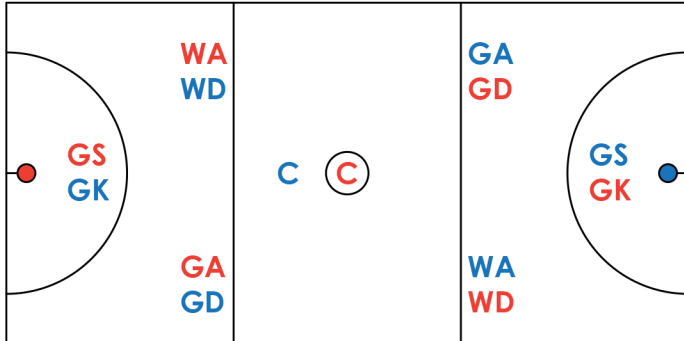




Positions and Zones



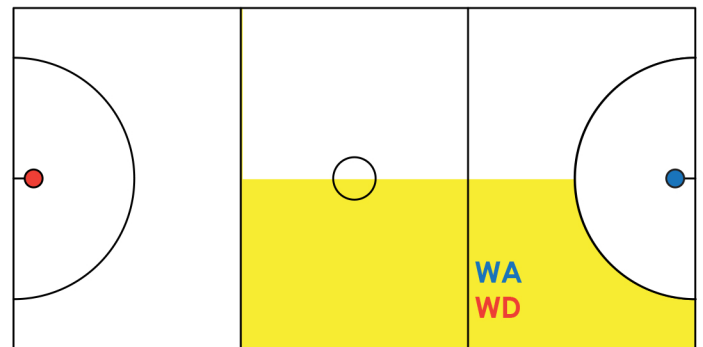
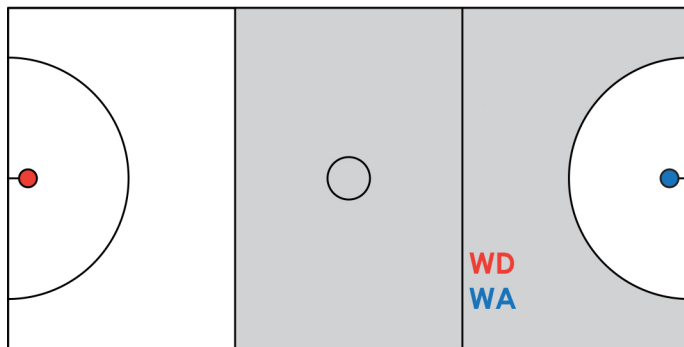
“STICK LIKE GLUE”

Always know where your player is. If their team has the ball, then ...

“STICK LIKE GLUE”



WD Wing Defence



The **Wing Defence** plays in the defending goal third and the centre third, but never in the goal circle.

Your job as **Wing Defence** is to stick like glue to the **Wing Attack** and stop them from getting the ball at the centre pass and then to stop them from getting the ball into the goal circle.

If your team is taking a throw in from the sideline you or the centre will take the throw in in the centre third.

If your team is taking a throw in from the back line in the goal circle, you need to maintain a strong position on the goal line setting yourself up to receive the pass.

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

WD Super Zone 

WD Boundary Throw In - - - - -

WING DEFENCE at a glance:

- **WD** plays in the centre third and the opposition's goal third.
- The **WD** super zone is where you mostly play your game.
- **WD** never goes into the our goal third.
- **WD** never goes into the goal circle.
- **WD** needs to be on the inside of the **WA** at the centre pass.
- **WD** sticks like glue to the **WA** at all times.
- **WD** aims to distract the **WA** when the **WA** is passing.
- **WD** looks to pass first to the **GD** or **C**.
- Takes the boundary throw-ins in the centre third, in their super zone.