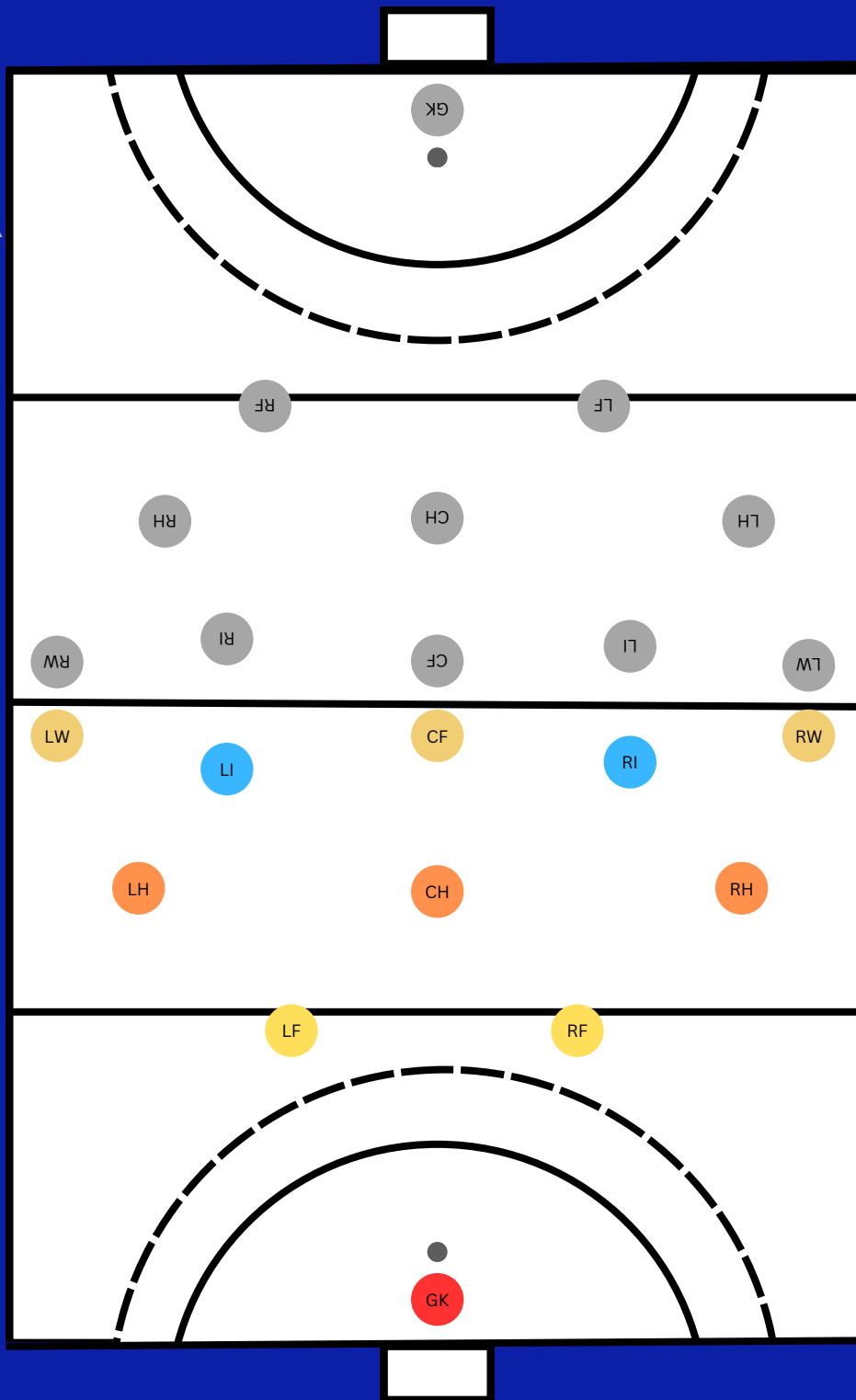


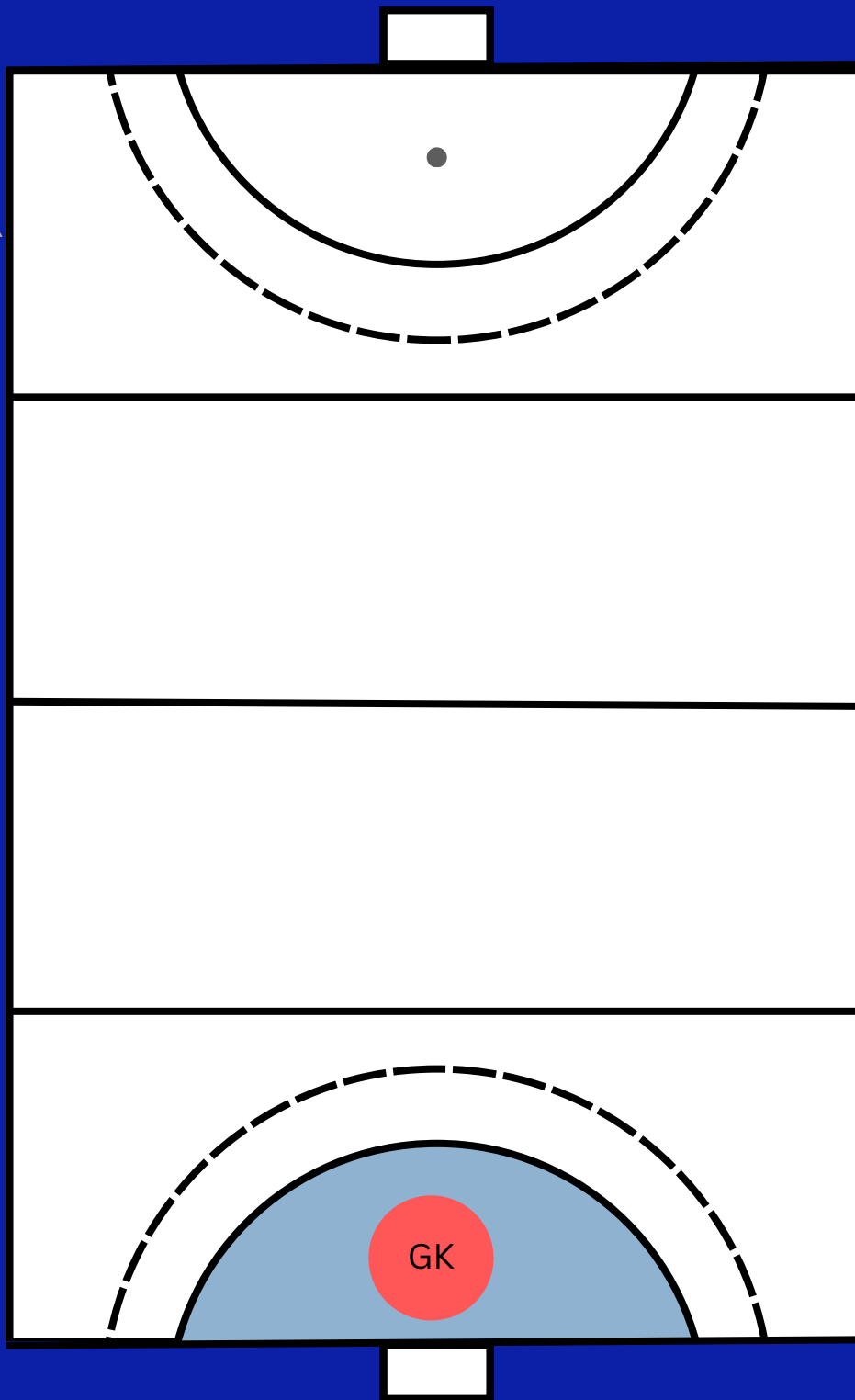
## STARTING POSITIONS

- Goal Keeper (GK)
- Left Fullback (LF)
- Right Fullback (RF)
- 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



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!

## 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

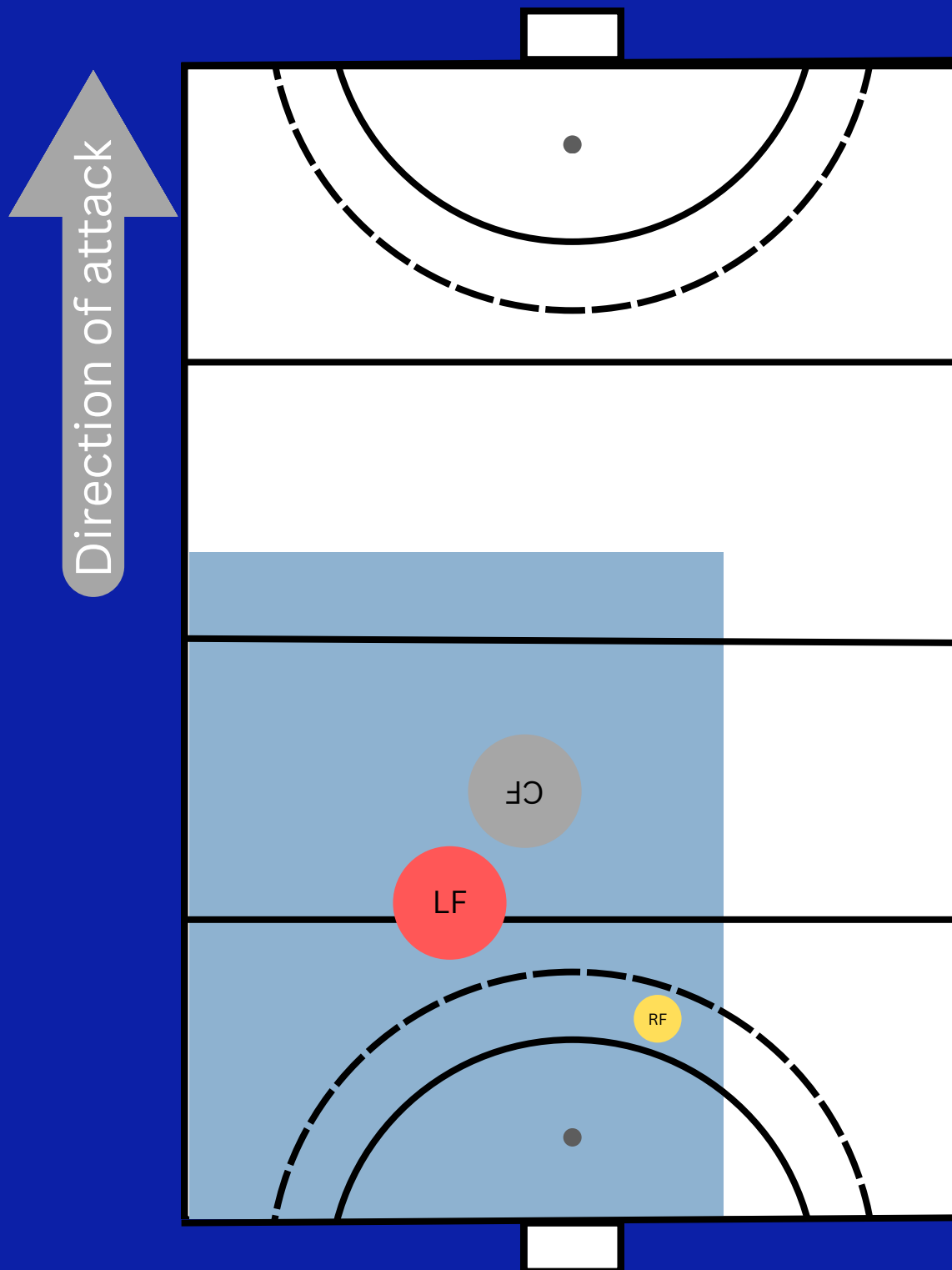
- Clear passes to your Left Halfback and Mid Fielders

### DEFENDING

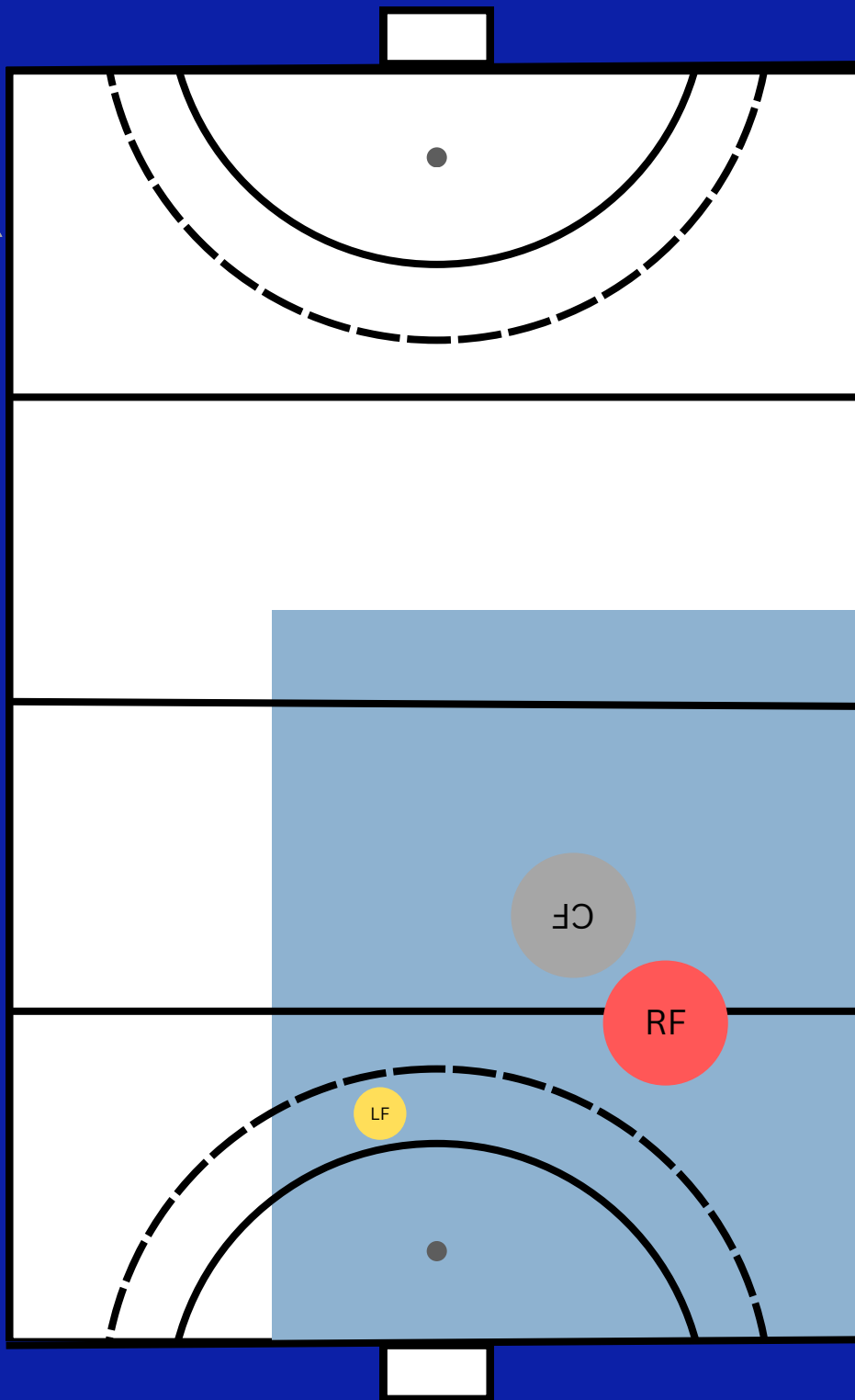
- Work with Left Halfback to prevent left side attack
- Backup Right Fullback when the ball is on the right hand side of the field
- Take left side hits 15m to halfway
- Defend penalty corners
- Never stand square with Right Fullback
- Provide cover defence for Right Fullback and Goalkeeper

### 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



## 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

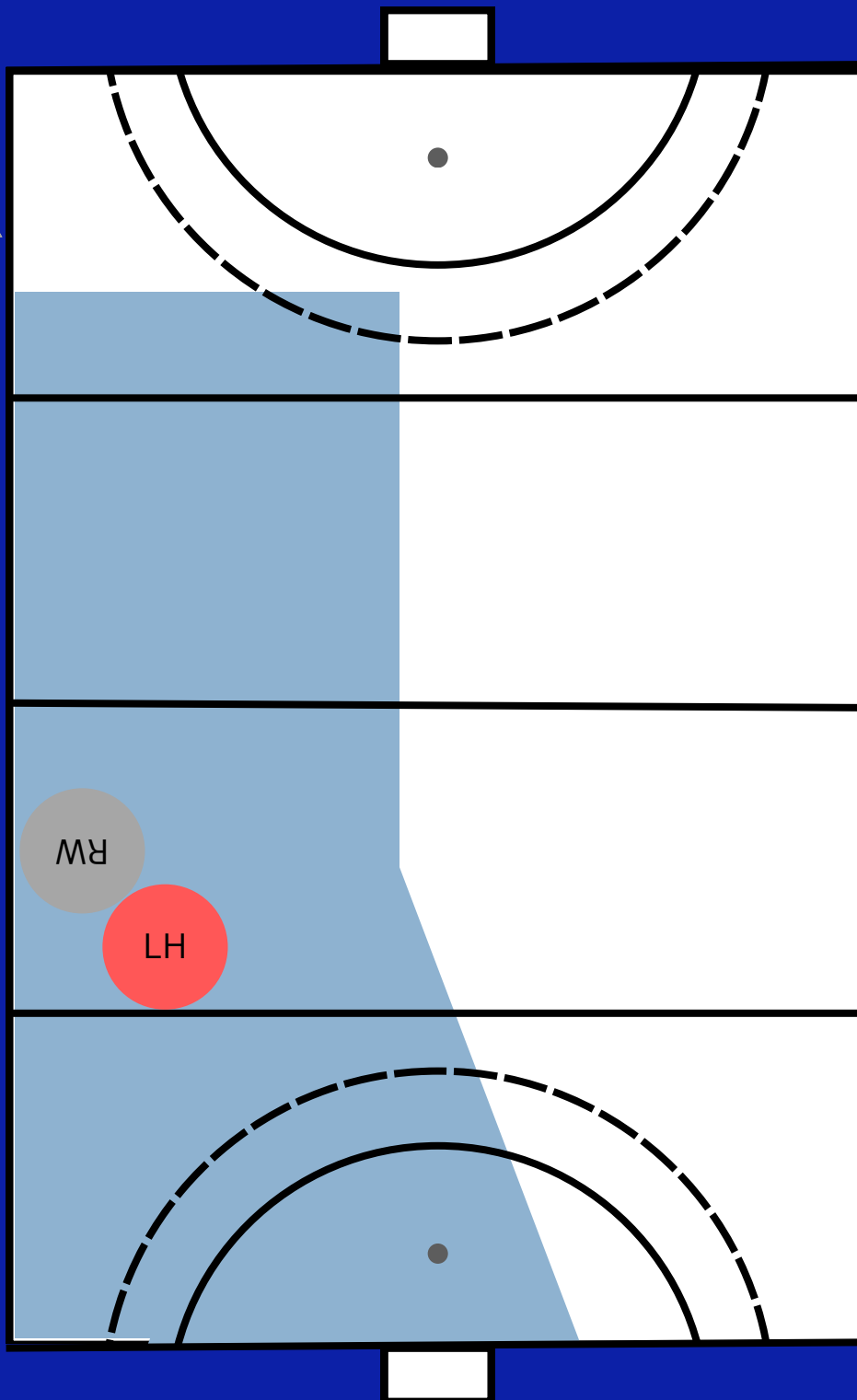
### DEFENDING

- 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

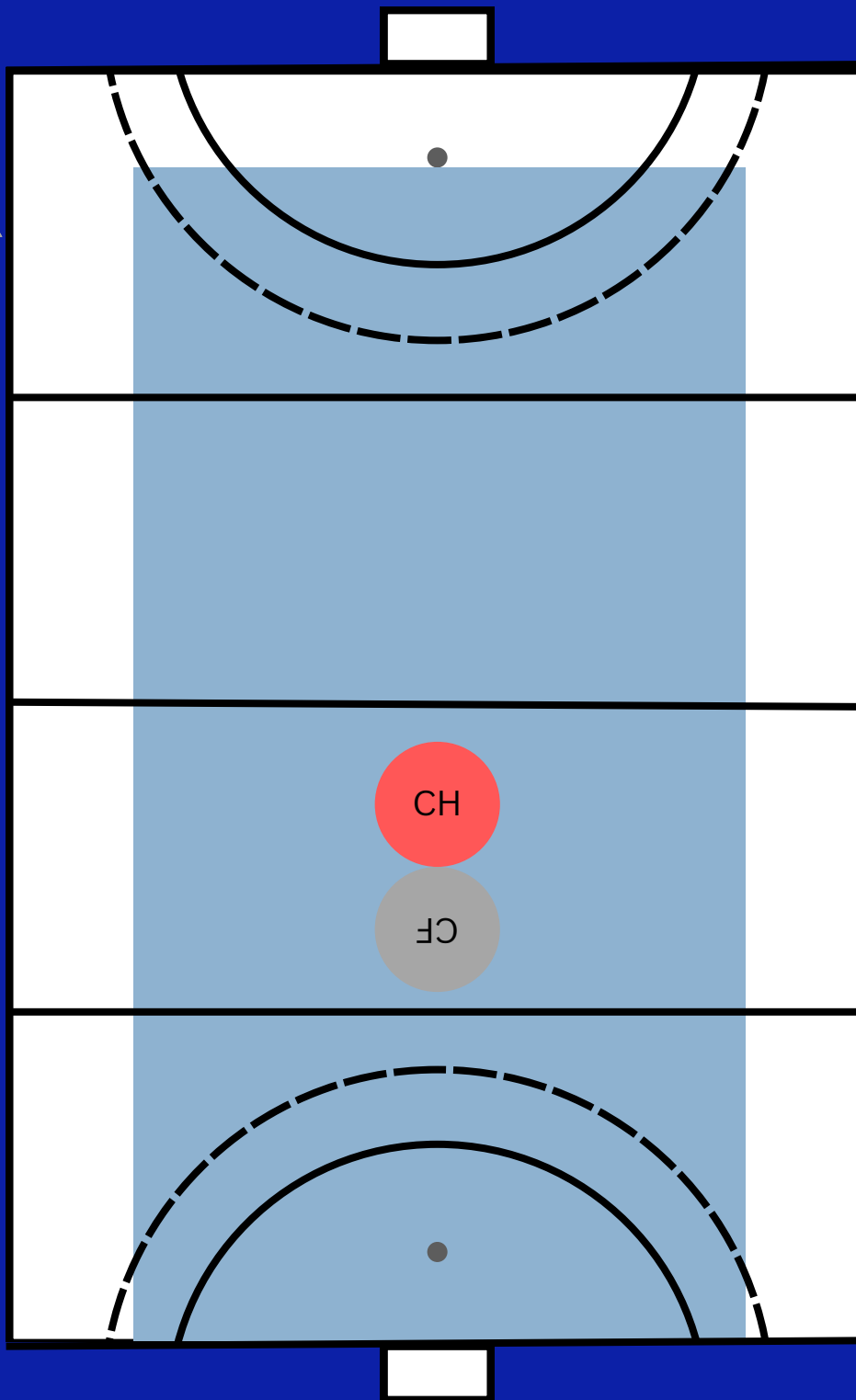
### DEFENDING

- 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

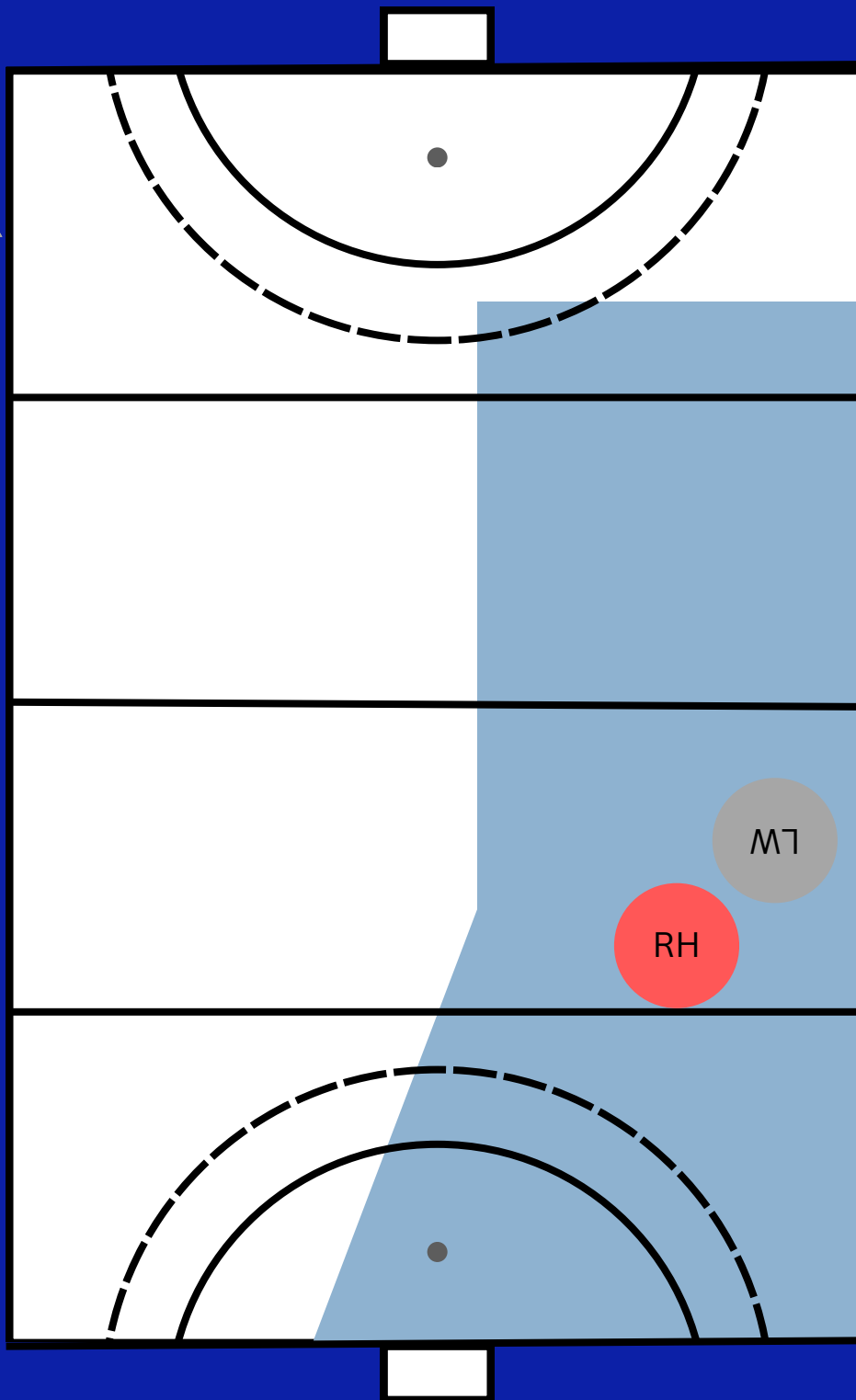
### DEFENDING

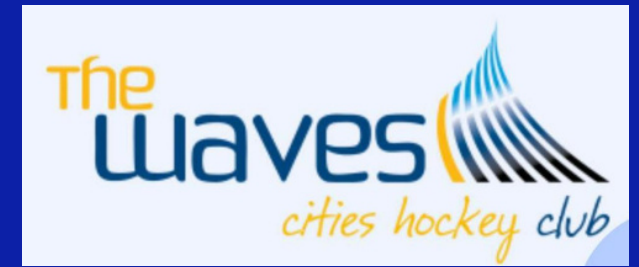
- Prevent right side attack
- Provide cover defence for Fullbacks and Goal Keeper

### OPPONENT

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

Direction of attack





## LEFT WING

Stay on your wing as much as possible

### ATTACKING

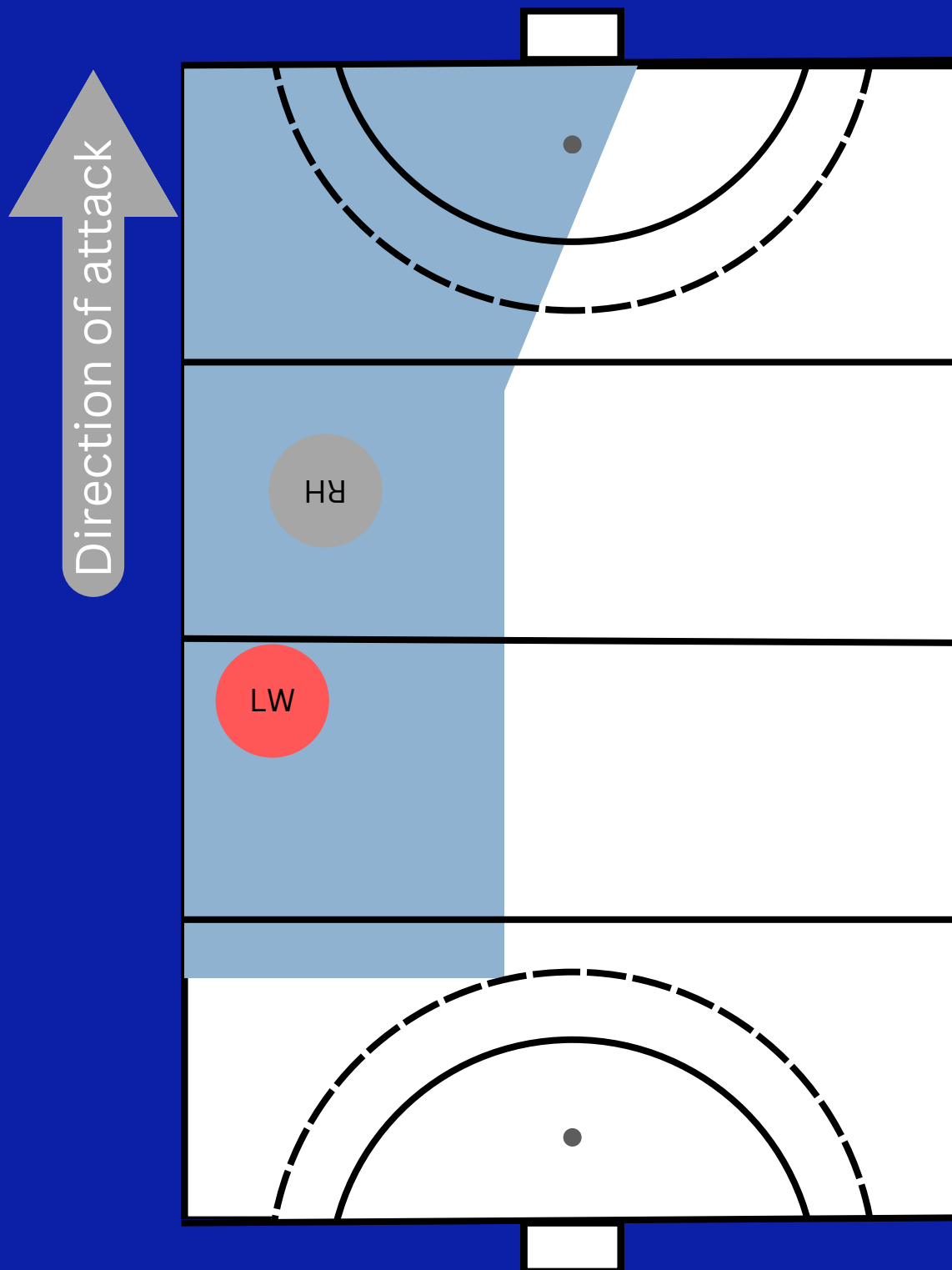
- Develop left side attack carrying the ball down the wing and link with Left Inner and Centre Forward. Remain free to receive passes.
- Take free hits and side line hits in attacking 23m area
- Take part in attacking penalty corners
- Score goals

### DEFENDING

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

### OPPONENT

- Right Halfback





## LEFT INNER

Stay in your position as much as possible

### ATTACKING

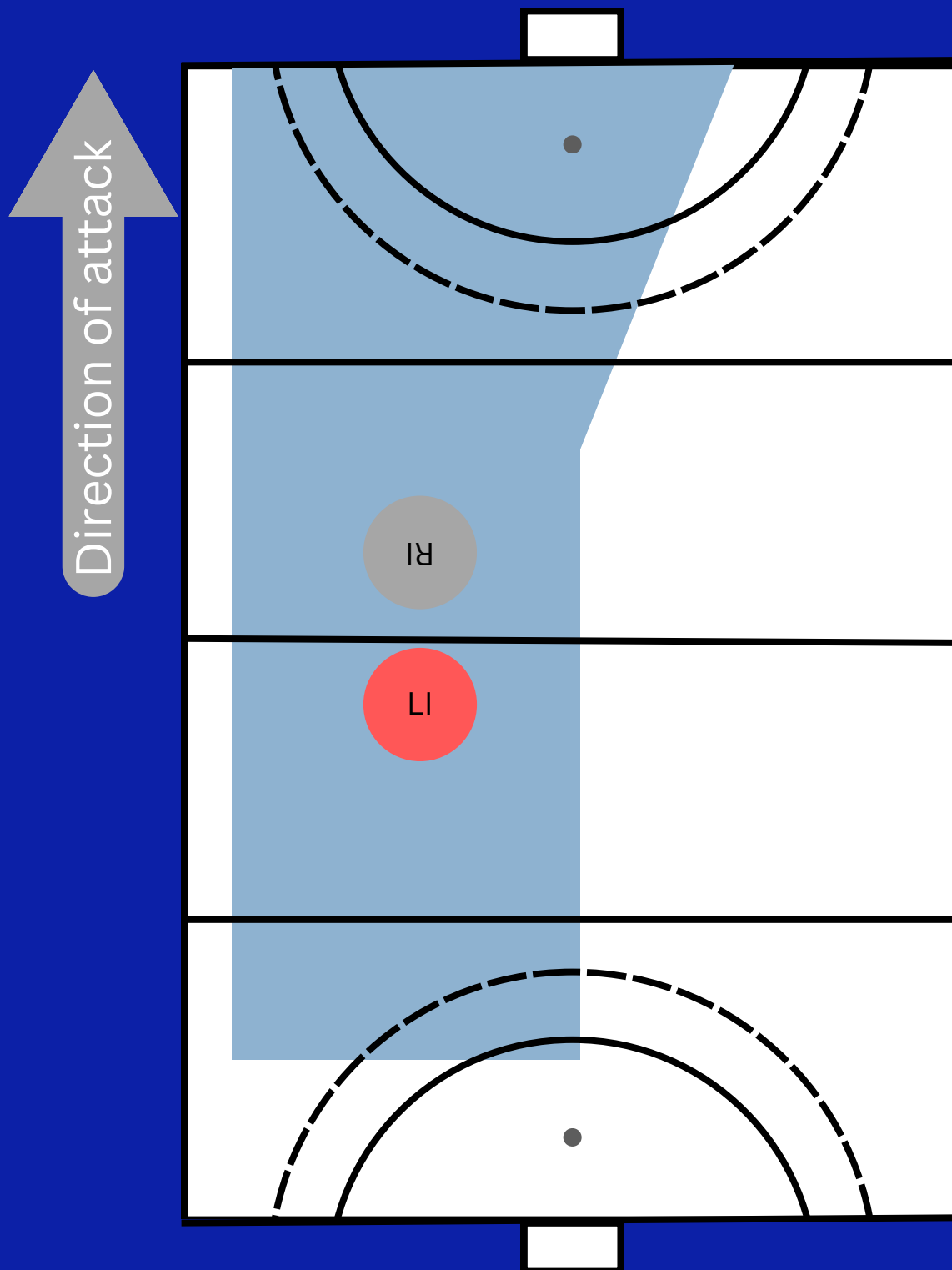
- Link defence with attack
- Look to pass to forwards when possible, back when not
- Lead from left side - attack with Left Wing and Centre Forward
- Take part in attacking penalty corners

### DEFENDING

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

### OPPONENT

- Right Inner





## 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

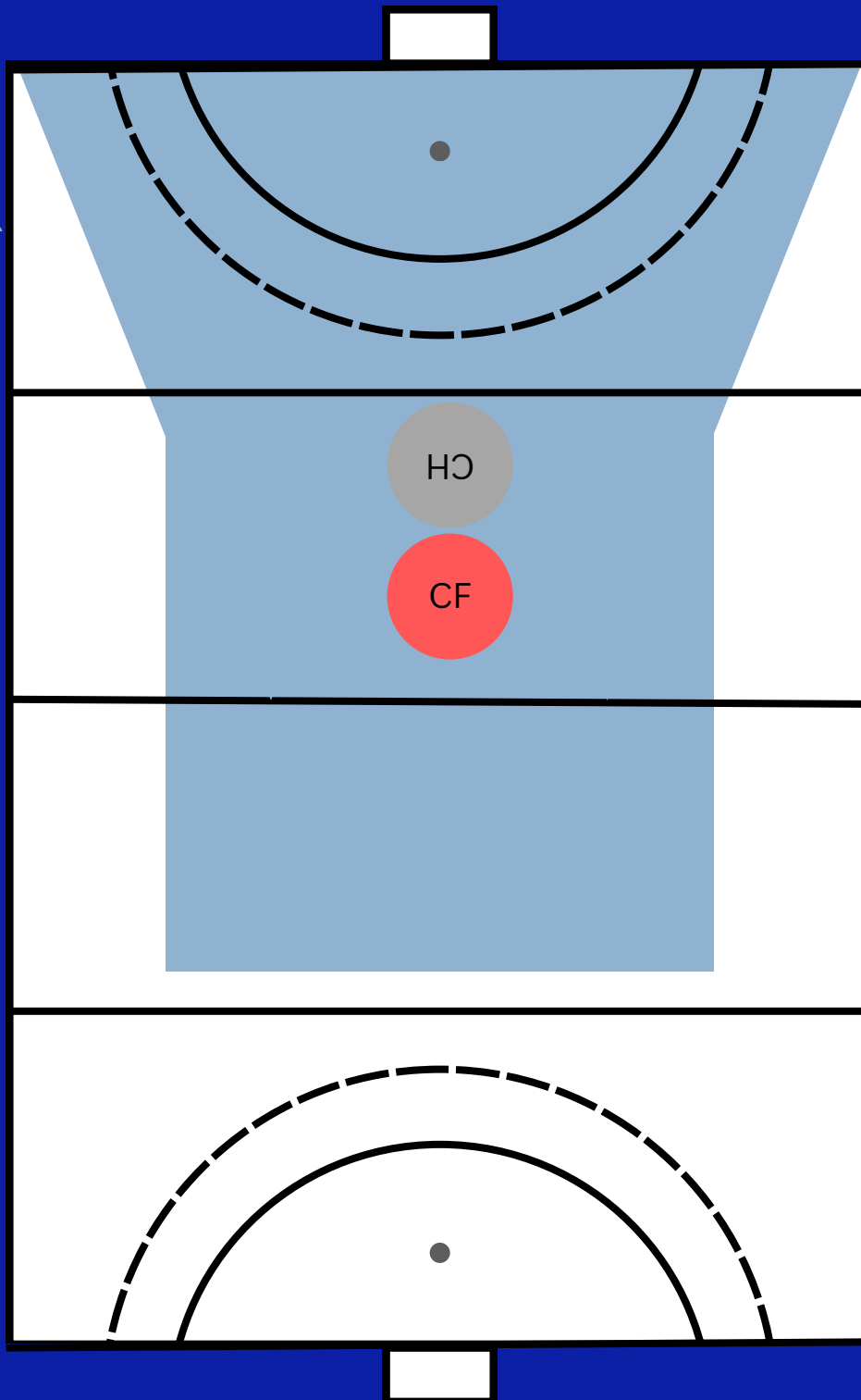
### DEFENDING

- 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

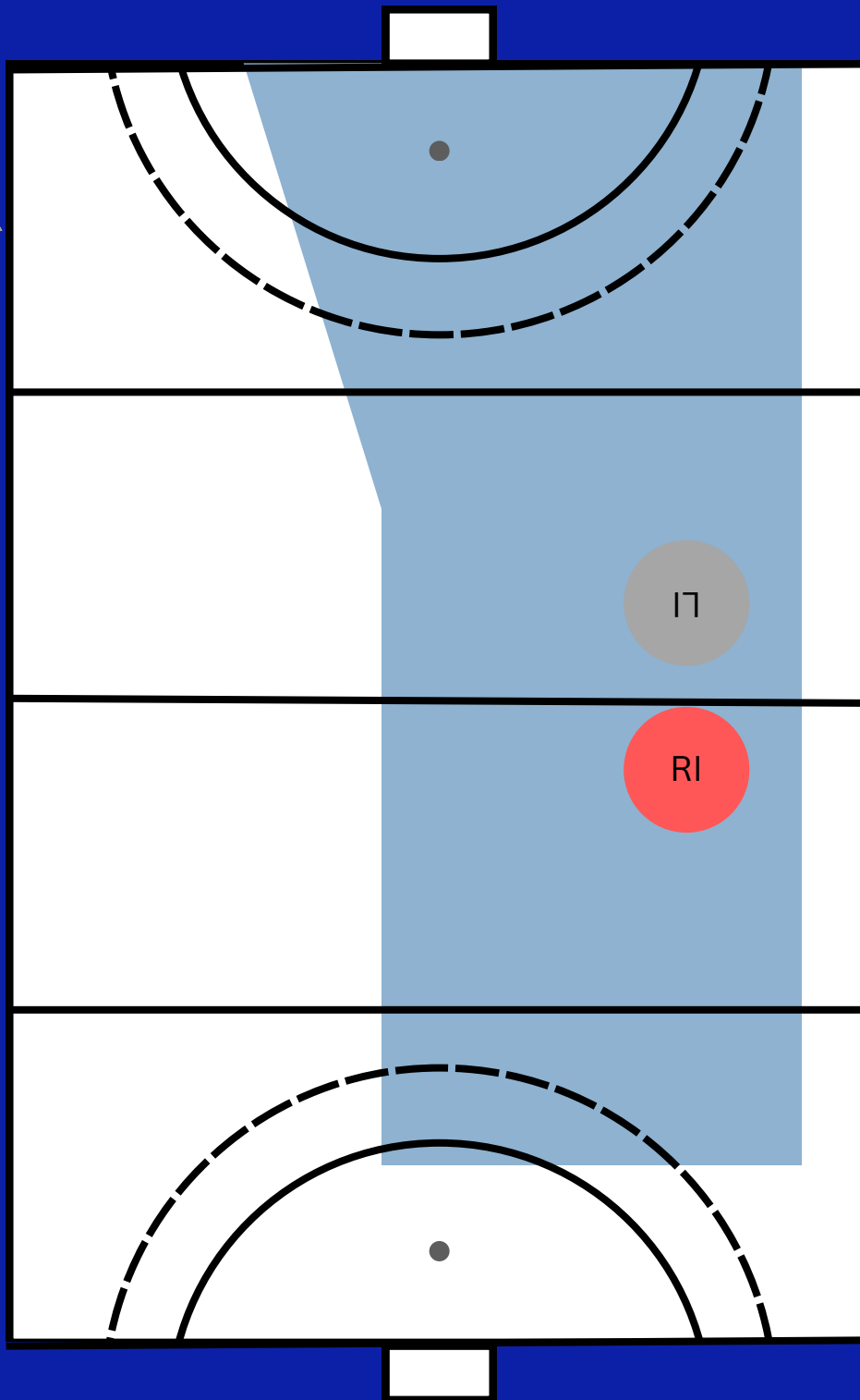
### DEFENDING

- 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

Direction of attack

