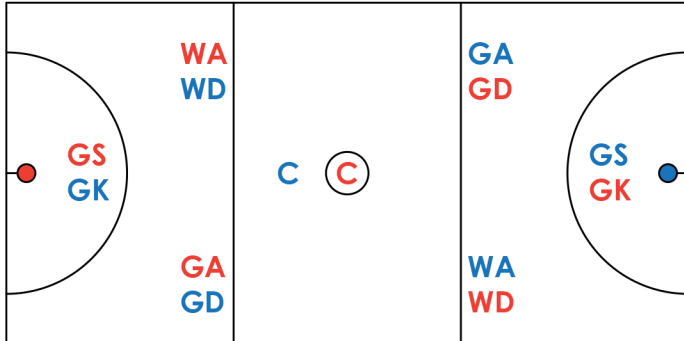




## Positions and Zones



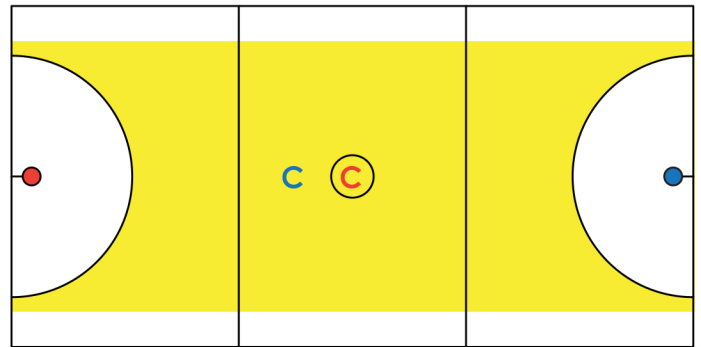
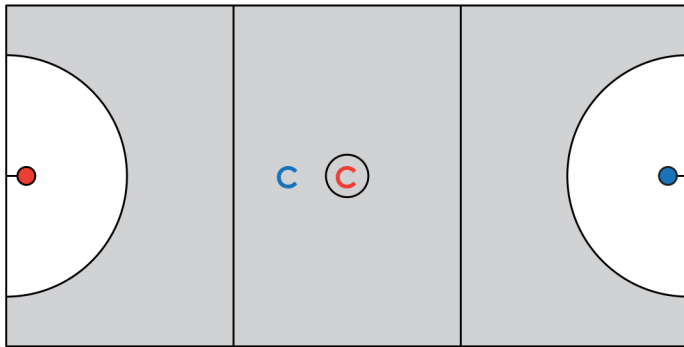
### “BE ON THE MOVE”

Don't stand still and ask for the ball ... ask for the ball **on the move!!**

Make a running lead and call for the ball from the front.



## C Centre



The **Centre** plays the whole court except for the goal circles.

Your job as **Centre** is to be the link player from the defence third to the goal third and you play an important role in both attack and defence.

At the start of the game or after a goal, you deliver the centre pass. That means you step into the centre circle and when the umpire blows the whistle, you throw the ball to your attacking players when they make their lead.

When it's your team's ball, you make strong attacking moves, combining with the WA to get the ball to the shooters.

When it's the other team's ball, you closely defend your opposition **Centre**, you combine with the Wing Defence to create pressure on the opposition at centre passes.

It's a busy position!

**C Super Zone** 

**C Boundary Throw In** - - - - -

**CENTRE** at a glance:

- **C** plays the whole court except the goal circles.
- The **C** super zone is where you mostly play your game.
- **C** never goes into the goal circles.
- **C** takes the centre pass from the centre circle.
- **C** looks to pass first to the **WA** or **GA**.
- **C** collects the ball after a goal and runs it back to the centre circle.
- **C** only steps into the centre circle once our **GA, WA, GD + GD** are behind the centre third lines.
- **C** sticks like glue to the **C** when the other team has the ball.
- **C** aims to distract the **C** when the **C** is passing.
- **C** never takes a free pass on the court.
- **C** never takes boundary throw-ins.