

# PLAYING POSITIONS

## GOALKEEPER

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Defend area of goal third and any attacking player within it, especially GS.

Take throw-ins on goal line and half way up sidelines in goal third.

Skills of anticipation, interception, rebounding and 1 on 1 defence.

## GOAL DEFENCE

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Defend direct opponent GA with 1 on 1 defence in goal third & centre third.

Often work with GK in goal circle. Support through court attack.

Skills of anticipation, interception, rebounding and 1 on 1 defence.

## WING DEFENCE

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Works in the centre and defence thirds. 1 on 1 defence against the WA.

Can be used as an attacking player at the centre pass and through court to attacking transverse line.

Skills of 1 on 1 defence in particular.

## CENTRE

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Can move over the whole court, but not the goal circles.

Acts as a link player between the defence third and the attacking third.

Uses 1 on 1 defence against opposing centre. Skills of passing, getting free and vision.

## WING ATTACK

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Able to move in attacking goal third and centre third (but not in goal circles).

Key deliverer of ball to shooters, often needed at centre pass.

Defends WD (1 on 1).

Skills needed are quick dodges, passing, footwork, vision and sharp movements in small areas.



## GOAL ATTACK

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Centre and attacking goal thirds are areas GA can move.

Works with the GS and is able to shoot for goal.

Works closely with WA to gain centre pass and feed GS.

Defends GD (1 on 1).

Skills required are being able to use space, getting free, communicating with WA, shooting and rebounding.

## GOAL SHOOT

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Moves in and around goal third & goal circle. Main role is to shoot goals and be available in the goal circle.

Works and communicates with

GA. Defends GK (1 on 1). Short, sharp movements to get free, shooting and rebounding are required skills.