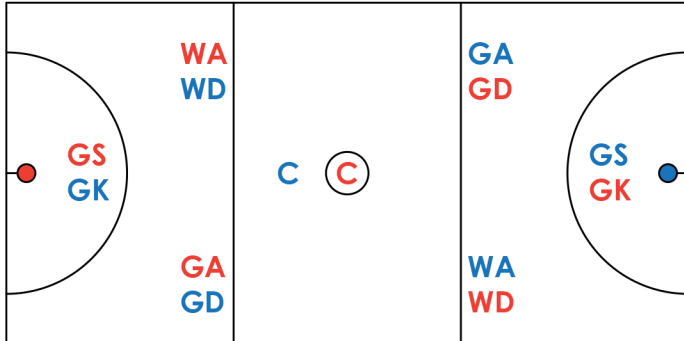
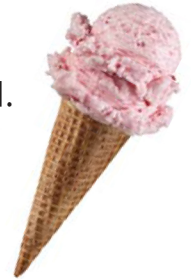




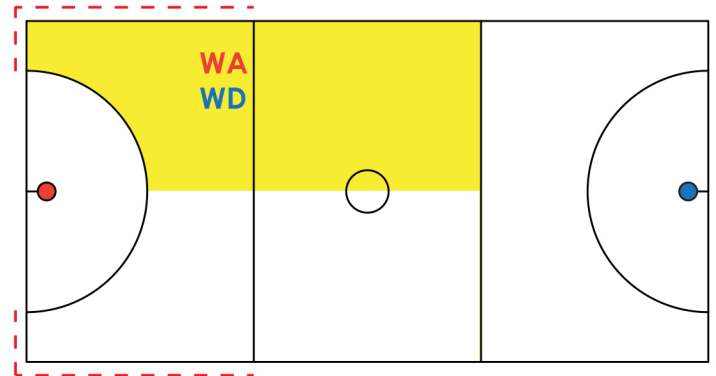
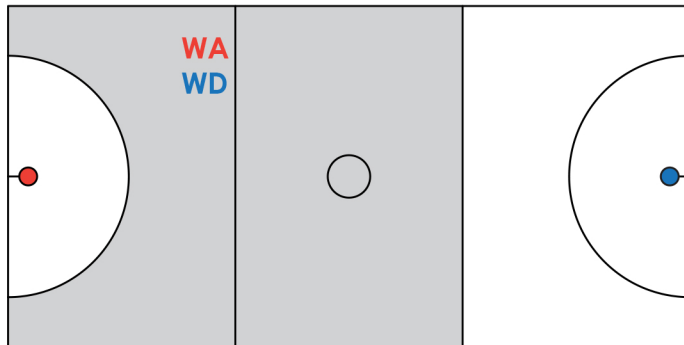
Positions and Zones



Remember **"ICE-CREAM"**
ICE is for your landing foot,
 the ice sticks to the ground.
CREAM is for the other foot
 that can push you around
 your pivoting ice foot.



WA Wing Attack



The **Wing Attack** plays in the attacking goal third and the centre third, but never in the goal circle.

As **Wing Attack** you work with the Goal Attack to get the ball from the centre at the centre pass and get it into the goal third. You then work with the Centre to get the ball into the goal circle.

Once the ball is in the goal circle, you need to maintain a strong position on the goal circle line in case you need to take a pass from someone in the goal circle to help them get closer to the ring.

As **Wing Attack** it is really important to make space on the court so you can make leads toward the ball getting in front of your player so your team mates can throw you the ball.

Your opposing player is the **Wing Defence**.

WA Super Zone 

WA Boundary Throw In - - - - -

WING ATTACK at a glance:

- **WA** plays in the centre third and the attacking goal third.
- The **WA** super zone is where you mostly play your game.
- **WA** never goes into the opposition's goal third.
- **WA** never goes into the goal circle.
- **WA** needs to be on the inside of the **WD** at the centre pass.
- **WA** must try to break free from the **WD** and be ready to receive the centre pass, dodge if you need to.
- **WA** looks to pass first to the **GA** or **C**.
- Sticks like glue to the **WD** when the other team has the ball.
- **WA** aims to distract the **WD** when the **WD** is passing.
- Takes the boundary throw-ins in the attacking goal third. (except if in the goal circle).