Out that can greatly increase speed and efficiency and earn you more points.

From Throwing Zones 1 and 5 there is a quick 1-2 -- like a double disc throw -- to hit the zone next to the SweetSpot and the long one past it. Boom Pow!

A 1-2 on a crossing pattern in front of the handler from a working Flank from Throwing Zones 4, 2, and 3, is also a nice trick. It allows you to get the SweetSpot and the zone next to it real quick.

A 1-2-3 can be done from many throwing zones.

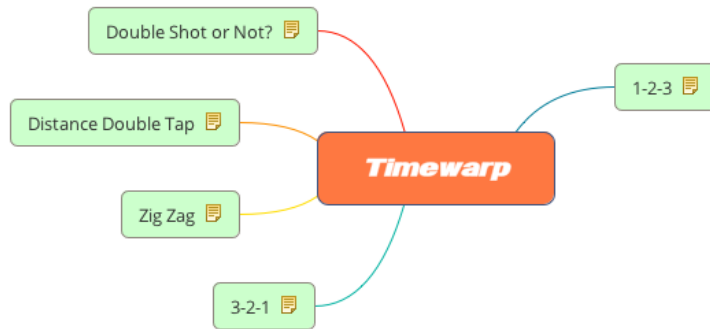
Keep your eyes peeled for trick shots or unique patterns that can make 2-3 catches happen on the run.

### No Double Taps!

Remember that you cannot score in the same zone 2x in a row in SpacedOut.

It is really easy to forget what game you are playing and purposefully try a Double Tap/Hot Corner.

# ***Timewarp***



## **1-2-3**

Throwing a 1-2-3 kind of shot for each zone as the dog is running out is most likely the fastest available Timewarp Strategy. Perhaps a double disc toss for Zones 1 and 2 and a toss to the SweetSpot as the 2nd disc is being caught. This technique leads to an immediate Double Shot SweetSpot attempt.

## **3-2-1**

Making the 1st toss out to the SweetSpot and feeding the dog the shorter throws in Zone 2 and 1 is a good strategy. It allows the handler to be quick and efficient and also allows for the Sweet Spot Double Shot to be attempted with the dog chasing the disc.

## **Zig Zag**

Working some angles is a great strategy for success. Lacking the linear speed of the other 2 options, using a Zig Zag or Rear Cross to move through the zones is much more forgiving than going for broke and running the previous 2 linear patterns.

The team nature of this system increases the likelihood of success and makes recovering from adversity a bit easier.

## **Distance Double Tap**

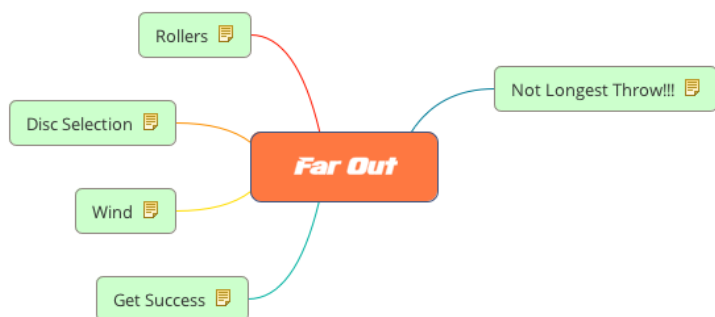
If your dog can handle a distance toss while standing at a distance, a distance Sweet Spot Double Shot is a great option. This strategy leads to zero outrun and a high degree of likelihood of success.

It kind of has to be installed on your dog or it's a crap shoot.

## **Double Shot or Not?**

Whether or not to take the Double Shot or your time is a hotly contested topic.

## ***Far Out***



### **Not Longest Throw!!!**

Far Out is not a single, longest throw event. All 3 throws are added up and scored. It's much better to get 3 65 yarders than 1 at 85.

Play to your strengths and make sure you get catches.

Don't try to go too big.

### **Get Success**

Success is contagious. Get success each time.

### **Wind**

Wind is tough.

A headwind will make the disc more unstable, this means it will want to flip right for a right handed backhand thrower.

A tailwind will make the disc more overstable, meaning it will want to fade left for a right handed thrower.

Tailwinds from right to left can play, or have some of the same effects as a headwind. Tailwinds from left to right have tailwind tendencies.

All mechanical errors are made more apparent with a headwind.

### **Disc Selection**

Heavy or Light Plastic?

Tough decision. Light plastic tends to float and glide more, while heavy plastic tends to fall faster and not float or run as far.

Light plastic can be easy to overspeed and turn over.

Light plastic also doesn't perform normally into a headwind.

If you are throwing into a straight on headwind, heavy plastic might be a good idea. It is less impacted by the

wind and will have better flight principles (glide/float) in headwind conditions.

## Rollers

Rollers being allowed in UpDog is a real game changer. Originally relegated to the old dogs and puppies, Gary Duke & his veteran dog Bayer shattered that meme with a 108 yard roller.

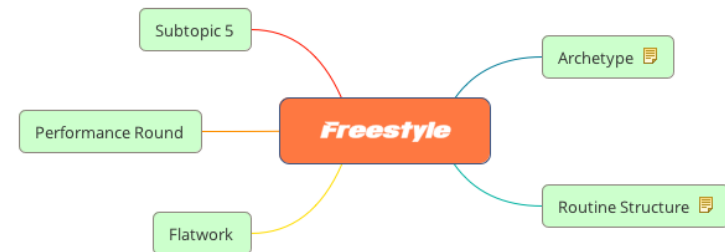
Throwing rollers for distance seems crazy, but the world record roller for a disc is nearly 1/2 mile.

Rollers for distance rely greatly upon wind conditions.

Headwinds will make it more likely to tip right early.

Tailwinds left, and will help it stand up longer.

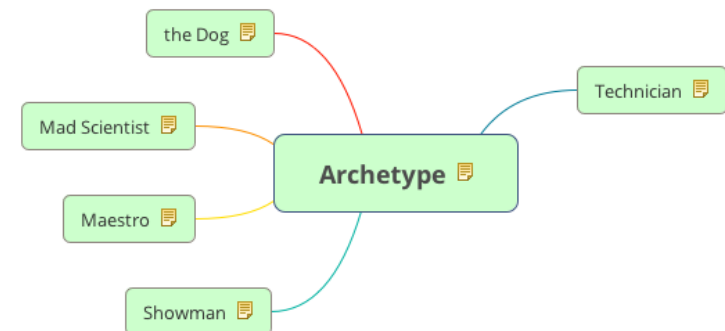
## Freestyle



Freestyle is Performance Art. Just as there are many kinds of performance artists, there are many kinds of Disc Dog Freestylers.

Who you are as a player and a performer is your style. Showcase and highlight that style. Be yourself.

## Archetype



## **Technician**

The Technician is a player that is focused on execution. Technicians may not be the flashiest, the fastest, the prettiest, or have the most difficulty or creativity, but they more than make up for it with their perfect execution of technical tricks and sequences.

Steady, even performance at an elite level is what the Technician is working towards. Get awesome stuff, get it working, and then perfect it. That's how the Technician rolls.

## **Showman**

The Showman is an entertainer. They live to perform and their performances on the disc dog field are more like a show or a vibe than an athletic performance.

The Showman makes people smile and feel things. Creating drama with strategic pauses, hitting tricks on specific beats, and interacting with the crowd are some of the hallmarks of great Showman.

## **Maestro**

The Maestro is focused on creativity. Like a creative genius, or a prodigy, the Maestro makes the easy stuff look hard and the hard stuff easy.

Maestros do interesting and creative things in interesting and creative ways. They don't play their game so much as they orchestrate it.

Intricate tricks and intricate patterns with perfect flow, or elegant simplicity with jaw dropping performance, the Maestro is a creative force with a dog and a disc.

## **Mad Scientist**

Mad Scientists are crazy. Who knows what kind of weird science they are going to put together on that field.

Handlers that throw the kitchen sink at their dogs, teams that are focused on wicked tricks, freaky team movement, and freaky human athlete's all can be considered Mad Scientists.

Mad Scientists tend to break the conventions of performance and play by their own set of rules and metrics.

## **the Dog**

You know that dog that jumps head high for everything, or the dog with so much personality that you can't do anything but grin? That is the Dog.

The Dog is a bonafide player archetype. The handler may not be the greatest player or Showman, and he or she might not have the technical expertise of a Technician, but jeez louise, that Dog...

The Dog is not an excuse though. Nothing is more painful than watching someone go out there and screw around with a super talented dog. The handler still has a strong supporting role to play on the field and at the drawing board in order to ensure that the Dog gets the opportunity to look good.

The Dog might be awesome but he can't play freestyle on his own.

## **Contest Format**

UpDog Freestyle Showcase is a holistic evaluation of disc dog freestyle play. There are two distinct rounds of Freestyle with a different judges focus: Criterion Round & the Performance Round.

The Criterion Round is a technically judged endeavor with performance in mind. The Performance Round is an aesthetically judged endeavor with technical prowess in mind.

It is not necessary to have to completely different routines, but you might want to have a different song or different presentation for each. And feel free to get all gussied up for the Performance Round.

It's all about having fun with the dogs, right? **Flatwork**  
Flatwork is the stuff that happens between the catches and obstacles. How well you move your dog really matters in UpDog games and in all rounds of Freestyle.

Flatwork is not just running around with your dog. It's about clearly communicating team movement in various situations, including situations on and around the handler. The conscious ability to perform a Working Flank and Front and Rear Crosses (everybody does this stuff anyway) is a key to disc dog Freestyle.

## **Criterion Round**

Similar to the short program of figure skating, the Criterion Round is where you impress the judges and the audience with your technical prowess.

If you're not super technical or polished on the technical front, and are more of a showman, maintain your style, but do your best to fulfill as much of the judging criteria as possible with good, solid disc dog freestyle.

There are many more places to score points that "more crazy throws" or "better disc management. Let the rules guide you.

## **Performance Round**

The Performance Round is kind of like the long program of figure skating. It's where you showcase your performance and are more interested in entertaining and interacting with the crowd and the judges.

Don't forget that this is still high performance disc dog freestyle. It is OK to shift focus from the technical stuff to the show, or to cut loose a little bit and have a bunch of fun with your dog, but you still have to bring top shelf disc dog freestyle.

Make sure if you choose to wear a costume (dog or handler) that it is safe to play in and does not make the judges or crowd nervous.