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| GK | |
| **RESPONSIBILITIES** | **COMPONENT PARTS/SKILLS** |
| Restrict shooting opportunities for GS | * Dictate movement of shooter and confuse space for feeders * Tight I on 1 marking using front side and back positions. * Dictate movement of shooter to prevent circle re-entry |
| Deliver pass and be available in attack | * Pass from a static position and from moving to a static or moving player accurately up to a distance of 1/2 the court. * Accuracy of pass to player moving to and away from the ball carrier. * Continue to provide backup options throughout |
| Gain possession through  interceptions and rebounds | * Attack the line of the ball * Boxing out to provide good rebound opportunities * Angle body to see CC and recognise opportunities to * intercept |
| Effective defence of the shot | * Be aware of shooters shooting action and position in * the circle, * Be able to use a variety of defensive techniques to mark the shot. Jump, Lean and from varying different angles. * Understanding of using double defence on shot (cannon) |
| Work in partnership with GD | * Switch appropriately in the circle with the GD. * Dictate shooter movement in relation to team mate. |
| **GD** | |
| **RESPONSIBILITIES** | **COMPONENT PARTS/SKILLS** |
| Restrict possession and  dictate circle entry of GA | * Tight 1 on 1 marking using front side and back positions * Dictate movement of GA in relation to ball, GS and other defenders |
| Support through court  attack and be available for back line pass. | * Attack through court, losing defenders 1 on 1, moving into appropriate space. * Pass from a static or moving position 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. |
| Gain possession both  outside and inside circle  including at centre pass | * Take interceptions at first phase of CP * Dictating to opponent to create and take interceptions, attacking line of the ball * Boxing out to provide good rebound opportunities * Body Angles to see CC and recognise opportunities to intercept |
| Effective defence of shot | * Be aware of shooters shooting action and position in the circle * Be able to use a variety of defensive techniques to mark the shot. Jump, lean and from varying different angles. * Understanding of using double defence on shot (cannon) |
| Make quick transitions  between attack and  defence and vice versa | * Quick recovery and transition into an effective defending position. * Quick transition into attack to provide an appropriate option. |
| Work in partnership with  GK/centre court | * Switch appropriately in the circle with the GD. * Dictate shooter movement in relation to team mate * Use of CC to cover/delay ball to GA |