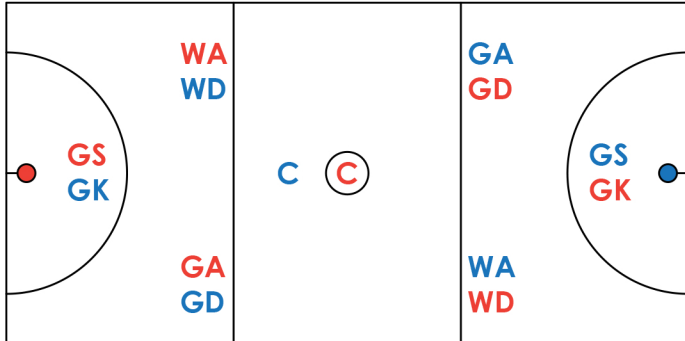




Positions and Zones

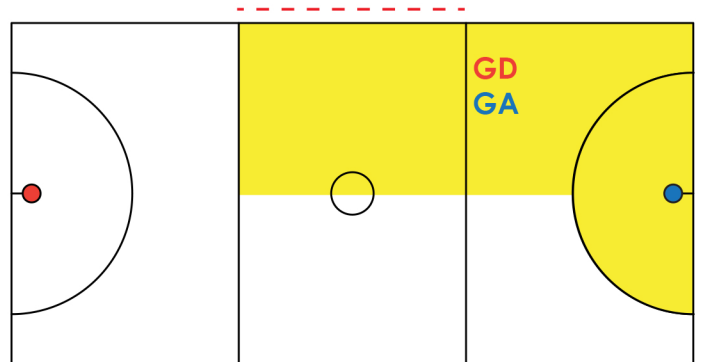
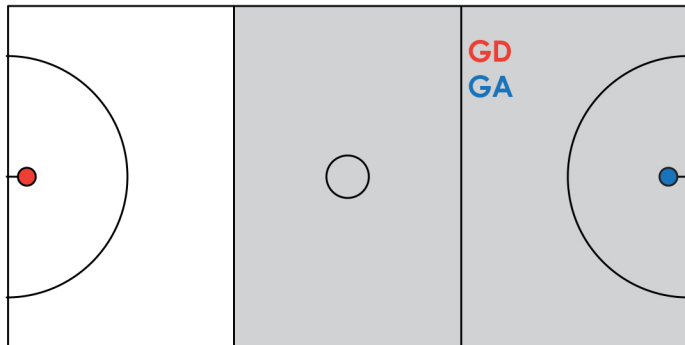


“SPREAD OUT”

Make sure everyone has enough space on the court. Try not to crowd the ball ... spread out so you have somewhere to run to.



GD Goal Defence



The **Goal Defence** plays in the defending goal third and the centre third.

Your main job as **Goal Defence** is to stick like glue to the **Goal Attack** and firstly stop them from getting the ball at the centre pass and then stop them from getting goals.

When the **Goal Attack** is shooting for a goal, you need to be three feet away and then stretch as far as you can toward the ball. When they take their shot, you can jump up toward the ball to try and stop the goal.

If the **Goal Shooter** or **Goal Attack** misses their shot at goal, you jump up and get the ball. This is called getting the rebound.

Your opposing player is the **Goal Attack**.

GD Super Zone



GD Boundary Throw In - - - - -

GOAL DEFENCE at a glance:

- **GD** plays in the centre third and the opposition's goal third.
- The **GD** super zone is where you mostly play your game.
- **GD** never goes into the our goal thrid.
- **GD** needs to be on the inside of the **GA** at the centre pass.
- **GD** sticks like glue to the **GA** at all times.
- **GD** needs to be aware of passes coming to the **GA** and try to intercept.
- **GD** aims to distract the **GA** when the **GA** is shooting for goal. (3 feet and arm up)
- **GD** jumps for and chases all rebounds.
- **GD** looks to pass first to the **GK** or **WD**.
- Takes the boundary throw-ins in the centre third, in their super zone.