

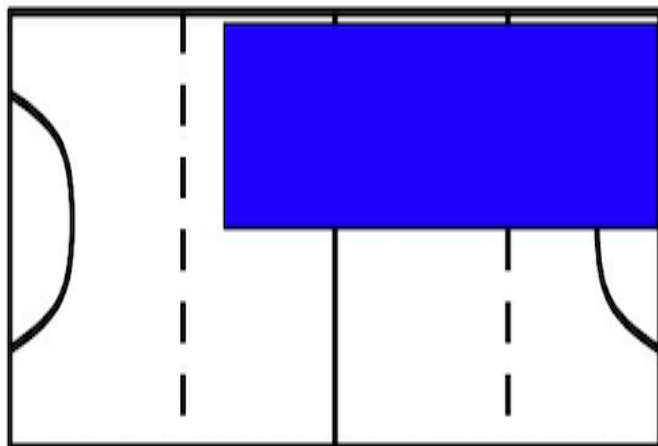
# HOCKEY POSITIONS



“Let’s teach our juniors how to play the game.”

## Attack Zone

## Defence Zone



## RIGHT FULL BACK

### In Possession

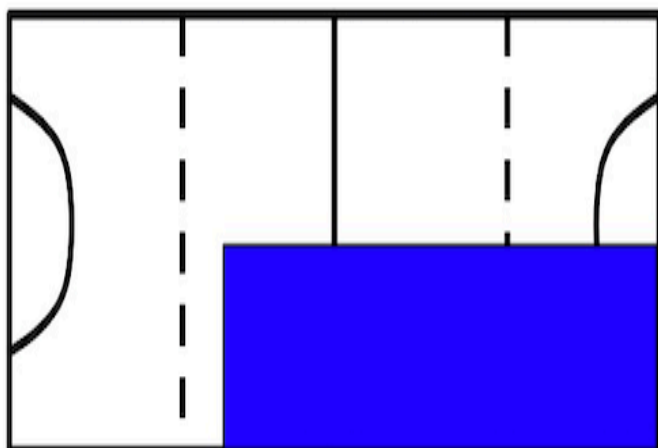
- \* Take free hits 7 16 yd. hits on right side in defence 50 zone.
- \* Push up behind H/backers in right side deep attack.
- \* Feed outlet players IL, CF, IR.
- \* Distribute to right side as much as possible.
- \* On hits looks for H/Backs or centre half, especially in midfield centre.

### In Defence

- \* Mark opposing inside left
- \* Coordinate & cooperate right half to stop opposition right side attack.
- \* Cover left Full back if necessary or goal keeper.
- \* Never stand square with right full back, especially in midfield.

## Attack Zone

## Defence Zone



## LEFT FULL BACK

### In Possession

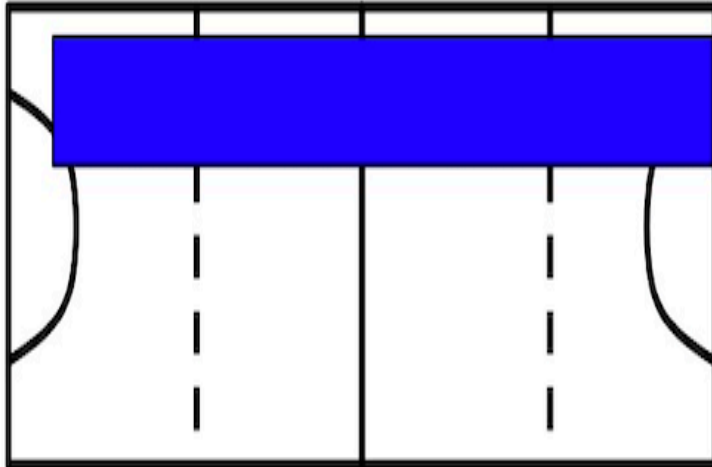
- \* Take free hits 7 16 yd. hits on left side in defence 50 zone.
- \* Push up behind H/backers in left side deep attack.
- \* Feed outlet players IL, CF, IR.
- \* Feed right side, look for square pass to left half or centre half. especially in centre mid field

### In Defence

- \* Mark opposing inside right
- \* Coordinate & cooperate left half to stop opposition left side attack.
- \* Cover right Full back if necessary or goal keeper.
- \* Never stand square with right full back, especially in midfield.

## Attack Zone

## Defence Zone



## RIGHT HALF BACK

### *In Possession*

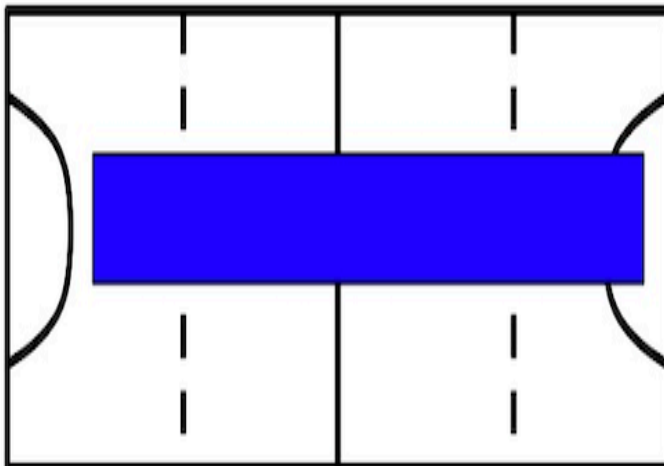
- \* Take free hits and sideline hits in midfield & attack
- \* Feed ball to the fwds. even across the ground but esp. right.
- \* Support right side fwds. being available for back pass.
- \* Make gap for R/Full back to hit through on midfield ride side zone.

### *In Defence*

- \* Prevent left side attack.
- \* Mark opposing wing so you can see L. wing & ball at the same time & be closer to our goal than L.W.
- \* Cover R/Full Back in defence or goal keeper if one is in one on one.

## Attack Zone

## Defence Zone



## CENTRE HALF BACK

### *In Possession*

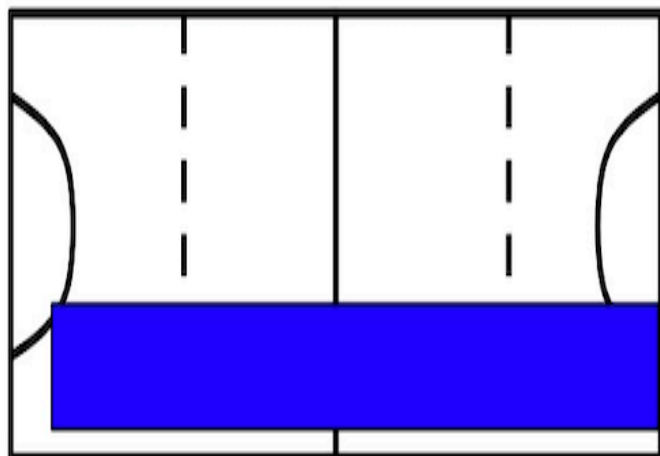
- \* Take centre attack midfield free hits.
- \* Be available square of H/Backs for passing alternative.
- \* Feed right side 70% of time. (RW,RI,CF). Use left side as alternative.
- \* Make gap for F/B to hit through in defence midfield centre.

### *In Defence*

- \* Mark opposing centre fwd. So you can see both them & the ball at the same time & are closer to our goal than they are.
- \* Support Full Backs if necessary.
- \* Prevent centre field attack.

### Attack Zone

### Defence Zone



### LEFT HALF BACK

#### *In Possession*

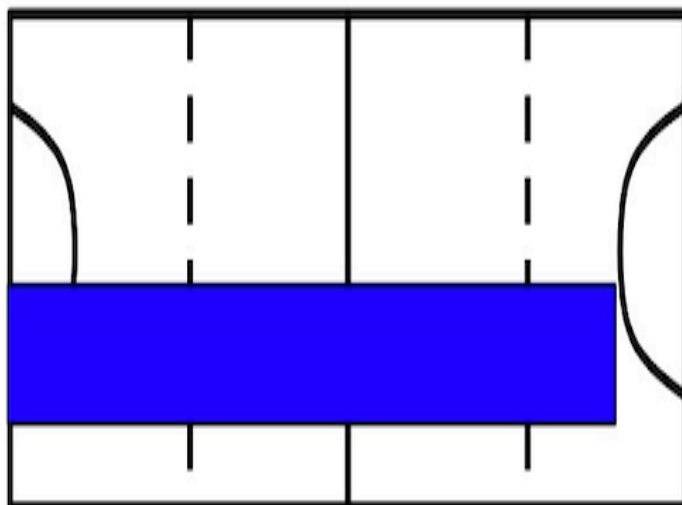
- \* Take free hits and sideline hits in midfield & attack
- \* Feed ball to the fwds. esp. right. 70% to right, left used as alternative, even across ground
- \* Make gap for L/Full back to hit through on midfield left side free hits in defence zone.

#### *In Defence*

- \* Prevent right side attack.
- \* Mark opposing wing so you can see R. wing & ball at the same time & be closer to our goal than Right W.
- \* Cover defence of L/Back or goal keeper if committed

### Attack Zone

### Defence Zone



### INSIDE LEFT

#### *In Possession*

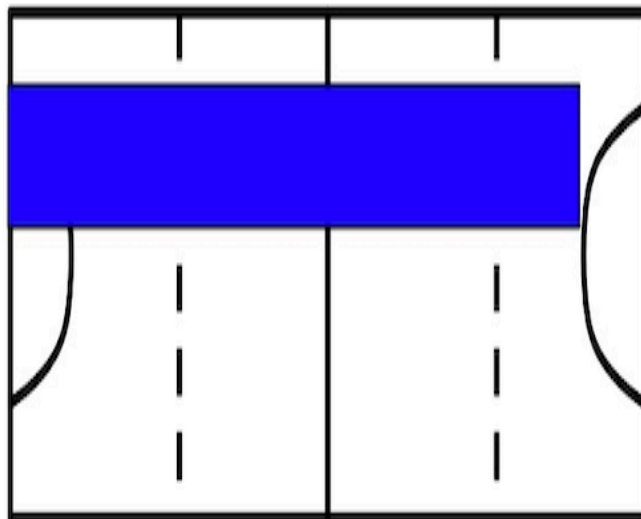
- \* Link defence with attack as outlet or link player. eg. HB's or CH.
- \* Feed ball right, looking for right inner in our attack mid field & esp. our attack 25.
- \* Build left side attack by feeding left wing or centre fwd.
- \* Push into circle to score goals!!

#### *In Defence*

- \* Mark opposing inside right immediately.
- \* Defend & cover opp. right inner back to just outside our defence circle.
- \* React immediately and face all free hits in this zone.

### Attack Zone

### Defence Zone



### INSIDE RIGHT

#### *In Possession*

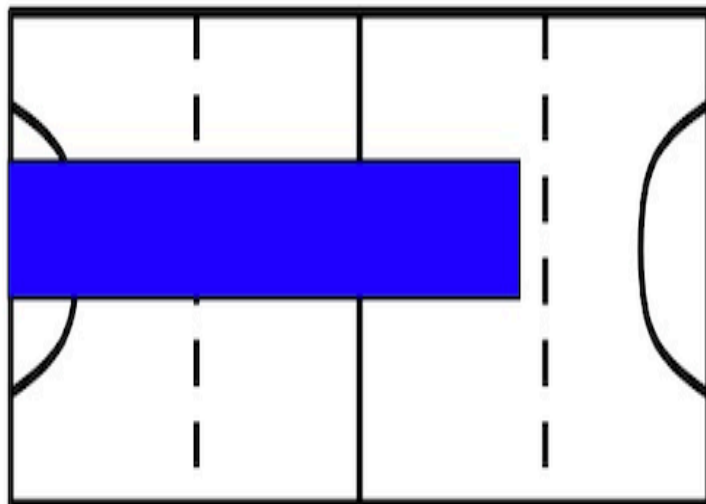
- \* Link defence with attack as outlet or link player. eg. HB's or CH.
- \* Set up right wing & centre forward attacks.
- \* Work with inside left switching positions or passing square to build attack esp. near 25.
- \* Push into the goal circle & score goals!!

#### *In Defence*

- \* Mark opposing inside left immediately.
- \* Defend & cover opp. left inner back to just outside our defence circle.
- \* React immediately and face all free hits in this zone.

### Attack Zone

### Defence Zone



### CENTRE FORWARD

#### *In Possession*

- \* Be a pivot player especially in mid field attack creating space & passing to right or left wings or inside fwd.
- \* In shooting circle 7 yard spot is area you must pressure.
- \* Score Goals!!

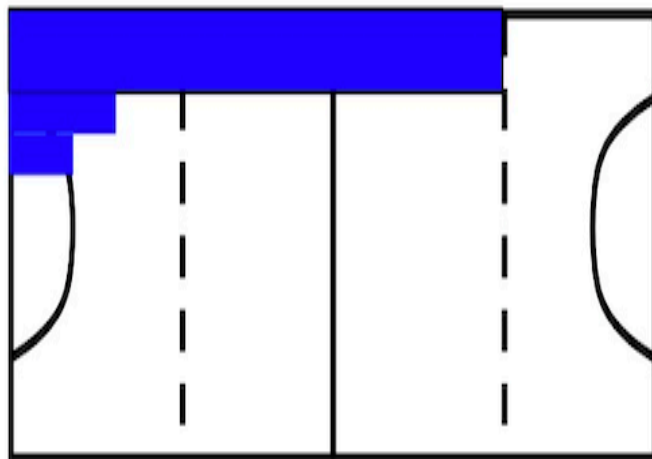
#### *In Defence*

- \* Face all opposition free hits right back to nearly the defensive 25 yard line.
- \* If opposition centre half is carrying the ball, tackle back on him/her to pressure or dispossess.



### Attack Zone

### Defence Zone



### RIGHT WING

#### **In Possession**

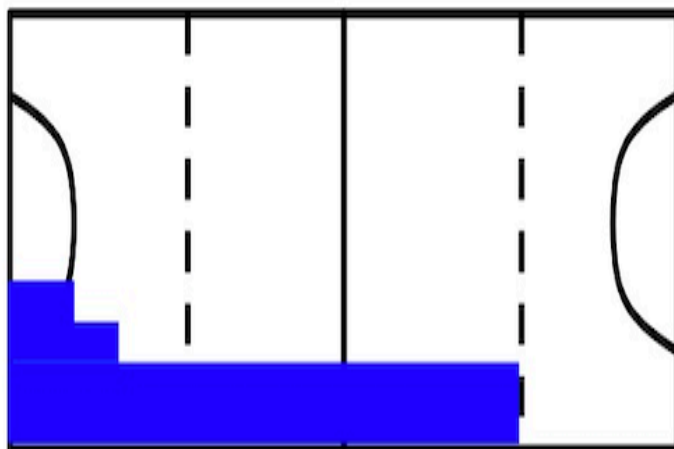
- \* Set up right side attack
- \* Take hit inside & free hits in extreme deep attack
- \* Centre the ball especially approaching attacking back line with firm hard hit
- \* Lead from side line into ground to create space on wing.
- \* Push up deep to pressure opposition defence.
- \* Score goals!!

#### **In Defence**

- \* React immediately & face all free hits in your zone. 5 yards from hit with stick on ground, eyes on ball.
- \* This continues to the end of the defence mid- field zone.

### Attack Zone

### Defence Zone



### LEFT WING

#### **In Possession**

- \* Be a pivot player & feed right side forwards with hard hit across ground.
- \* Link with left inner, & develop left side attack & score goals!!
- \* Take free hits & side line hits in attack 25, extreme corner & goal line.
- \* Lead from sideline into ground to create space on wing.
- \* Push up to put pressure on opposing full back & H/B's.

#### **In Defence**

- \* React immediately & face all free hits in your zone. 5 yards from hit with stick on ground, eyes on ball.
- \* Continue above back to 25yd defence zone.