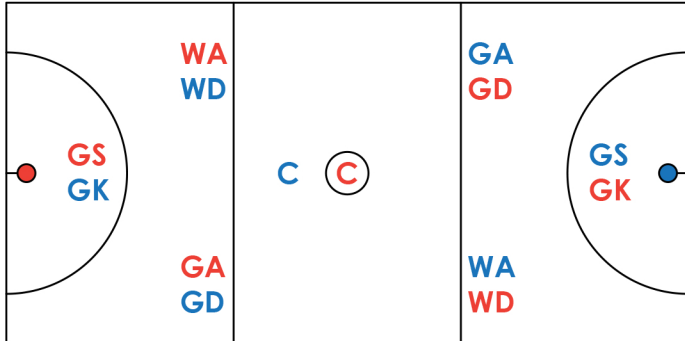




Positions and Zones

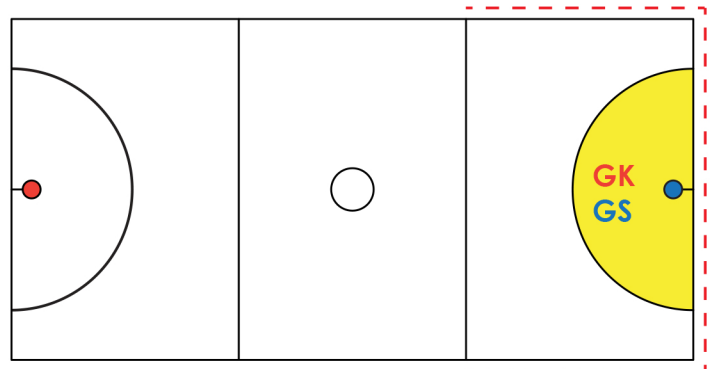
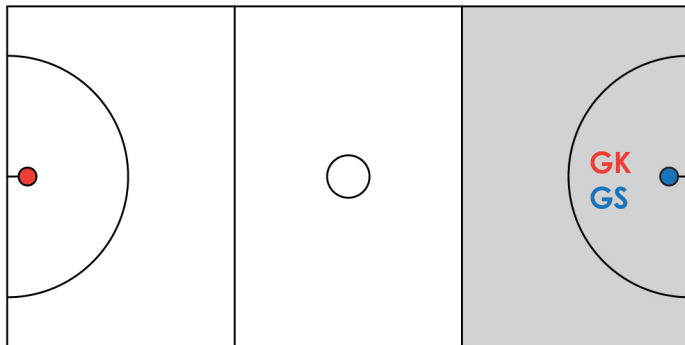


“ARMS UP”

When your shooter is taking aim...
defend, defend, defend!!
Make sure you're three feet
and get your **ARMS UP!!**



GK Goal Keeper



GK Goal Keeper

The **Goal Keeper** plays in the defending goal third.

Your main job as **Goal Keeper** is to stick like glue to the **Goal Shooter** and stop them from getting goals.

When the **Goal Shooter** 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.

If the ball goes out of bounds in the goal circle and it is your team's ball, you take the throw in.

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

GK Super Zone

GK Boundary Throw In - - - - -

GOAL KEEPER at a glance:

- GK plays in the opposition's goal third.
- The GK super zone is where you mostly play your game.
- GK never leaves the opposition's goal third.
- GK sticks like glue to the GS at all times.
- GK needs to be aware of passes coming to the GS and try to intercept.
- GK aims to distract the GS when the GS is shooting for goal. (3 feet and arm up)
- GK jumps for and chases all rebounds.
- GK looks to pass first to the GD.
- GK takes the free pass in the opposition goal third
- GK takes the boundary throw-ins in the goal opposition goal third.