

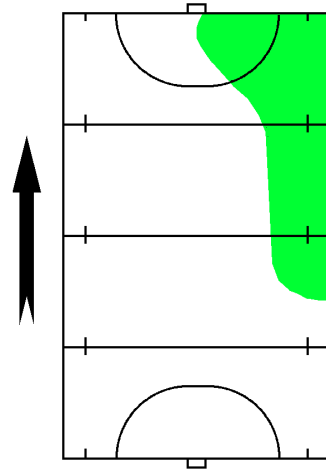
POSITIONAL PLAY

This brief outline of the eleven hockey player positions is a guide to the different positions. The diagrams show the parts of the field where the position would normally play.

STRIKERS

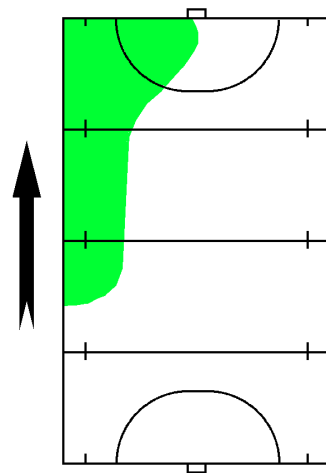
Right Wing

- this is an attacking position - be competitive and ready to score goals!
- stay as wide as possible - close to the sideline - however this does not mean that you stay there all through the game
- only come back into defence to receive a pass from one of your players
- mark up your left half as often as possible - pushing the ball past them and running is often as successful as dribbling past them
- in attacking short corners, try to head for the goal post to cover any deflections from the goalies's pads or the other defenders
- make sure you know who your inner and half are - remember to pass the ball !



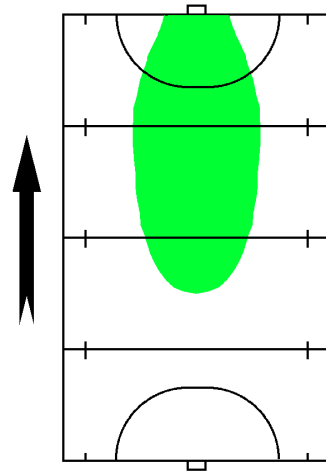
Left Wing

- this is an attacking position - be competitive and ready to score goals!
- stay as wide as possible - close to the sideline - however this does not mean that you stay there all through the game
- only come back into defence to receive a pass from one of your players
- centre the ball as much as possible
- in attacking short corners try to head for the goal post to cover any deflections from the goalies's pads or the other defenders
- make sure you know who your inner and half are - remember to pass the ball !



Centre Forward

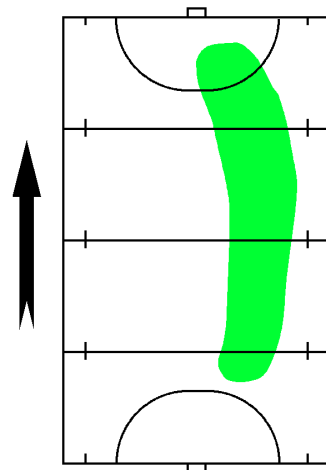
- stay mainly in the attacking half of the field
- don't watch the play when you are in defence; move around and lead into spaces
- mark up their centre half on their free hits
- be on the pads whenever a rebound is possible and be ready to score



MIDFIELDERS

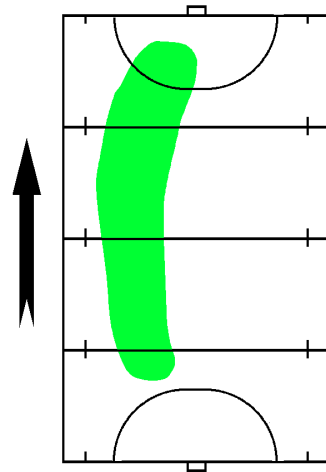
Right Inner

- mark their inside left when they have the ball; try to mark on the goalward side, ie. between your defending goal and the other player
- try to feed your right wing as much as possible
- work back into your defense so that your defender can pass the ball easily to you
- don't run with the ball too much
- use your centre half and right half if they are unmarked
- always be mobile on attacking free hits
- always mark their left inner on their free hits
- play just behind the line of your left wing, centre forward and right wing, when attacking
- always attack the goal when in possession just outside the circle
- use the push (short handle pass) as often as possible
- when your right wing has the ball get close to her so she can pass to you



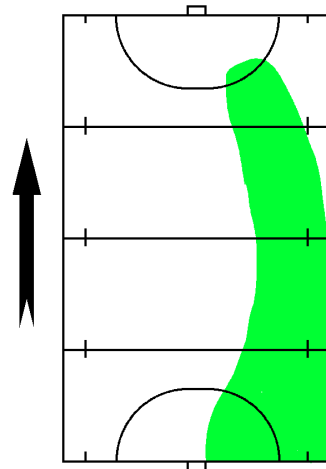
Left Inner

- mark their inside right when they have the ball
- work back into your defense so that your defenders can pass you the ball very easily
- try to pass to your left wing as frequently as possible
- when attacking, play slightly behind the line of your left wing, centre forward and right wing - don't be afraid to pass the ball to your centre half or left half if unmarked
- you need to feed your other forwards
- always be moving on attacking free hits
- always mark their inside right on their free hits
- always be in a position to score at the left inside position at the top (or just inside) the circle
- when your left wing has the ball get as close as possible so the ball can be passed



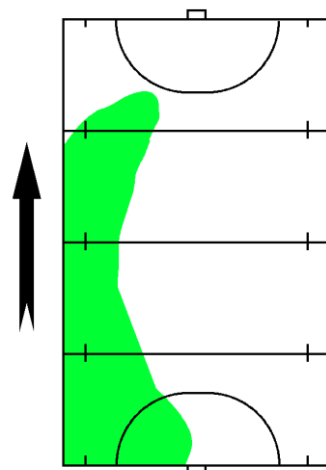
Right Half

- when the ball is on your side of the field you should mark their left wing
- always be mobile when tackling
- be prepared at all times to run back hard into defence so as to apply cover
- take all free hits on the right side line except for the last 15 metres in attack; let the right wing push in
- on defensive free hits mark their wing



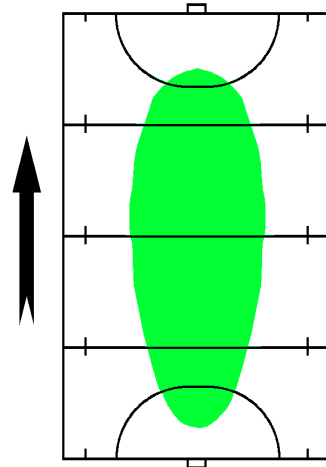
Left Half

- when the ball is on your side of the field you should mark their right wing
- when the ball is on the other side of the field fall away from right wing into a cover position
- take the free hits in your attacking half of the field on the left side
- you take all the push ins on the left hand side except for the last 20 metres in attack where the left wing can push them in
- on defensive free hits mark their wing



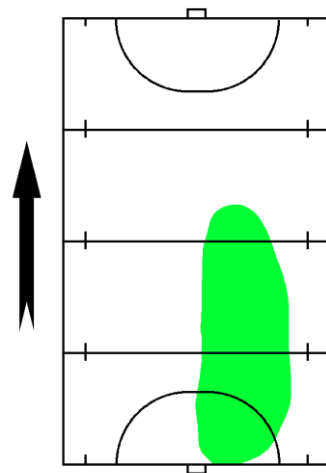
Centre Half

- play up and down the middle of the field
- take free hits in attacking half up and down the middle
- use the push as often as possible
- don't over commit yourself in attack too often
- in deep defence you mark or guard the top of the circle
- help free hits through by standing in front of attackers
- always mark a player from the goalward or defensive side
- on attacking free hits try to find space but don't come too close to the side line
- on defensive free hits mark the centre forward if she is in midfield
- always be mobile, never too flat footed
- try to feed your inside forwards with push passes
- on occasions hit the ball to your wings



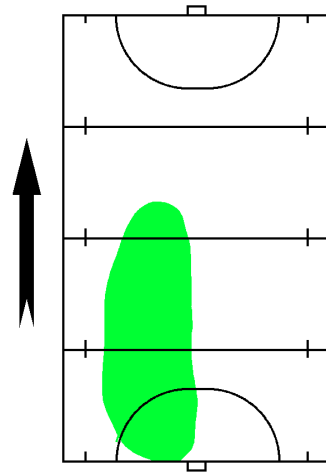
Right back

- tackle inside left high field early
- switch with your left full back quickly when the change of play occurs - don't be caught square
- take the free hits up to the centre line on your side of the field
- never rush a tackle
- in deep defence mark closely
- make yourself available on attacking free hits
- for defensive free hits on your side mark the centre forward if they lead into your area



Left Back

- tackle inside right when they have the ball
- tackle as high up the field as possible
- change with your other back to become the up back defending upon which side the ball is on (change very quickly - never be caught square with your partner)
- take free hits on your side of the field up to the centre line
- never rush a tackle
- make yourself available for an attacking free hit
- for defensive free hits on your side mark the centre forward if they lead into your area



Goalkeeper

- you are expected to stop the ball getting past and into the goal
- organise the defence by talking to team mates and playing loose balls out to them to start an attack
- always concentrate and call to your defence
- stay on your post if attacker is close to the back line
- in corners come out from your goal and be balanced
- when attacker is near by use arm or stick to touch the goal post to ensure correct position

