|  |
| --- |
| WD |
| **RESPONSIBILITIES** | **COMPONENT PARTS/SKILLS** |
| Effective defence at centrepass | * Take interceptions at first phase of centre pass.
* Use of 1 on 1 marking to limit receipts (1st and 2nd phase).
* Switching on 2nd phase and in end third.
 |
| Gain possession by forcingerrors, closing off spaceand intercepting | * Attacking the path of the ball after tracking.
* Dictating opponent to create interception opportunities.
* Dictate to opponent to keep off the circle edge and limit feeding opportunities.
* Stage two defence.
 |
| Support through courtattack and be available forback line pass and onattacking line. | * Attack through court, losing defenders 1 on 1, moving into appropriate space.
* Pass from a static position and from moving to a static or moving player accurately up to a distance of half the court.
* Be aware of team mates and how to create space for others.
* Availability for back up on attacking third line.
 |
| Make quick transitionsbetween attack anddefence and vice versa | * Quick recovery and transition into an effective defending position.
* Quick transition into attack to provide an appropriate option.
 |
| Work in partnership withcentre in defending third | * Dictate player movements in relation to team mate
* Switching with Centre in goal third and at centre pass.
 |
| **Centre** |
| **RESPONSIBILITIES** | **COMPONENT PARTS/SKILLS** |
| Deliver centre passeffectively  | * Consistency of delivery/accuracy.
 |
| Tight defence of opposingcentre | * Quick recovery and transition into an effective defending position.
* Dictating movement of opponent to creating interception opportunities.
* Dictate to opponent to keep off the circle edge and limit feeding opportunities.
* Stage 2 defence.
 |
| Maintain possession -combining with WA todeliver ball to shooters | * Variety of passing, releasing from both sides.
* Awareness of where to pass and weight of pass – e.g. away from the defenders.
* Get around Stage two defence.
 |
| Maintain possession -being the link betweendefence and attack | * Pass accurately from static and on the move.
* Attack through court, losing defenders 1 on 1, moving into appropriate space.
* Be aware of team mates and how to create space for others
 |
| Work in partnership with WD at centre pass and in defending third | * Dictate player movements’ relation to team mate.
* Switching with C in goal third and at centre pass.
* Quick positioning on defence after scoring.
 |
| **WA** |
| **RESPONSIBILITIES** | **COMPONENT PARTS/SKILLS** |
| Be available for centre pass  | * Getting free 1 on 1 and 2 on 1.
 |
| Maintain possession and effective and accurate feeding of circle | * Accuracy and variety of passing skills off both sides.
* Awareness of where to pass and weight of pass – e.g. away from the defenders.
* Get around Stage 2 defence.
 |
| Availability on and around the circle edge in relation to team mates | * Losing defenders to arrive at circle free.
* Repositioning after pass/non-receipt of the ball.
 |
| Tight defence of WD | * 1 on 1 defence of WD.
* Quick recovery and transition into an effective defending position.
* Stage 2 defence.
* Dictating to opponent to creating interception opportunities.
 |
| Work in partnership with GA | * Creating width and depth in attack.
* Availability for 1st and 2nd phase of centre pass.
* Work with GA in defence of centre pass and backlines.
 |