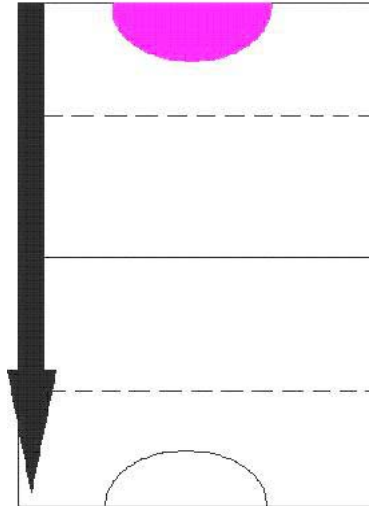


Role of Players

By Reaper

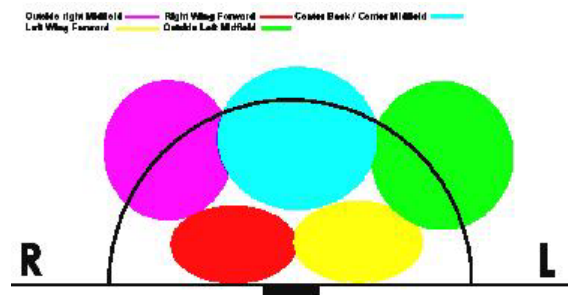
Role of the Goal Keeper

Playing Zone



Defensive Role:

1. Save all shots on goal.
2. Take responsibility for the defensive control of the circle. Generally the opposition would take up the zones as shown, the defensive responsibilities should be coordinated and generally the players involved are:
 - ❖ Inside Left Midfield;
 - ❖ Center Midfield / Center Back;
 - ❖ Inside Right Midfield;
 - ❖ Left Back;
 - ❖ Right Back; with
 - ❖ Sweeper being the spare player.



The Coordination should be along the Defence Line and in the Circle, this coordination is the sole responsibility of the Goal Keeper - all players must heed the calls of the Goal Keeper. It is also important to

- remember that the player that is called must pick-up the player that is indicated by the Goal Keeper, irrespective of whether they are one of the above listed players or not.
3. Coordinate the Sweeper, Left Back, Right Back, Inside Left Half, Center Midfield / Center Back and Inside Right Half defensive roles in and around the circle.
 4. Call the Sweeper, Left Back, Right Back, Inside Left Half, Center Midfield / Center Back and Inside Right Half into the defense line zone.

Midfield Role:

1. Call the Outside Right Midfield, Center Midfield / Center Back, and Outside Left Midfield into the defense line zone.

Attacking Role:

1. Initiate quick re-starts of defensive 16 yard clearances;
2. Initiate quick attacking options by preventing the ball from going over the back line (Example: River Ball) and kick passing the ball to Sweeper, Left Back, Right Back, Inside Left Half, Center Midfield / Center Back or Inside Right Half - utilize a overhead kick to clear the defensive half.

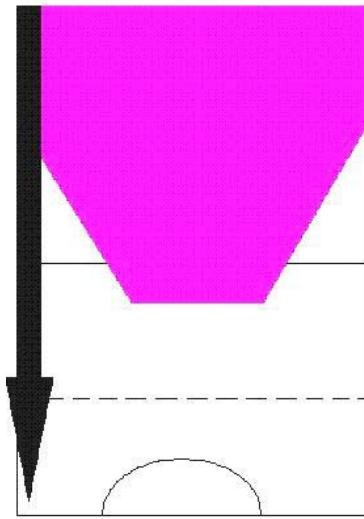
Other Roles:

1. Take responsibility for the control of defensive penalty corners.

NOTE: The DEFENCE LINE and the ATTACK LINE is the identical line, defense lines or attack lines simply indicates whether we are defending or attacking

Role - Sweeper:

Playing Zone:-



Defensive Role:

1. **Defending:** - Coordinate, with the Left Back and Right Back, and co-operate with the Inside Right Midfield and Inside Left Midfield to stop the opposition attacks in the midfield.
2. **Defending:** - Coordinate, with the Goal Keeper, and co-operate with the Right Back and Left Back to stop the opposition attacks in the circle.
3. **Defending:** - Cover and mark any loose attacking player entering the defensive circle - as a rule, the Sweeper should have no marking responsibilities for an individual attacking player.
4. **Defending:** - Cover the Left Back, Right Back, or Goal Keeper if necessary.
5. **Defending:** - Never stand square with the Left Full Back, or Right Full Back, especially in the midfield.
6. **Defending:-** Adopt a safety first approach when defending in the circle, first objective is to clear the circle with a hard, crisp hit aiming at the zone covered by the Outside Right Half, or Outside Left Half - always play zonal clearances.

Attacking Role:

1. **Specialized:** - Take free hits in the defensive 25 zone. Looking for attacking opportunities to Outside Left Half, Outside Right Half, using the two Full Backs as outlets, and the Center Midfield / Center Back.
2. **Specialized:** - Take free hits in the center of the defensive zone. Looking for attacking opportunities to Outside Left Half, Outside Right Half, and Center Midfield / Center Back as outlets, and the

- Center Forward and Right Forward as direct attacking options when the attack is near the attacking zone.
3. **Specialized:** - Feed outlet players, using zonal positions at all times, looking for one of the following - Left Back, Right Back, Inside Left half, and Inside Right Half.
 4. **Scoring Sheet** - Push into the goal circle and score goals!!!! (Average of 1 in every 3 games - NOTE: This means a minimum of 5 shots on goal per game).

Other Roles:

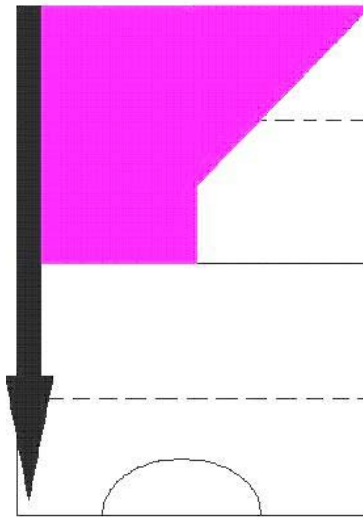
1. The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are key players in initiating double Defence on the opposing midfield. They are then expected to convert the opportunities created by the double Defence onto a 2-on
2. 1 scoring opportunity.
3. Coordinate the initiation of double Defence on the opposing midfield with the Inside Right Midfield, Inside Left Midfield, Center Midfield / Center Back. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.
4. Coordinate the initiation of double Defence on the opposing forwards with the Inside Left Midfield, Center Midfield / Center Back and Inside Right Midfield.

NOTE:

1. The concept of 03.01.04 Double Defence leading to 2-on-1 Attack is coached in 03.02 Advanced Skills - Day Nine
2. Take control of the center of the tackle line and call the Center Midfield / Center Back into position.
3. Take control of the center of the attack line and call the Center Midfield / Center Back into position.

Role - Right Back:

Playing Zone:-



Defensive Role:

1. **Marking:** - Mark the opposing Inside Left.
2. **Defends the Circle:-** Prevent any opposition attacks into the circle
3. **Coordination:** - Coordinate, with the Sweeper, and co-operate with the Inside Right Midfield and Outside Right Midfield to stop the opposition left side attack.
4. **Coverage:** - Cover the Left Back, Sweeper, or Goal Keeper if necessary.
5. **Positioning:** - Never stand square with the Left Full Back, or Sweeper, especially in the midfield.
6. **Safety First:-** Adopt a safety first approach when defending in the circle, first objective is to clear the circle with a hard, crisp hit aiming at the zone covered by the Outside Right Half.

Midfield Role:

1. **Default Pass:** Link defense with attack as an outlet or link player - distribute the ball to either the Center Midfield or Center Back, or Outside Right Midfield, with about 70% of the play being directed towards the Outside Right Midfield.
2. **Primary Passes:** Take all free hits in lower midfield zone, free hits in the lower midfield channel attacking zone are primarily directed towards the Center Forward, and secondarily towards the Center Midfield or Center Back. Free hits in the midfield zone are directed primarily towards the Center Midfield or Center Back and Outside Right Midfield with about 70% of the play being directed towards the Outside Right Midfield, and secondarily towards the Center Forward.

Attacking Role:

1. **Specialized:** - Push up behind the midfield in right side deep attack, going just into the opponent's defensive half of the field.
2. **Specialized:** - Feed outlet players, especially the Outside Right Midfield, Inside Right Midfield and the Center Midfield / Center Back, with 70% of the balls being fed to the Inside Right Midfield.
3. **Specialized:** - Feed the left hand side of the field when in the attacking zone, looking for the Inside Left Midfield.

Other Roles:

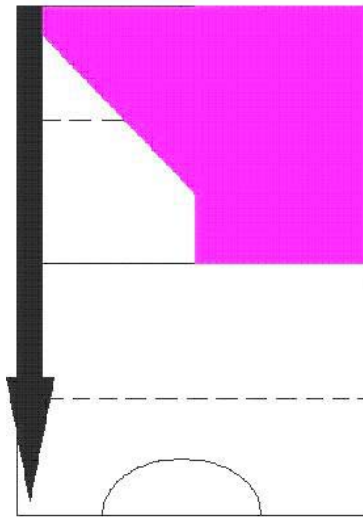
1. The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are key players in initiating double Defence on the opposing midfield. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.
2. Coordinate the initiation of double Defence on the opposing midfield with the Outside Right Midfield, Inside Right Midfield, Center Midfield / Center Back and Sweeper. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity. **NOTE:** The Outside Right Midfield has the prime responsibility of marking the opposing Left Wing in Defence - in this situation; the Right Back will operate as cover in the double Defence for the Outside Right Midfield and assist in closing the opposition in our outside right channel.
3. Coordinate the initiation of double Defence on the opposing forwards with the Inside Right Midfield, Center Midfield / Center Back and Sweeper.

NOTE:

1. The concept of 03.01.04 Double Defence leading to 2-on-1 Attack is coached in 03.02
2. Advanced Skills - Day Nine
3. Take control of the right hand side of the tackle line and call the Inside Right Midfield into position.
4. Take control of the right hand side of the attack line and call the Inside Right Midfield into position.

Role - Left Back:

Playing Zone:-



Defensive Role:

1. **Marking:** - Mark the opposing Inside Right.
2. **Defends the Circle:-** Prevent any opposition attacks into the circle
3. **Coordination:** - Coordinate, with the Sweeper, and co-operate with the Inside Left Midfield and Outside Left Midfield to stop the opposition left side attack.
4. **Coverage:** - Cover the Right Back, Sweeper, or Goal Keeper if necessary.
5. **Positioning:** - Never stand square with the Right Full Back, or Sweeper, especially in the midfield.
6. **Safety First:-** Adopt a safety first approach when defending in the circle, first objective is to clear the circle with a hard, crisp hit aiming at the zone covered by the Outside Left Half.

Midfield Role:

1. **Default Pass:** Link defense with attack as an outlet or link player - distribute the ball to either the Center Midfield or Center Back, or Outside Left Midfield, with about 70% of the play being directed towards the Outside Left Midfield.
2. **Primary Passes:** Take all free hits in lower midfield zone, free hits in the lower midfield channel attacking zone are primarily directed towards the Center Forward, and secondarily towards the Center Midfield or Center Back. Free hits in the midfield zone are directed primarily towards the Center Midfield or Center Back and Outside Left Midfield with about 70% of the play being directed towards the Outside Left Midfield, and secondarily towards the Center Forward.

Attacking Role:

1. **Specialized:** - Push up behind the midfield in left side deep attack, going just into the opponent's defensive half of the field.
2. **Specialized:** - Feed outlet players, especially the Outside Left Midfield, Inside Left Midfield and the Center Midfield / Center Back, with 70% of the balls being fed to the Inside Left Midfield.
3. **Specialized:** - Feed the right hand side of the field when in the attacking zone, looking for the Inside Right Midfield.

Other Roles:

1. The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are key players in initiating double Defence on the opposing midfield. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.
2. Coordinate the initiation of double Defence on the opposing midfield with the Outside Left Midfield, Inside Left Midfield, Center Midfield / Center Back and Sweeper. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.

NOTE:

1. The Outside Left Midfield has the prime responsibility of marking the opposing Right Wing in Defence - in this situation; the Left Back will operate as cover in the double Defence for the Outside Left Midfield and assist in closing the opposition in our outside left channel.
2. Coordinate the initiation of double Defence on the opposing forwards with the Inside Left Midfield, Center Midfield / Center Back and Sweeper.

NOTE:

1. The concept of 03.01.04 Double Defence leading to 2-on-1 Attack is coached in 03.02
2. Advanced Skills - Day Nine
3. Take control of the left hand side of the tackle line and call the Inside Left Midfield into position.
4. Take control of the left hand side of the attack line and call the Inside Left Midfield into position.

Role - Outside Right Midfield:

Playing Zone: -



Defensive Role:

- 1. Marking - Mark the opposing wing so that you can see the Left Wing and the ball at the same time and be closer to our goal than the left wing.**
- 2. Defending - Initiate the 1st tackle in the opponents Defensive Zone, more specifically in and around the area of the opposition's and 25-yard line within your channel. Act as a cover for the other midfield and forward players in the event of a missed tackle - do not commit to the tackle, rely on channeling the player, until the player who missed the initial tackle is in the position to cover your specific position - only then commit to a course of action, either tackling or channeling the opponent into a dead-end space.**
- 3. Zoning - Prevent left field attacks down the whole length of the field within the Outside Right Midfield channel.**
- 4. Discipline - Stay out of the defensive circle, but be available for the clearance pass from the Full Backs & Sweeper.**

Midfield Role: -

- 1. Specialized - Be available for the right side free hit through the defense to the right side, positioning yourself midway between the 25 and halfway line of the defensive zone and wide on the side line.**

Attacking Role:

- 1. Specialized - Take free hits and sideline hits in midfield & attack, excluding hits deep in attack which are the responsibility of the Right Wing Forward. The free hits in field in the zone are also the responsibility of the Outside Right Midfield - the free hits in the attacking zone are primarily directed towards the Center Forward**

- (Center Midfield / Center Back), and secondary, towards the Right Wing Forward. Free hits in the midfield zone are aimed primarily at the Right Wing Forward and secondarily towards the Center Forward (Center Midfield / Center Back).
2. Specialized - Feed ball to the forwards even across the ground, but especially to the Right Wing Forward to enable the player to set up the attack.
 3. Specialized - Support the right side forwards, especially the Right Wing forward being available for the back pass. On attack, be able to drive forward into the Right Wing Forward's position and create an attacking option - aiming the pass primarily towards the Center Forward (Center Midfield / Center Back), and secondary towards the Right Wing Forward, Center Forward (Center Midfield / Center Back), and Outside Left Forward.
 4. Scoring Sheet - Push into the goal circle and score goals!!!! (Average of 1 in every 3 games - NOTE: This means a minimum of 5 shots on goal per game).

Other Roles:-

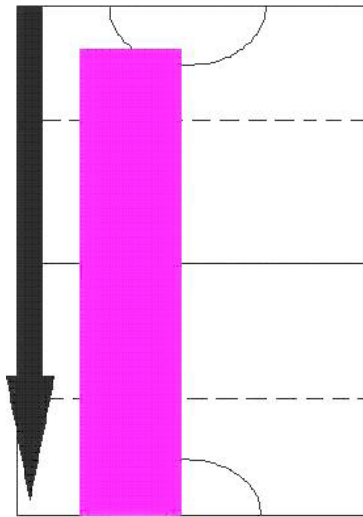
1. On attacking free hits from the left hand side, take command of the Right Sector of the circle which is not covered by the Right Wing Forward, and ensure that the Outside Right Midfield covers the through ball which is missed inside the circle by opponents and defenders. The option of the Outside Right Midfield is to always bring the ball under control and take a shot from where the ball is. The Right Wing Forward and Center Forward (Center Midfield / Center Back) should be positioned to deflect in a wayward hit or to score of the rebound from the keeper.

NOTE:

1. The Outside Right Midfield should be in a similar position for a long corner from the left hand side, again taking into consideration the position of the Right Wing Forward.
2. The Right Wing Forward in this situation should take command of the area around the far post and the Outside Right Midfield should position themselves approximately five (5) to seven (7) paces away from the Right Wing Forward for the cover - the Outside Right Midfield has the prime responsibility to ensure that no ball is hit through the circle and that this ball needs to be stopped and a shot taken at goal, or secondly set-up another team mate so that they can take the shot at goal.

Role - Inside Right Midfield:

Playing Zone: -



Defensive Role:

- 1. Marking: Mark opposing Left Link immediately or an opponent identified by the Sweeper within your defensive zone.**
- 2. Defends Top of our Circle: Stay out of the defensive circle, but be available for the clearance pass from the Full Backs & Sweeper.**
- 3. Coverage: Drop & Cover opposing Left Inner back to just outside our defensive circle.**
- 4. Support: Prevent left field attacks down the whole length of the field within the Inside Right Midfield channel.**
- 5. Reaction: React immediately and face all free hits in your zone.**

Midfield Role:

- 1. Default Pass: Link defense with attack as an outlet or link player - distribute the ball to either the Center Midfield / Center Back, or Outside Right Midfield, with about 70% of the play being directed towards the Outside Right Midfield.**
- 2. Primary Passes: Take all free hits in midfield and attack, free hits in the midfield channel attacking zone are primarily directed towards the Center Forward, and secondarily towards the Center Midfield / Center Back. Free hits in the midfield zone are directed primarily towards the Center Midfield / Center Back and Outside Right Midfield with about 70% of the play being directed towards the Outside Right Midfield, and secondarily towards the Right Wing Forward.**

Attacking Role:

- 1. Default Pass: Set-up Right Wing Forward and Center Forward attacks, by creating opportunities for the Center Midfield or Center Back and Outside Right Midfield.**

- 2. Primary Passes: Work with the Inside Left Midfield switching positions or Passing Square in the opposing half of the field - Switching of play through square passes must not happen in our defensive half of the field.**
- 3. Score Sheet: Push into the goal circle and score goals!!!! (Average of 1 in every 3 games - NOTE: This means a minimum of 5 shots on goal per game).**

Other Roles:

- 1. The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are the key players in creating the play. They are primarily responsible for:**
 - ❖ Taking and setting up set plays within the opposing half with the exception of the deep attack, which is the domain of the Right Wing Forward, or the Outside Left Midfield.**
 - ❖ The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are key players in initiating double Defence on the opposing midfield. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.**
 - ❖ Coordinate the initiation of double Defence on the opposing midfield with the Outside Right Midfield. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.**

NOTE:

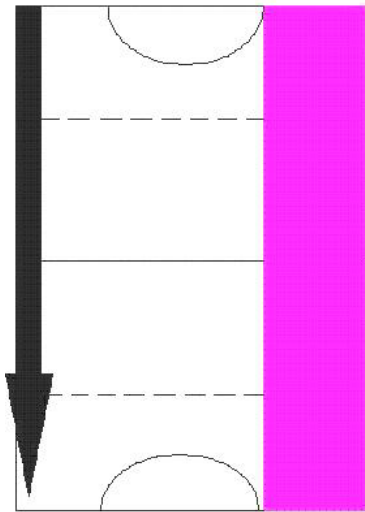
- 1. The Outside Right Midfield has the prime responsibility of marking the opposing Left Wing in Defence - in this situation; the Inside Right Midfield will operate as cover in the double Defence for the Outside Right Midfield and assist in closing the opposition in our outside right channel.**
- 2. Coordinate the initiation of double Defence on the opposing forwards with the Right Back, Center Midfield / Center Back and Sweeper.**

NOTE:

- 1. The concept of 03.01.04 Double Defence leading to 2-on-1 Attack is coached in 03.02**
- 2. Advanced Skills - Day Nine**
- 3. Take control of the right hand side of the tackle line and call the Center Forward, Right Wing forward and Outside Right Midfield into position.**
- 4. Take control of the right hand side of the attack line and call the Center Forward, Right Wing forward and Outside Right Midfield into position.**

Role - Outside Left Midfield:

Playing Zone:-



Defensive Role:

1. **Marking:** - Mark the opposing Right Wing so that you can see the Right Wing and ball at the same time and be closer to your goal than the Right Wing.
2. **Defending** - Initiate the 1st tackle in the opponents Defensive Zone, more specifically in and around the area of the opposition's and 25-yard line within your channel. Act as a cover for the other midfield and forward players in the event of a missed tackle - do not commit to the tackle, rely on channeling the player, until the player who missed the initial tackle is in the position to cover your specific position - only then commit to a course of action, either tackling or channeling the opponent into a dead-end space.
3. **Zoning** - Prevent right field attacks down the whole length of the field within the Outside Left Midfield channel.
4. **Discipline** - Stay out of the defensive circle, but be available for the clearance pass from the Full Backs & Sweeper.
5. **Coverage:** - Cover the Left Back, Sweeper, or Goal Keeper if they are committed.

Midfield Role:

1. **Specialized** - Be available for the right side free hit through the defense to the right side, positioning yourself midway between the 25 and halfway line of the defensive zone and wide on the side line.

Attacking Role:

1. **Specialized:** - Take free hits and sideline hits in midfield and attack, right up to the attacking base line, hits are aimed primarily at the

- Center Forward, and secondarily at the Center Midfield / Center Back. In an attacking situation, the Outside Left Midfield takes on the attacking role of a "Left Forward", where the player sets up the attacks from the base line, aiming the hits at the Center Forward positioned around the penalty spot, or the Center Midfield / Center Back positioned at the top of the circle.**
- 2. Specialized: - Feed the balls through to the forwards, especially the Center Forward, 70% of the time, using the Center Midfield and Inside Left Midfield as the alternative.**
 - 3. Specialized: - Be available for the Left Full Back or Sweeper to hit through the midfield to the outside attack zone - be positioned in the zone between the 25 and 50 yard line in our defensive zone.**
 - 4. Scoring Sheet - Push into the goal circle and score goals!!!! (Average of 1 in every 3 games - NOTE: This means a minimum of 5 shots on goal per game).**

Other Roles:

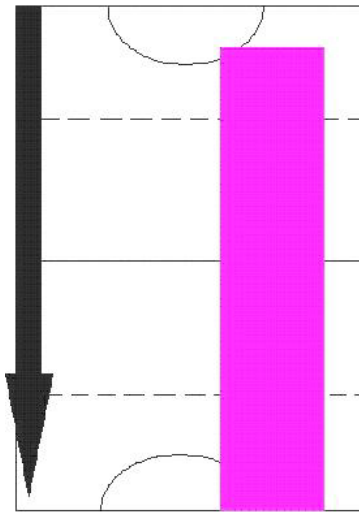
- 1. On attacking free hits from the left hand side, take command of the Right Sector of the circle which is not covered by the Center Forward, and ensure that the Outside Left Midfield covers the through ball which is missed inside the circle by opponents and defenders. The option of the Outside Left Midfield is to always bring the ball under control and take a shot from where the ball is. The Right Wing Forward and Center Forward should be positioned to deflect in a wayward hit or to score of the rebound from the keeper.**

NOTE:

- 1. The Outside Left Midfield should be in a similar position for a long corner from the right hand side, again taking into consideration the position of the Center Forward.**
- 2. The Center Forward in this situation should take command of the area around the far post and the Outside Left Midfield should position themselves approximately five (5) to seven (7) paces away from the Center Forward for the cover - the Outside Left Midfield has the prime responsibility to ensure that no ball is hit through the circle and that this ball needs to be stopped and a shot taken at goal, or secondly set-up another team mate so that they can take the shot at goal**

Role - Inside Left Midfield:

Playing Zone:-



Defensive Role:

1. **Marking:** - Mark opposing inside right immediately, or an opponent identified by the Sweeper within your defensive zone.
2. **Zoning:** - Defend and cover the opposite Right Inner back to just outside our defensive circle.
3. **Coverage:** - Stay out of the defensive circle, but be available for the clearance pass from the Full Backs & Sweeper.
4. **Support:** - Prevent right field attacks down the whole length of the field within the Inside Left Midfield channel.
5. **Reaction:** - React immediately and face all free hits in your zone.

Midfield Role:-

1. **Default Pass:** Link defense with attack as an outlet or link player - distribute the ball to either the Center Midfield or Center Back, or Outside Left Midfield, with about 70% of the play being directed towards the Outside Left Midfield.
2. **Primary Passes:** Take all free hits in midfield and attack, free hits in the midfield channel attacking zone are primarily directed towards the Center Forward, and secondarily towards the Center Midfield or Center Back. Free hits in the midfield zone are directed primarily towards the Center Midfield or Center Back and Outside Right Midfield with about 70% of the play being directed towards the Outside Left Midfield, and secondarily towards the Center Forward.

Attacking Role:

1. **Default Pass:** Set-up outside Left Midfield and Center Forward attacks, by creating opportunities down the left side channel.
2. **Primary Passes:** Work with the Inside Right Midfield switching positions or Passing Square in the opposing half of the field -

Switching of play through square passes must not happen in our defensive half of the field.

- 3. Score Sheet: Push into the goal circle and score goals!!!! (Average of 1 in every 3 games - NOTE: This means a minimum of 5 shots on goal per game).**

Other Roles:

- 1. The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are the key players in creating the play. They are primarily responsible for:**
 - ❖ Taking and setting up set plays within the opposing half with the exception of the deep attack, which is the domain of the Right Wing Forward, or the Outside Left Midfield.**
 - ❖ The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are key players in initiating double Defence on the opposing midfield. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.**
 - ❖ Coordinate the initiation of double Defence on the opposing midfield with the Outside Left Midfield. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.**

NOTE:

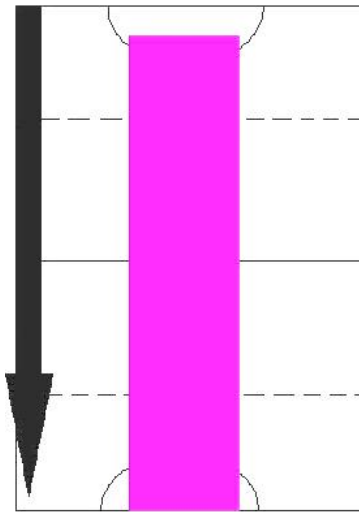
- 1. The Outside Left Midfield has the prime responsibility of marking the opposing Right**
- 2. Wing in Defence - in this situation, the Inside Left Midfield will operate as cover in the double Defence for the Outside Left Midfield and assist in closing the opposition in our outside left channel.**
- 3. Coordinate the initiation of double Defence on the opposing forwards with the Left Back, Center Midfield / Center Back and Sweeper.**

NOTE:

- 1. The concept of 03.01.04 Double Defence leading to 2-on-1 Attack is coached in 03.02**
- 2. Advanced Skills - Day Nine**
- 3. Take control of the left hand side of the tackle line and call the Center Forward and Outside Left Midfield into position.**
- 4. Take control of the left hand side of the attack line and call the Center Forward and Outside Left Midfield into position.**

Role - Center Midfield or Center Back:

Playing Zone: -



NOTE:

1. The Center Midfield or Center Back role can be utilized in the playing pattern dependent upon the opposition that we are playing against:
2. Defensive pattern GK-1-3-4-2, the position played is that of Center Back (behind the Inside Left Midfield and Inside Right Midfield players);
3. Attacking pattern GK-2-3-3-2, the position played is that of Center Forward (in front of the Inside Left Midfield and Inside Right Midfield players).
4. The style of play and responsibilities are the same irrespective of which pattern is adopted; the most important component is whether the position is played in front of, or behind the Inside Left Midfield and Inside Right Midfield players. The definition of the position needs to be identified on the field of play by the Player and the Coach and may change during a game based on how the game is developing.

Defensive Role:

1. **Marking:** - Marks opposition Center forward i.e. tackles back on opposition Center Forward where she / he can while our Full Back (Left & Right) / Sweeper tackles the opposition Center Forward directly. Our Full Back (Left & Right) / Sweeper releases opposition Center forward to you (Center Midfield / Center Back) once you get back into our circle to defend.
 - ❖ Marks opposition Center Half in Midfield.
 - ❖ Marks opposition Center Half on the opposition 16 yard hits so our Center Forward can be in the wall

- 2. Defending: - Stops opposition Inside Left passing to Inside Right. Channels opposition Inside Right and Inside Left from top of circle.**
 - ❖ **Does not crowd back on our Full Backs (Left & Right) / Sweeper.**
 - ❖ **Guards top of circle by being ready and close but still mark up man to man.**

Midfield Role:

- 1. Calling / Controlling Game: - Center Midfield / Center Back encourage team-mates and remind them when they are not acting as expected. (Therefore needs to know roles of all players). Center Midfield / Center Back calls moves and tell team-mates of options available. Usually a pusher of the ball rather than a hard hitter as she / he is building (constructing) an attack in the early stages.**
- 2. Holding: - Does not position self on side of ground because middle would be left open for opponents to use - be available in the midfield for a free hit through the defense into the midfield. (Consider with reference to "Primary Passes" and "Emergency Trap Door")**
- 3. Locking: - Center Midfield / Center Back passes ball then moves up field behind the ball to "lock" ball in. "Lock" means ensuring that a counter attack does not take place by the**
- 4. Opposition - take the first tackle in the Counter Attack.**
- 5. Emergency Trap Door: - Center Midfield / Center Back positions herself / himself inside (never leave centre of field open for opposition to use) of the field so that whenever a team-mate is in a tight situation, the Center Midfield / Center Back is an available option (often to rebound ball off). Position self with 10 m square around so you have space to move once you get ball. Dispose of ball immediately (as usually in unsafe area of field) or move sideways 5 m to create a hole then dispose of the ball.**

Attacking Role:

- 1. Default Pass: - Pass ball to Right Forward (Center Forward, Inside Right Forward) 70% of the time - use left side, 30% of the time as alternative.**
- 2. Primary Passes: - Be available square of the Outside Left Midfield & outside Right Midfield and at 45 degrees from the Inside Left forward & inside Right forward for a passing alternative. When the attack is in the region of the circle, the optimum position is found at the top of the circle, with the option to collect the pass and take the initial shot at goals, or to be in the position to clean-up saves and score of the resultant shot at goals.**
 - ❖ **If ball comes from right pass to our Inside Left Midfield.**
 - ❖ **If ball comes from the left then pass to our Inside Right Midfield.**

- 3. Score Sheet: - Score goals!!!! (Average of 1 a game - NOTE: This means a minimum of 10 shots on goal per game).**

Other Roles:

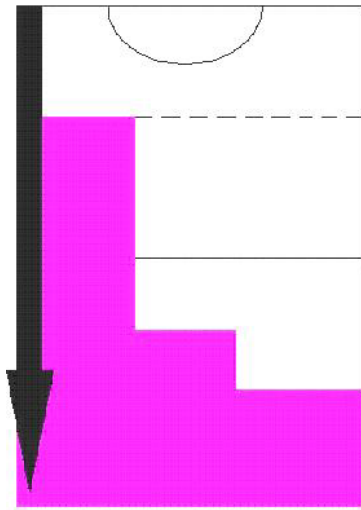
- 1. Push Back (Start or Re-Start): - First option is to Inside Right Half but not before drawing opponents or dummifying ball to other position. Always be well back from centre line directly backed from centre to give self plenty of time before opponent reaches you.**
- 2. On attacking free hits from outside the circle, take command of the Top of the Circle which is not covered by the Right Wing Forward, Outside Right Midfield, Outside Left Midfield and Left Wing Forward, and ensure that the Center Back / Center Midfield covers the ball which is cleared to the top of the circle. The other four players are positioned to cover the other four zones in the circle.**
- 3. The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are the key players in creating the play. They are primarily responsible for:**
 - ❖ Taking and setting up set plays within the opposing half with the exception of the deep attack, which is the domain of the Right Wing Forward, or the Outside Left Midfield.**
- 4. The Inside Right Midfield and the Inside Left Midfield, together with the Center Midfield / Center Back are key players in initiating double Defence on the opposing midfield. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.**
- 5. Coordinate the initiation of double Defence on the opposing midfield with the Center Forward. They are then expected to convert the opportunities created by the double Defence onto a 2-on-1 scoring opportunity.**
- 6. Coordinate the initiation of double Defence on the opposing forwards with the Right Back, Center Midfield / Center Back, Left Back and Sweeper.**

NOTE:

- 1. The concept of 03.01.04 Double Defence leading to 2-on-1 Attack is coached in 03.02**
- 2. Advanced Skills - Day Nine**
- 3. Take control of the center of the tackle line and call the Center Forward into position.**
- 4. Take control of the center of the attack line and call the Center Forward into position.**

Role - Right Wing Forward:

Playing Zone:



Defensive Role:

- 1. Marking:** - Push up deep to pressure opposition defense, especially in the region around the circle. Pressure in this area is aimed at:
 - ❖ causing errors in the defense;
 - ❖ Channeling the defense into playing wide and parallel to the base line, thus creating opportunities for line hits, long corners, or free hits in the attacking 25 yard zone.
- 2. Defending:** - Initiate the 1st tackle in the opponents Defensive Zone, more specifically in and around the area of the opposition's circle.
- 3. Reacting:** - React immediately & face all free hits in your zone - 5 yards from the hit with stick on the ground, eyes on the ball.
- 4. Zoning:** - This continues to the end of the defense mid-field zone.

Midfield Role:

- 1. Positioning:** - Move off the ball to be in a position for a direct pass, which cannot be intercepted by the opponents.
- 2. Holding:** - Get in behind the opposition Full Back's and Wing Half as much as possible when we have clear possession - be in the position to lead into space for a decisive through pass.
- 3. Emergency Trap Door:** - Be in clear space for a direct pass when our defense is attempting a turn over or taking a 16 yard clearance hit.

Attacking Role:

- 1. Default Pass:** - Pass ball to Center Forward (Center Midfield / Center Back) 70% of the time. 30% of the time to the Inside Right Midfield as alternative.

NOTE:

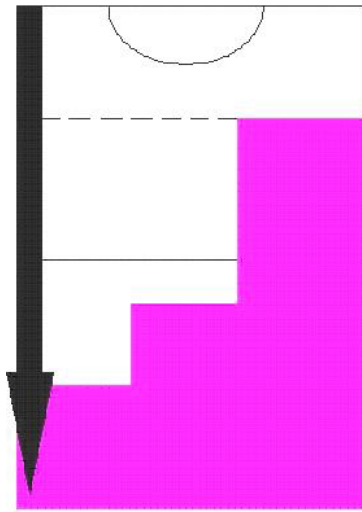
1. The Center Midfield / Center Back takes up the Center Forward position on the attack - this playing style is discussed in 02.14 Playing Style.
2. Primary Passes: - Center the ball especially when approaching the attacking back line with a firm hard hit. Target player for such as cross is the Center Forward (Center Midfield / Center Back), who should be found in the vicinity of the Penalty Spot. The Center Forward (Center Midfield / Center Back) and Outside Left Midfield should take up positions on the edge of the circle, ready to either shoot from that position, or clean up any clearance from the defensive players of the opposition. The Outside Right Midfield should move into a position which is behind the Right Wing Forward, offering a back-pass situation where, if required, the Right Wing forward can use the Outside Right Midfield as a channel to create another opportunity to attack the opposition's circle.
3. Attacking Hitting: - Take hit inside & free hits in the extreme deep attack.
4. Leading: - Lead from the side line into the circle (top of the circle) to create space on the wing - specifically for the Outside Right Midfield. The position the Right Wing Forward filled is now taken by the Outside Right Midfield player and the Right Wing Forward joins the other midfield players at the top of the circle as described above. The Right Wing forward must be aware that there is a gap in the attack (where the Outside Right Midfield was playing) and be available to drop into that position and offer themselves as an outlet for a back-pass situation where the Right Wing Forward can create another opportunity to attack the opposition's circle.
5. Score Sheet: - **SCORE GOALS!!!!!!** (Average of 1 a game - NOTE: This means a minimum of 10 shots on goal per game).

Other Roles:

1. On attacking free hits into the opponents circle, take command of the Right Hand post (as the attacking side looks at the goal) and be available for deflection goals and / or scoring of Goal Keeper saves.
2. On attacking Long Corners from the left hand side, take command of the Far Side Circle (as the attacking side looks at the goal) and be available to stop the ball going through and take a shot on goal and / or scoring of goal keeper saves.

Role - Left Wing Forward:

Playing Zone: -



Defensive Role:

- 1. Marking:** - Push up deep to pressure opposition defense, especially in the region around the circle. Pressure in this area is aimed at:
 - ❖ Causing errors in the defense;
 - ❖ Channeling the defense into playing wide and parallel to the base line, thus creating opportunities for line hits, long corners, or free hits in the attacking 25 yard zone.
- 2. Defending:** - Initiate the 1st tackle in the opponents Defensive Zone, more specifically in and around the area of the opposition's circle.
- 3. Reaction:** - React immediately & face all free hits in your zone - 5 yards from the hit with stick on the ground, eyes on the ball.
- 4. Zoning:** - Face all opposition free hits right back to nearly the defensive 25 yard line.

Midfield Role:

- 1. Positioning:** - Move off the ball to be in a position for a direct pass, which cannot be intercepted by the opponents.
- 2. Holding:** - Get in behind the opposition Full Back's and Wing Half as much as possible when we have clear possession - be in the position to lead into space for a decisive through pass.
- 3. Emergency Trap Door:** - Be in clear space for a direct pass when our defense is attempting a turn over or taking a 16 yard clearance hit.

Attacking Role:

- 1. Specialized:** - Be a pivot player especially in midfield attack creating space & passing to the Right Wing Forward, Inside Left Forward & inside Right Forward.

2. **Specialized:** - Pressure the area between the 7 yard (Penalty) spot and goal. The Left Wing forward should take responsibility for the first shot on goal from every attack. Support for the attacks should be found in the persons of:
 - ❖ Right Wing Forward;
 - ❖ Outside Left Midfield;
 - ❖ Center Midfield / Center Back;
 - ❖ Outside Right Midfield.
3. **Specialized:** - The Left Wing forward should, if these attackers take a shot follow-up onto the Goal Keepers pads and ensure that any rebounds are returned into the back of the goal net.
4. **Scoring Sheet:** - **SCORE GOALS!!!!!!!** (Average 1 a game - NOTE: This means a minimum of 10 shots on goal per game).

Other Roles:

1. On attacking free hits into the opponents circle, take command of the Left Hand post (as the attacking side looks at the goal) and be available for deflection goals and / or scoring of goal keeper saves.
2. On attacking Long Corners from the left hand side, take command of the Far Side Circle (as the attacking side looks at the goal) and be available to stop the ball going through and take a shot on goal and / or scoring of Goal Keeper saves.