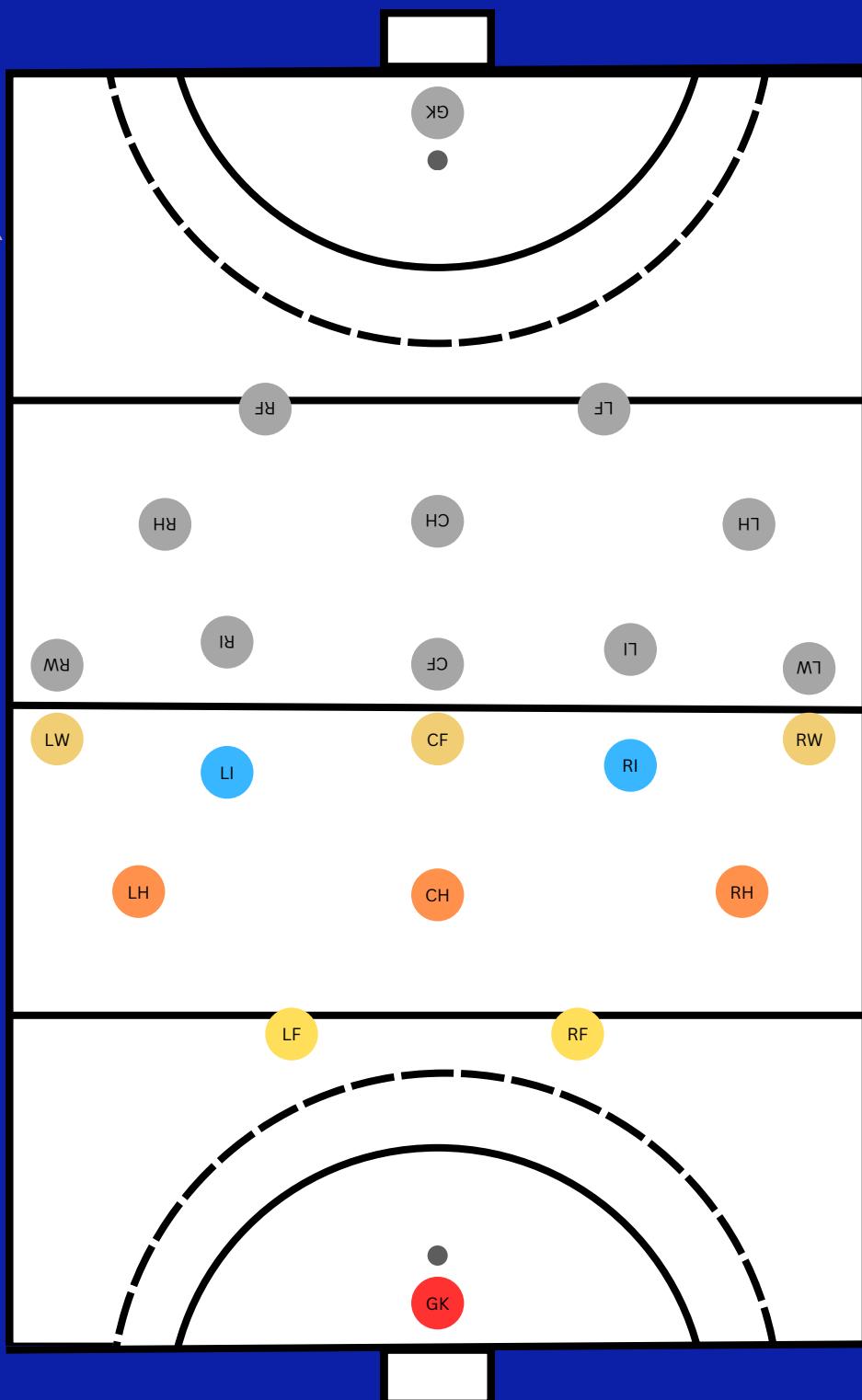


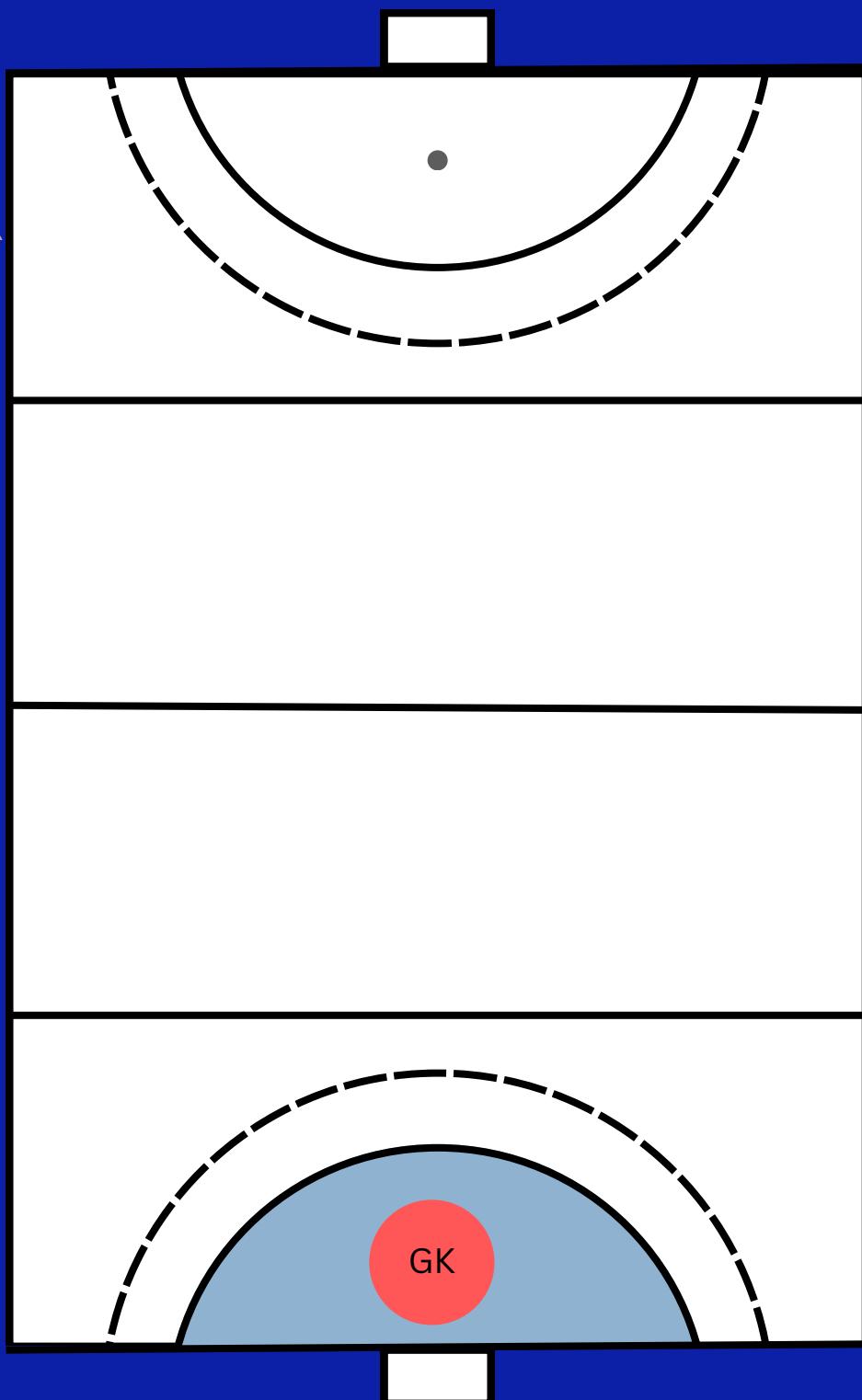
Direction of attack



STARTING POSITIONS

- Goal Keeper (GK)
- Left Fullback (LF)
- Right Fullback (RB)
- Left Halfback (LH)
- Centre Halfback (CH)
- Right Halfback (RH)
- Left Wing (LW)
- Left Inner (LI)
- Centre Forward (CF)
- Right Inner (RI)
- Right Wing (RW)

Direction of attack



GOAL KEEPER

Stay in your defensive circle and be in direct line from goal to the ball.

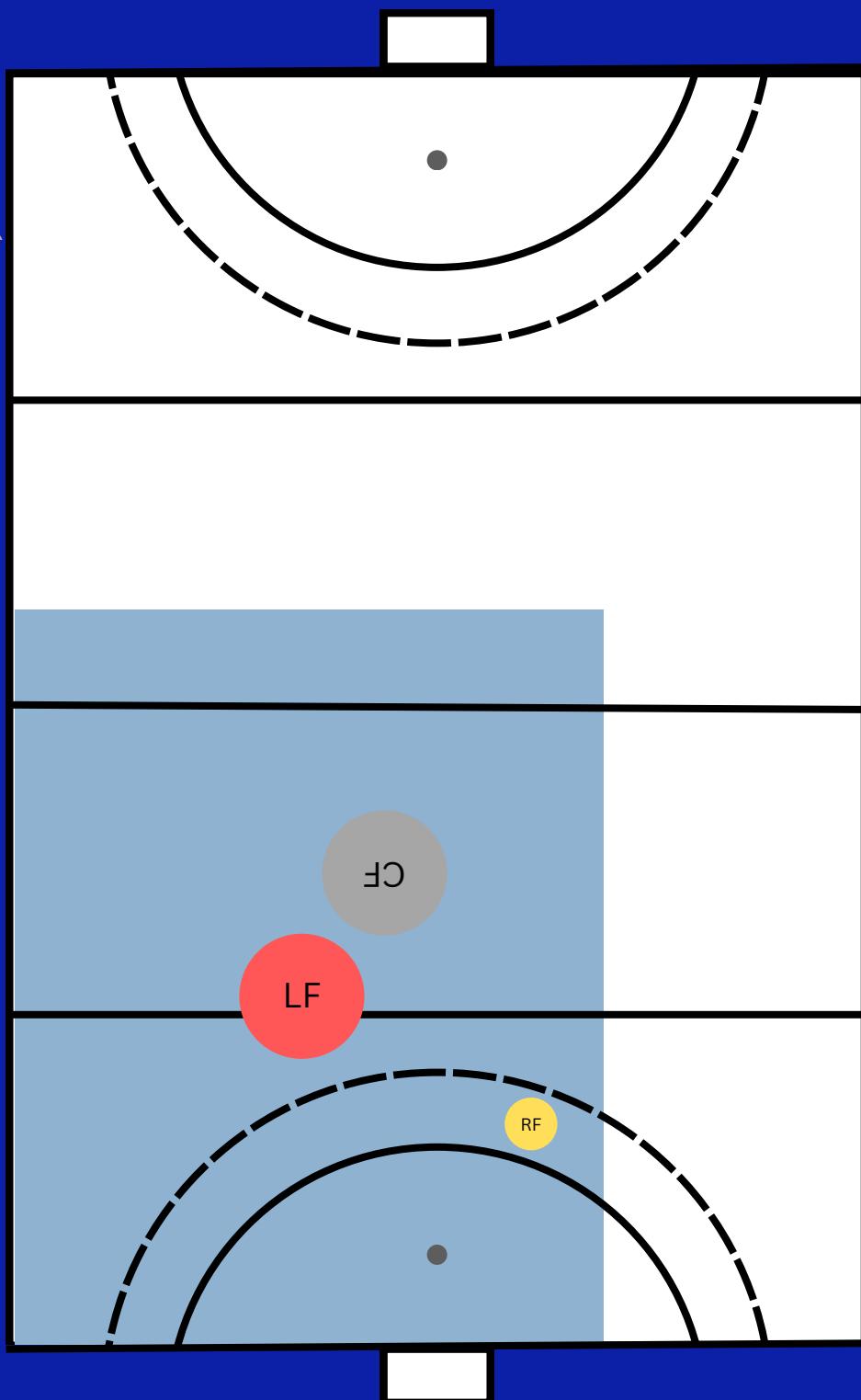
DEFENDING

- Communicate with your defenders
- Clear the ball towards the side lines after you make a save
- Control the penalty corner defence
- Take part in defensive penalty corners
- Take part in defensive penalty strokes
- Do not use anything except your stick outside the circle - do not cross the 23 metre line

OPPONENT

- All 11 players on the opposing team!

Direction of attack



LEFT FULLBACK

When the ball is on the left side of the field, you move forward and the Right Fullback drops back to cover you.

ATTACKING

- Clear passes to your Left Halfback and Mid Fielders

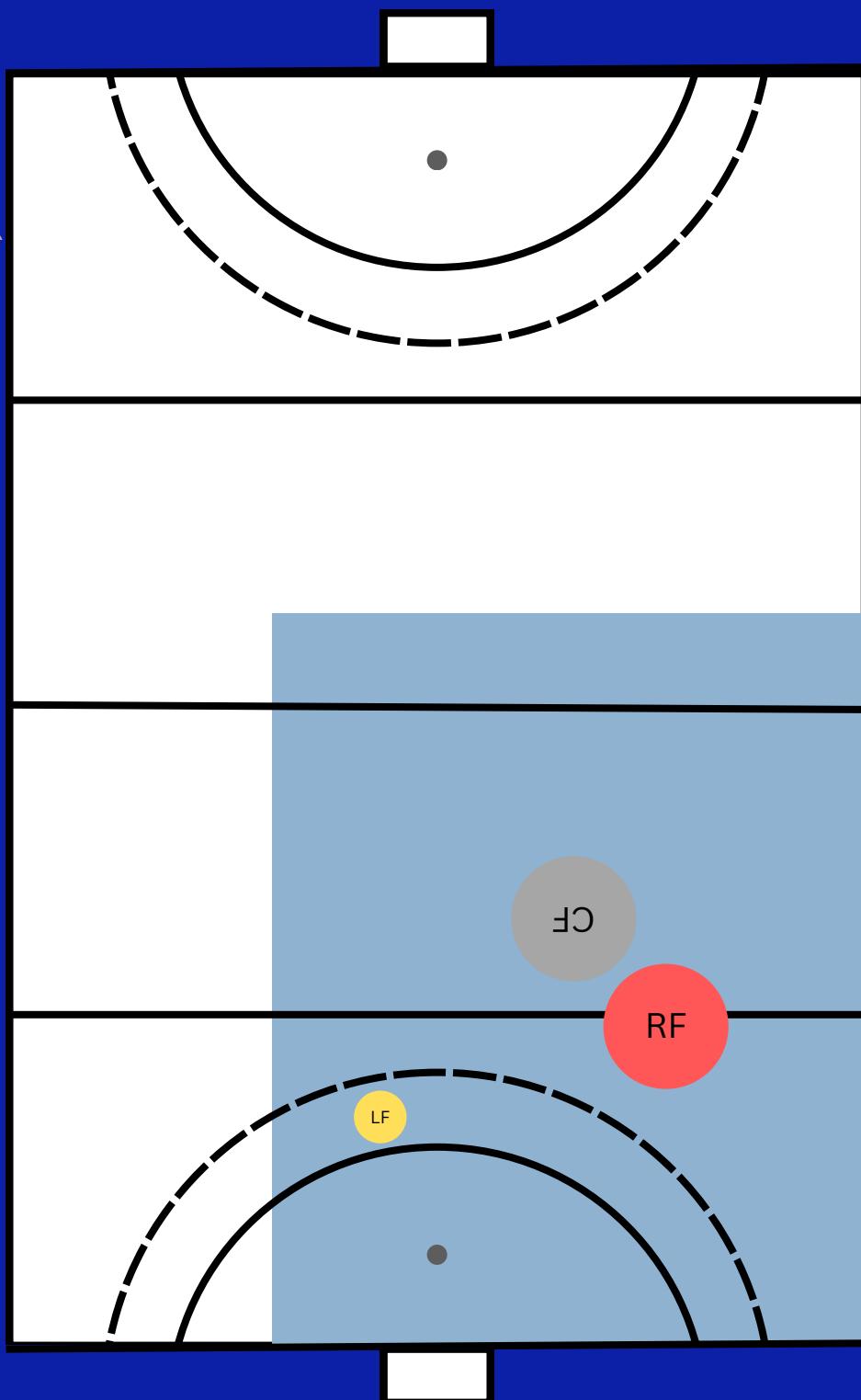
DEFENDING

- Work with Left Halfback to prevent left side attack
- Backup Right Fullback when the ball is on the right hand side of the field
- Take left side hits 15m to halfway
- Defend penalty corners
- Never stand square with Right Fullback
- Provide cover defence for Right Fullback and Goalkeeper

OPPONENT

- Centre Forward - but covering any loose players

Direction of attack



RIGHT FULLBACK

When the ball is on the right side of the field, you move forward and the Left Fullback drops back to cover you.

ATTACKING

- Clear passes to your Right Halfback and Mid Fielders

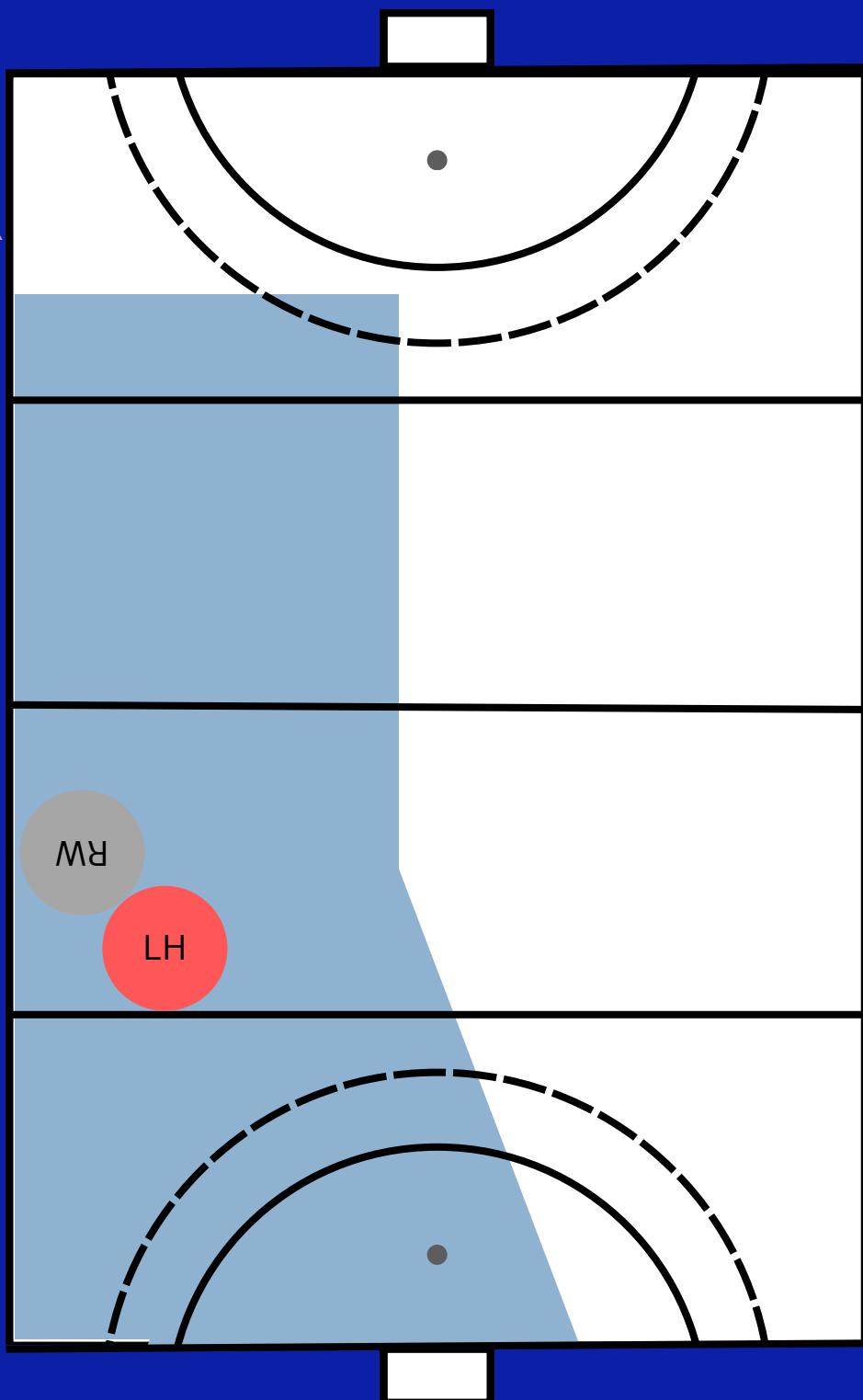
DEFENDING

- Work with Right Halfback to prevent right side attack
- Backup Left Fullback when the ball is on the left hand side of the field
- Take right side hits 15m to halfway
- Defend penalty corners
- Never stand square with Left Fullback
- Provide cover defence for Left Fullback and Goalkeeper

OPPONENT

- Centre Forward - but covering any loose players

Direction of attack



LEFT HALFBACK

Stay in your position as much as possible

ATTACKING

- Distribute the ball to your Inner, Wing and CF to setup attacking moves, then follow to support them up the field.
- Create space for Fullbacks to hit through from defence.
- Take free hits in the left side mid field
- Back up receiver in attacking penalty corners

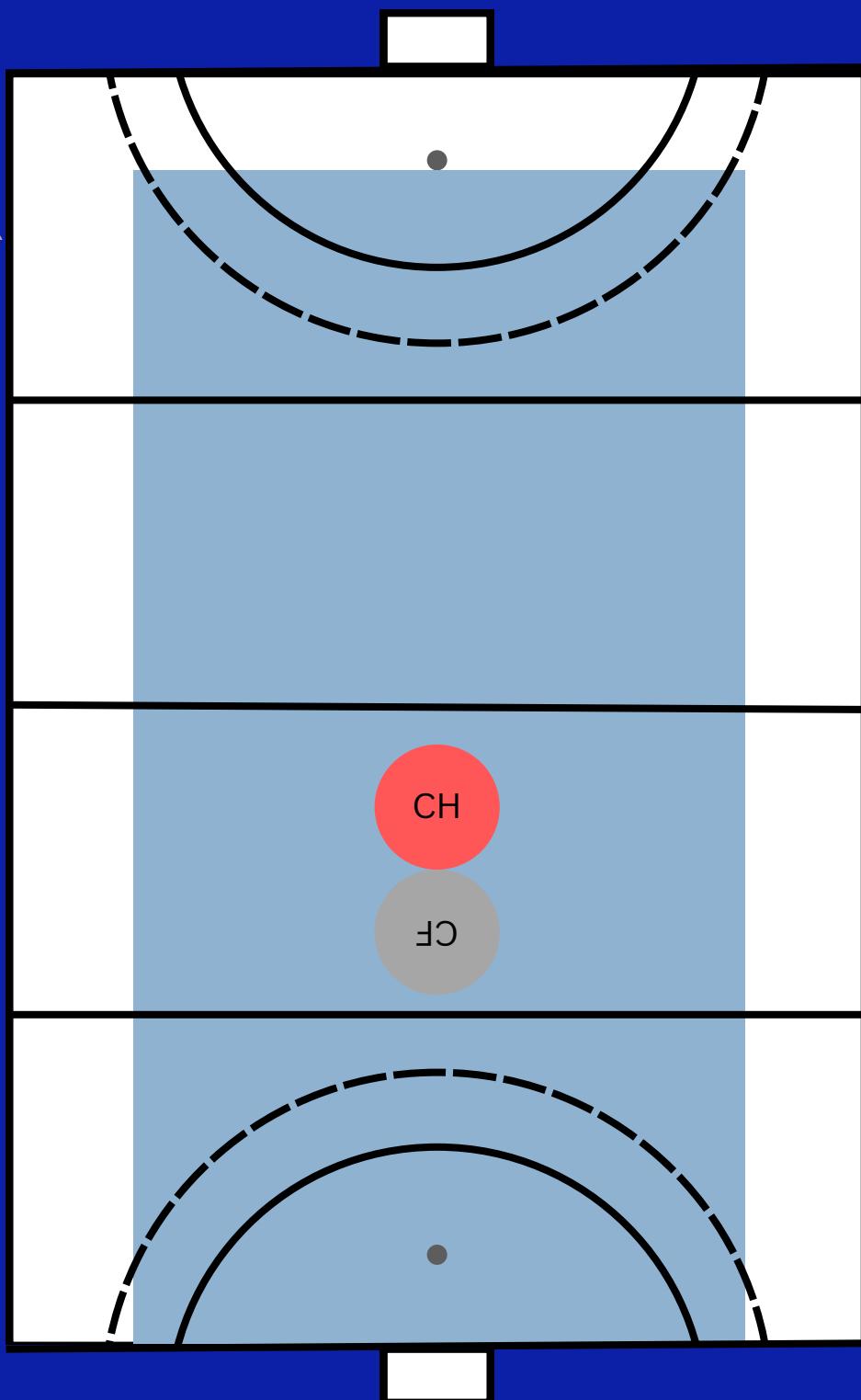
DEFENDING

- Prevent left side attack
- Provide cover defence for Fullbacks and Goal Keeper
- Take part in defending penalty corners

OPPONENT

- Right Wing - position them to your left side and be 'goal side' when marking

Direction of attack



CENTRE HALFBACK

Stay in your position as much as possible

ATTACKING

- Distribute the ball to your Inners, Wings and CF to setup attacking moves, then follow to support them up the field.
- Provide passing alternative to Halfbacks and Inners
- Take free hits in the mid field area
- Take part in both attacking and defending penalty corners

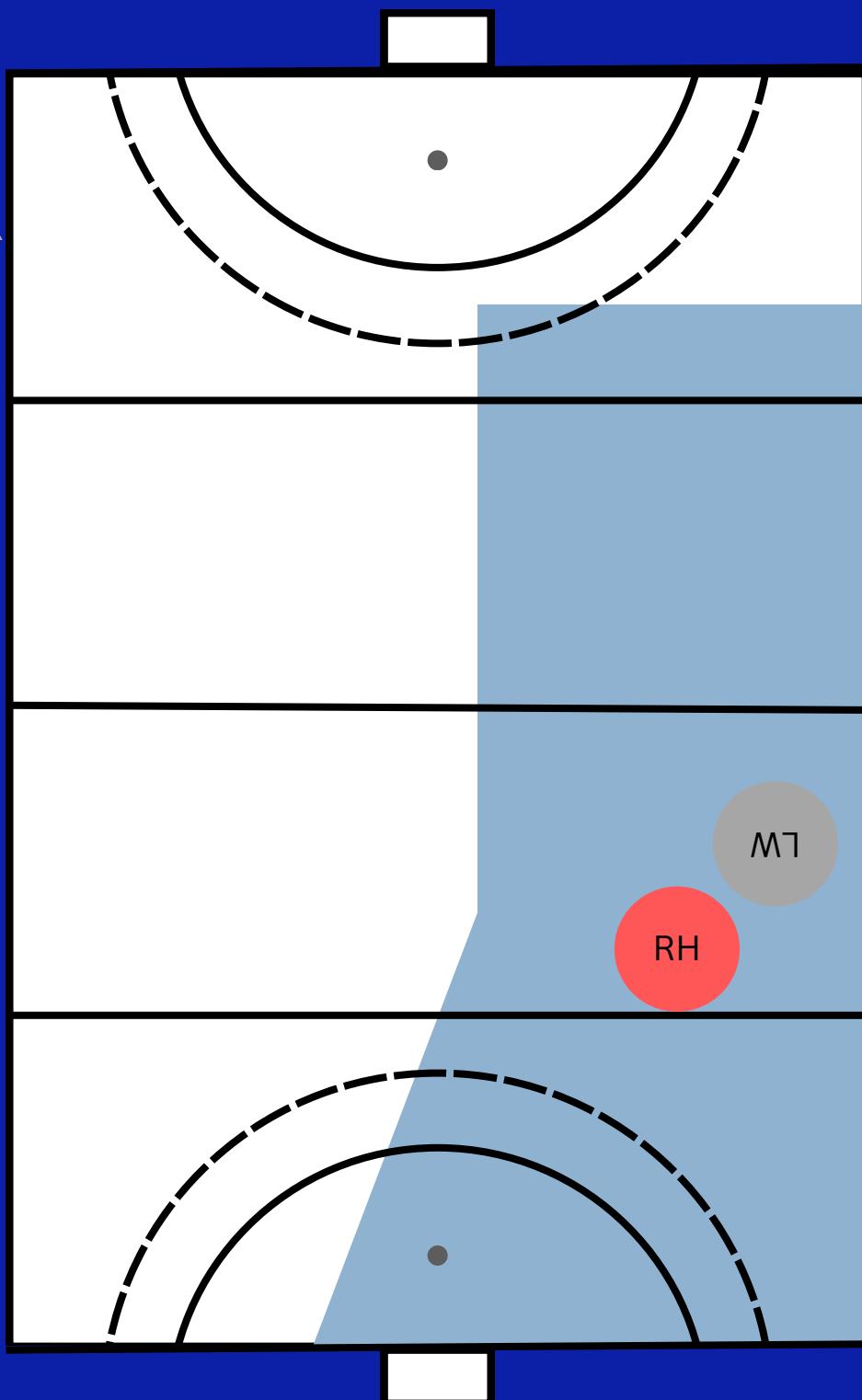
DEFENDING

- Prevent centre field attack
- Provide cover defence for Halfbacks, Fullbacks and Goal Keeper

OPPONENT

- Centre Forward or Centre Half (if playing high)

Direction of attack



RIGHT HALFBACK

Stay in your position as much as possible

ATTACKING

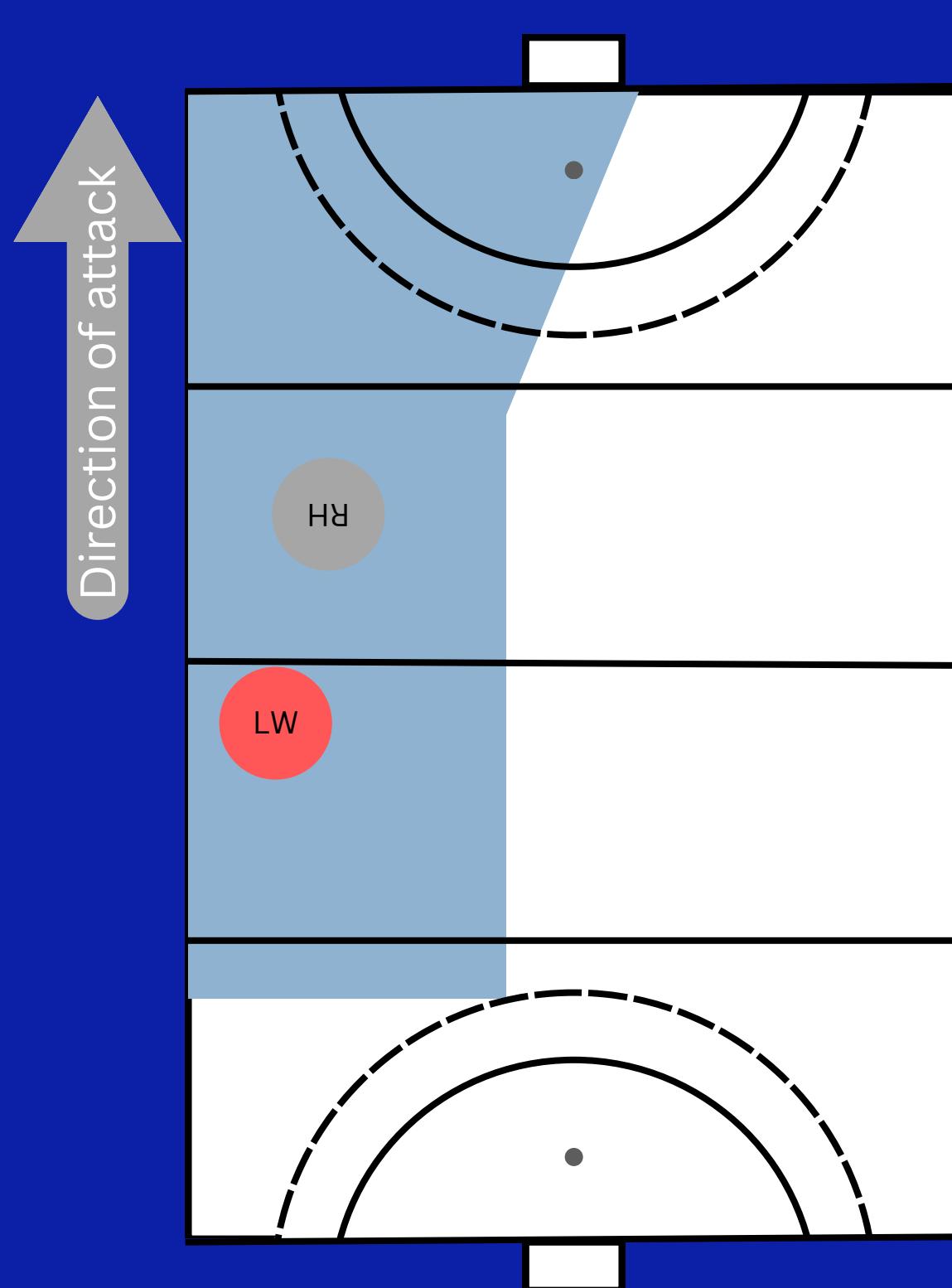
- Distribute the ball to your Inner, Wing and CF to setup attacking moves, then follow to support them up the field.
- Create space for Fullbacks to hit through from defence.
- Take free hits in the right side mid field
- Back up receiver in attacking penalty corners

DEFENDING

- Prevent right side attack
- Provide cover defence for Fullbacks and Goal Keeper

OPPONENT

- Left Wing - position them to your right side and be 'goal side' when marking



LEFT WING

Stay on your wing as much as possible

ATTACKING

- Develop left side attack carrying the ball down the wing and link with Left Inner and Centre Forward. Remain free to receive passes.
- Take free hits and side line hits in attacking 23m area
- Take part in attacking penalty corners
- Score goals

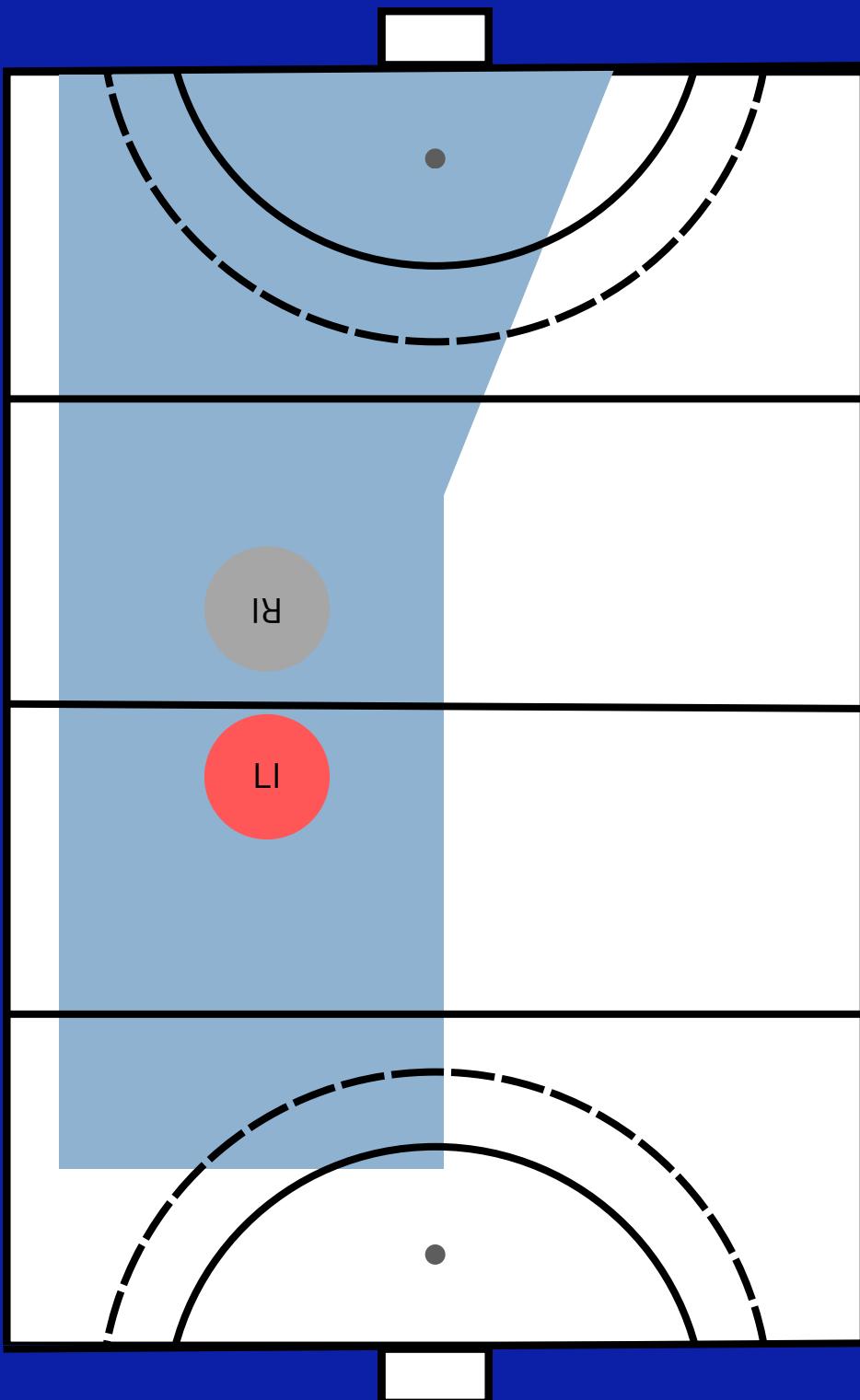
DEFENDING

- Pressure opposing Right Halfback and Right Fullback when they have possession
- Stand on halfway during defending penalty corners

OPPONENT

- Right Halfback

Direction of attack



LEFT INNER

Stay in your position as much as possible

ATTACKING

- Link defence with attack
- Look to pass to forwards when possible, back when not
- Lead from left side - attack with Left Wing and Centre Forward
- Take part in attacking penalty corners

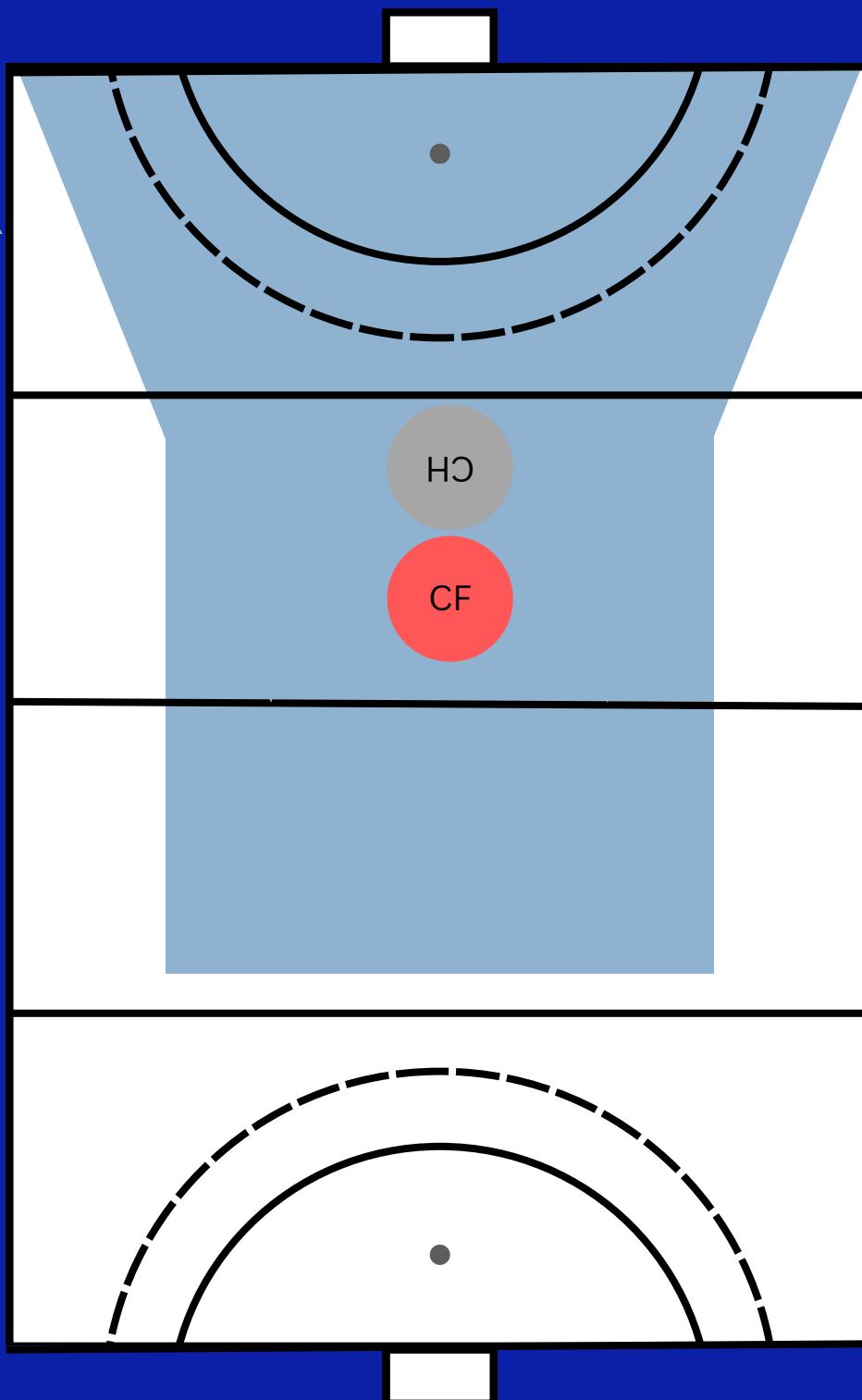
DEFENDING

- Prevent left side attack
- Help Left Halfback and Left Fullback when defending - cover to just outside defensive circle.
- Face all free hits in your area.

OPPONENT

- Right Inner

Direction of attack



CENTRE FORWARD

Stay in your position. You are the main goal scorer, so you should be in a position to score and create opportunities for team mates as much as possible.

ATTACKING

- Always be available to receive the ball from team mates. Link with Left/ Right Inner and Left/ Right Wing to create attack.
- Take part in penalty corners
- Score goals

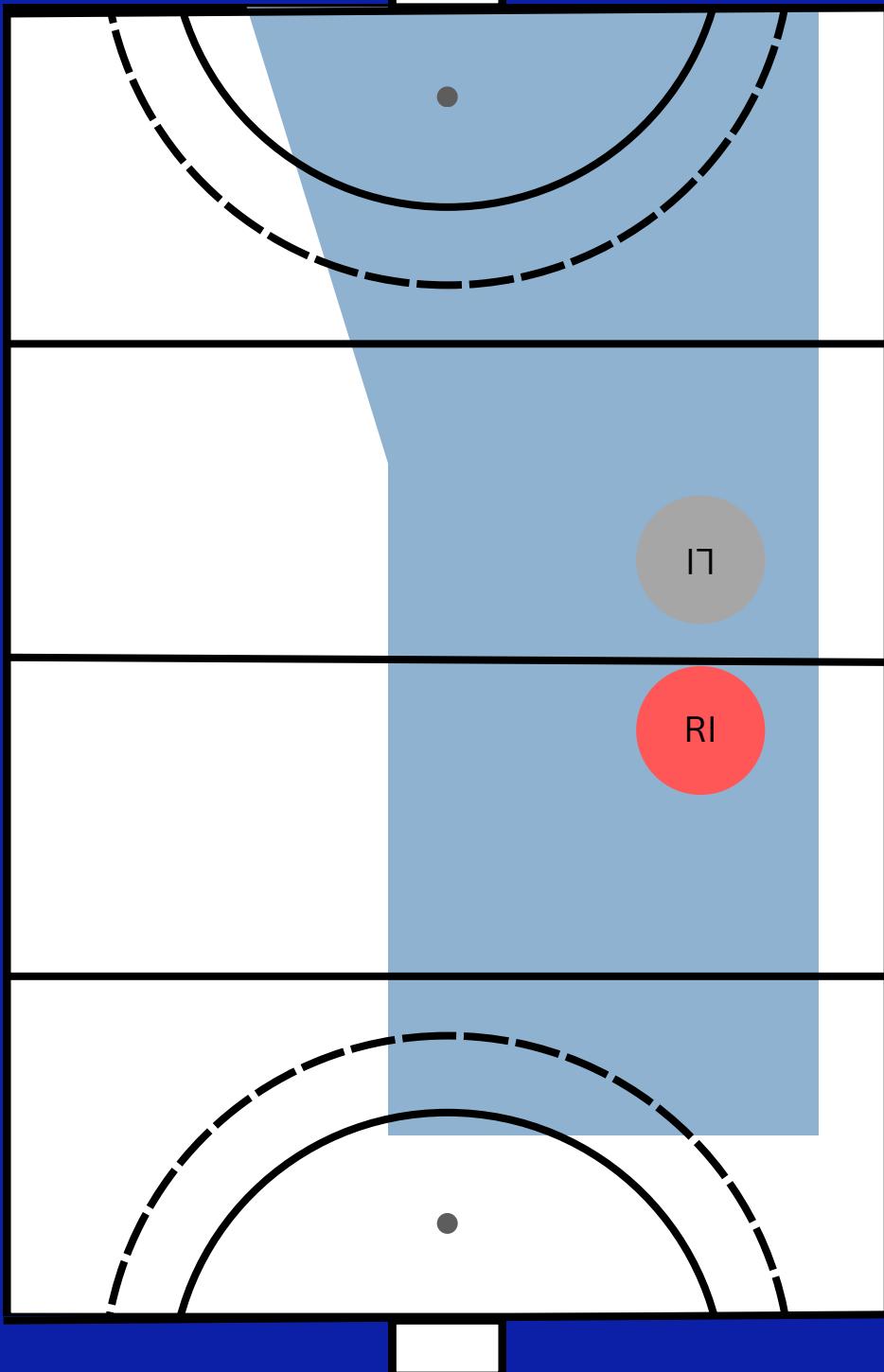
DEFENDING

- Pressure opposing Fullbacks and Halfbacks when they have possession
- Stand on halfway during defending penalty corners

OPPONENT

- Centre Halfback or Fullbacks

Direction of attack



RIGHT INNER

Stay in your position as much as possible

ATTACKING

- Link defence with attack
- Look to pass to forwards when possible, back when not
- Lead from right side - attack with Right Wing and Centre Forward
- Take part in attacking penalty corners

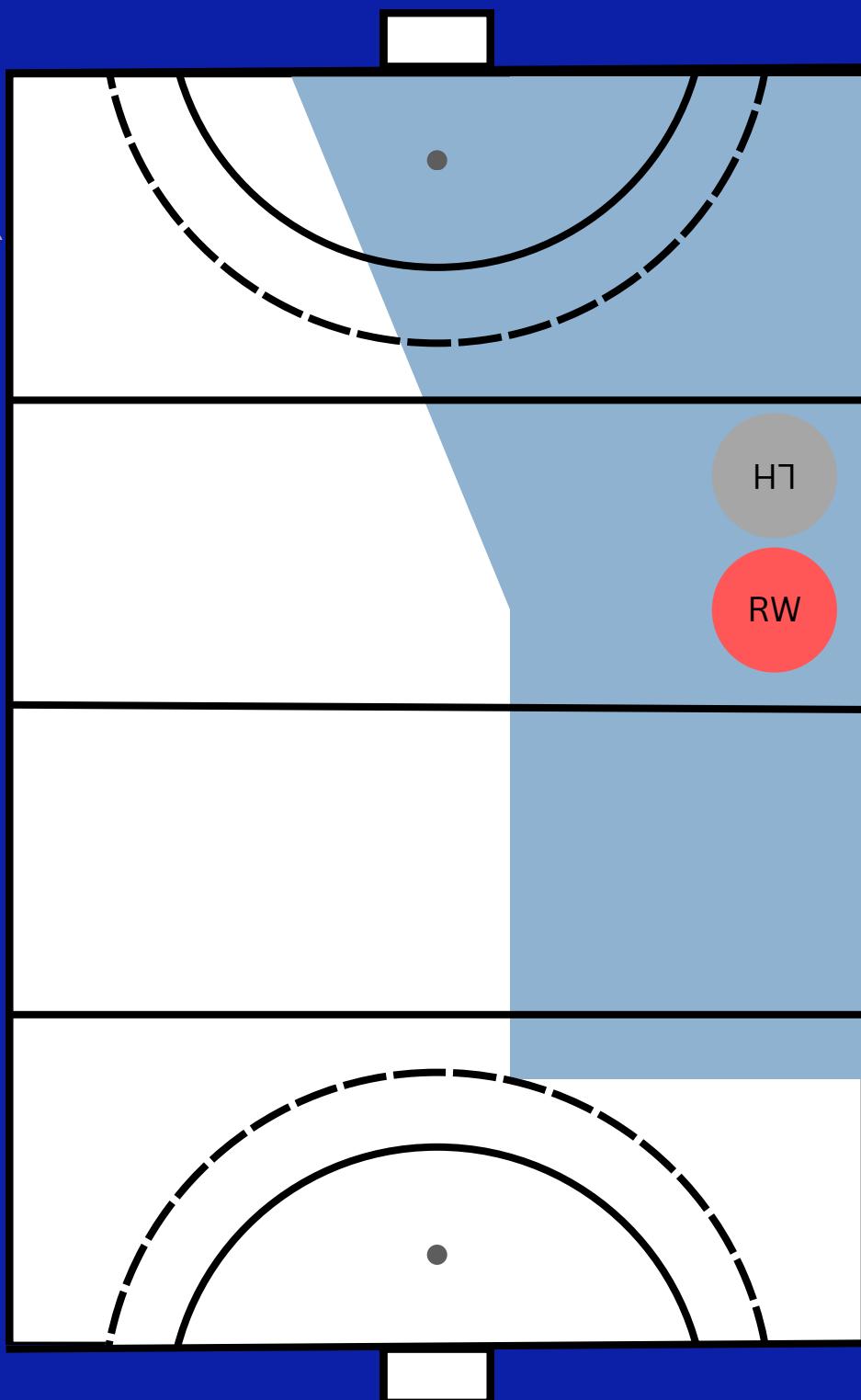
DEFENDING

- Prevent left side attack
- Help Right Halfback and Right Fullback when defending - cover to just outside defensive circle.
- Face all free hits in your area.

OPPONENT

- Left Inner

Direction of attack



RIGHT WING

Stay on your wing as much as possible

ATTACKING

- Develop right side attack carrying the ball down the wing and link with Right Inner and Centre Forward. Remain free to receive passes.
- Take free hits and side line hits in attacking 23m area
- Take part in attacking penalty corners
- Score goals

DEFENDING

- Pressure opposing Left Halfback and Left Fullback when they have possession
- Stand on halfway during defending penalty corners

OPPONENT

- Left Halfback