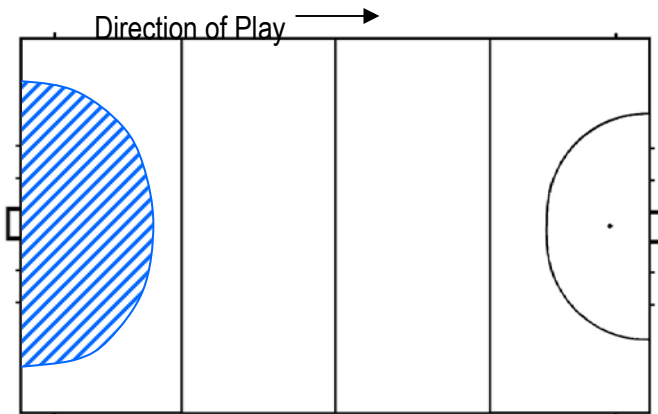


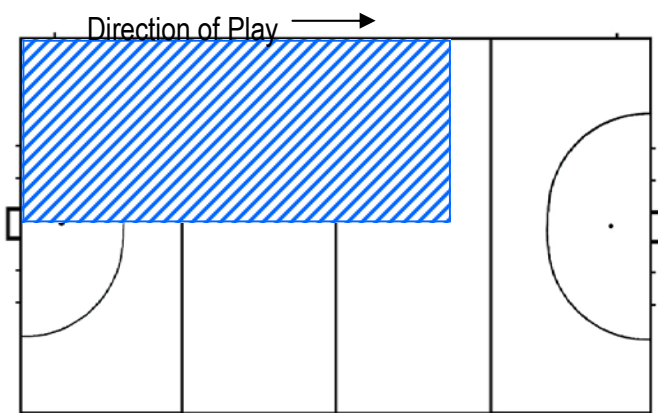
Playing Positions

[Contents](#)



GOALKEEPER (GK)

- Defend the area in/ around the goal/ circle
- Close down and/or tackle opponents in the circle
- Pass/ clear the ball to team mates or out of play
- Communicate attacking player movements to team mates
- Organise team mates at opposition hits & penalty corners



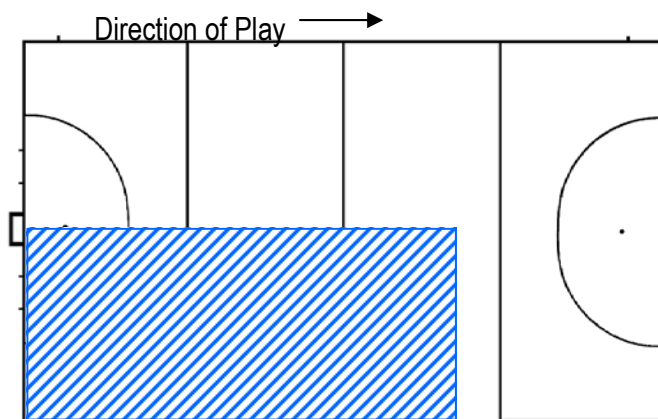
LEFT FULL BACK (LFB)

ATTACKING

- Take free hits & 15 metre hits in defensive half of field
- Support HB's in left side attack

DEFENDING

- Work with LHB to stop opposition left side attack
- Provide cover defence for RHB and GK if necessary
- Never stand square (level across the field) with RFB



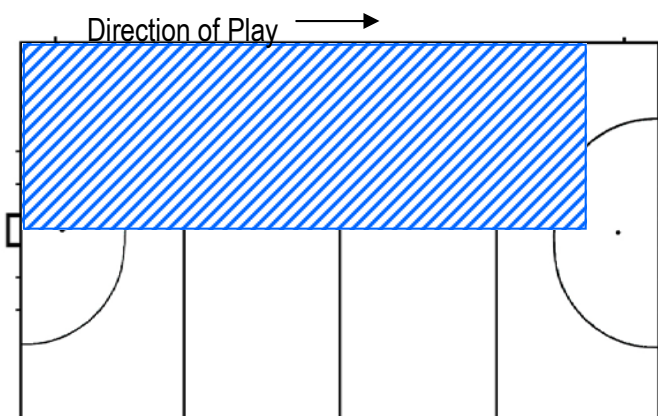
RIGHT FULL BACK (RFB)

ATTACKING

- Take free hits & 15 metre (16 yard) hits in defensive half of field
- Support HB's in right side attack

DEFENDING

- Work with RHB to stop opposition right side attack
- Provide cover defence for LHB and GK if necessary



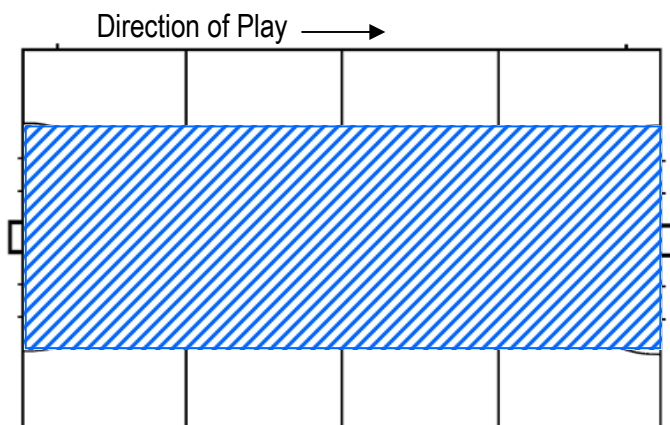
LEFT HALF BACK (LHB)

ATTACKING

- Take free hits and sideline hits in left side midfield
- Distribute the ball mainly to Half Backs and Forwards
- Create space for FB's to hit through from defence

DEFENDING

- Prevent left side attack
- Mark opposing RW and be 'goal-side' when marking
- Provide cover defence for FB's and GK if necessary



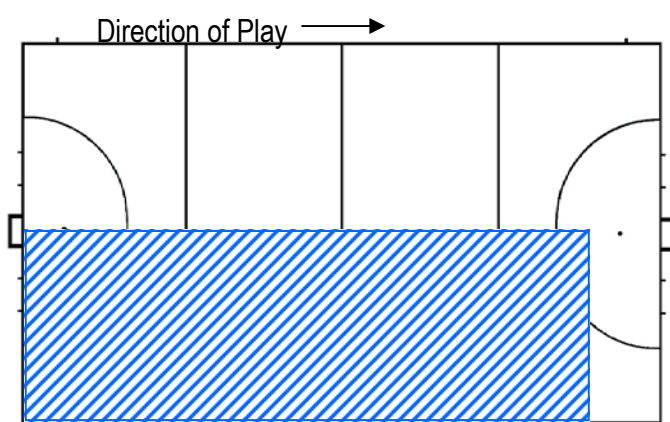
CENTRE HALF BACK (CHB)

ATTACKING

- Distribute the ball to team mates
- Take centre field attacking position free hits
- Provide passing alternative for HB's, LI & RI

DEFENDING

- Prevent centre field attack
- Mark opposing CF and be goal-side when marking
- Provide cover defence for FB's and GK if necessary



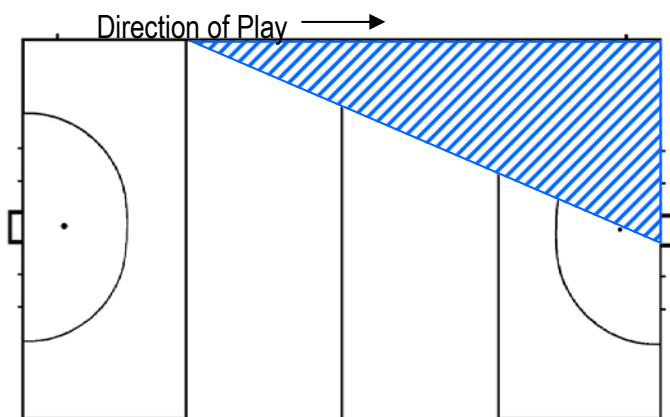
RIGHT HALF BACK (RHB)

ATTACKING

- Take right side attacking position free hits and sideline hits
- Support the RI & RW in attack
- Create space for FB's to hit through from defence

DEFENDING

- Prevent left side attack
- Mark opposing LW and be goal-side when marking
- Provide cover defence for FB's and GK if necessary



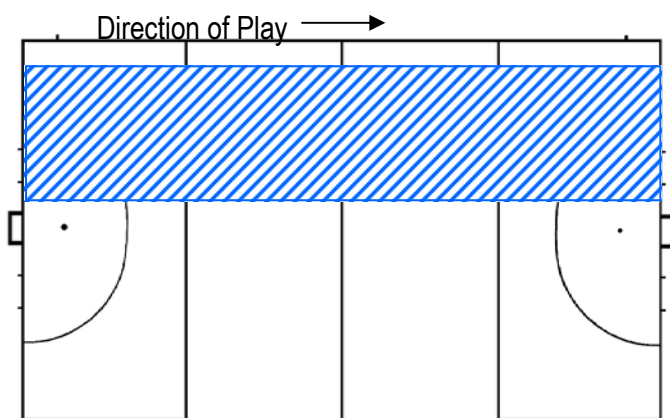
LEFT WING (LW)

ATTACKING

- Develop left side attack & link with LI
- Take free hits & side line hits in attacking 23 metre area
- Lead from left sideline into central positions

DEFENDING

- Pressure opposing FB's/ HB's when they have possession
- Defend back to the defensive 23 metre (25 yard) area



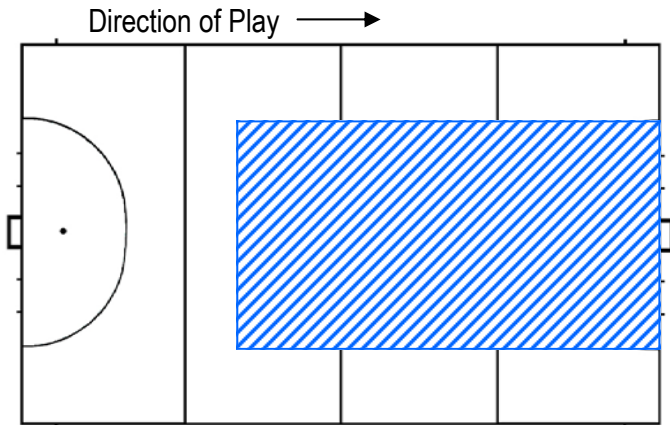
LEFT INSIDE (LI)

ATTACKING

- Link defence with attack
- Look to pass to forwards when possible, backs when not
- Create left side attack with LW and CF

DEFENDING

- Mark opposing RI & cover to just outside defensive circle
- Face all free hits in your area



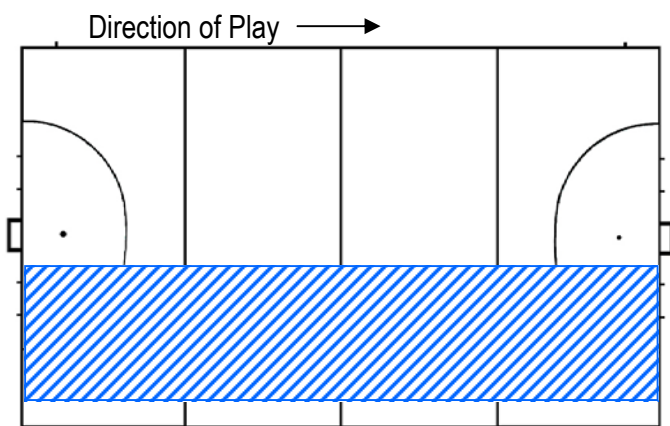
CENTRE FORWARD (CF)

ATTACKING

- Always be available to receive the ball from team mates
- Link with RI, LI & Wings to create attack

DEFENDING

- Pressure opposing FB's/ HB's when they have possession



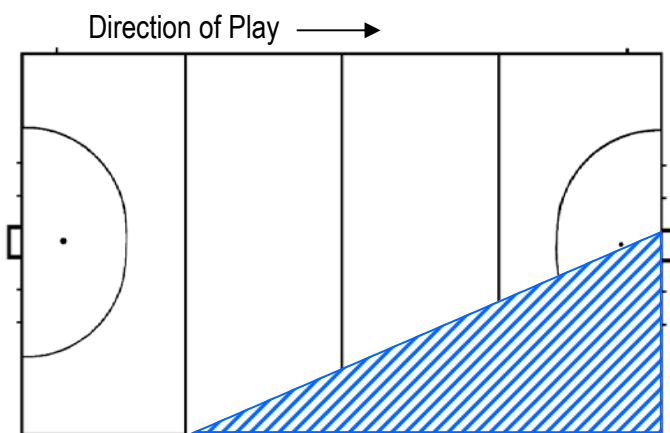
RIGHT INSIDE (RI)

ATTACKING

- Link defence with attack
- Create right side attack with RW & CF
- Take free hits & side line hits in attack 23 metre area

DEFENDING

- Mark opposing LI & cover to outside the defensive circle
- Face all free hits in your area



RIGHT WING (RW)

ATTACKING

- Develop right side attack and link with RI
- Take free hits & side line hits in attack 23 metre area
- Lead from right sideline into central positions

DEFENDING

- Pressure opposing FB's/ HB's when they have possession
- Defend back to the defensive 23 metre (25 yard) area