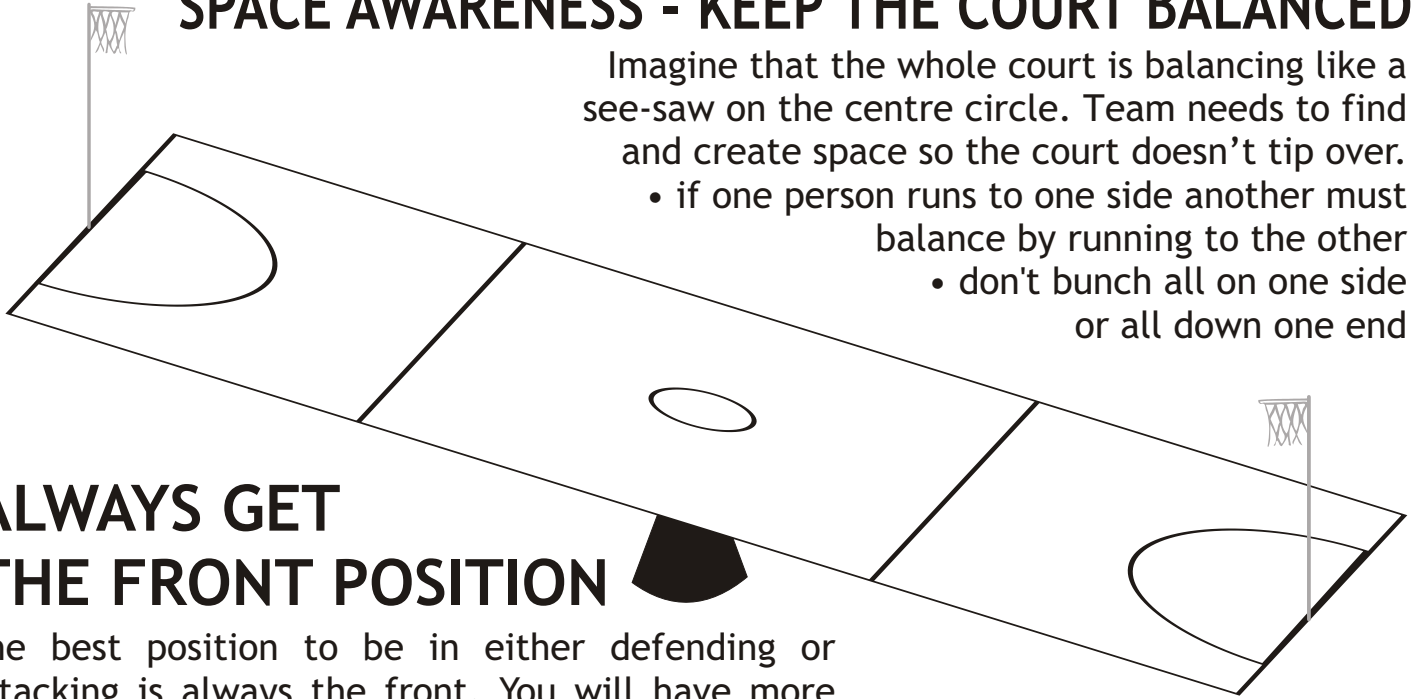


SPACE AWARENESS - KEEP THE COURT BALANCED

Imagine that the whole court is balancing like a see-saw on the centre circle. Team needs to find and create space so the court doesn't tip over.

- if one person runs to one side another must balance by running to the other
- don't bunch all on one side or all down one end

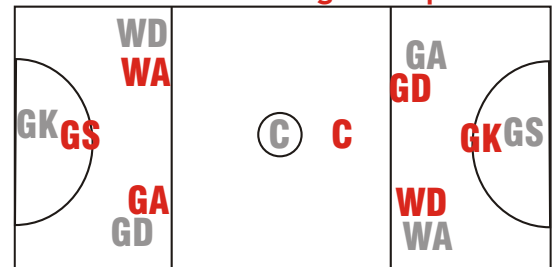


ALWAYS GET THE FRONT POSITION

The best position to be in either defending or attacking is always the front. You will have more chance of getting the ball from the front position. Even if you are just standing on the court always take up the front position. As the ball moves down or across the court reposition yourself so that you are between the player with the ball and your opponent.

NOTE: If you forming a "hold" or "screen" the front position often becomes the back position as you are guarding a space for yourself or another player.

Red team are holding front position



IT IS IMPORTANT TO KEEP MOVING TO CREATE SPACE:

for team members to run into.

WHEN KEEPING THE COURT BALANCED YOU CAN BREAK THE COURT INTO AREAS AND WORK ON KEEPING THESE AREAS BALANCED

Imagine that the goal third is balancing like a see-saw on the top edge of the circle.

Team needs to find and create space so the third doesn't tip over.

- if one person runs to one side another must balance by running to the other
- don't bunch all on one side or all down one end
- have one goaler working the top of the circle the other works along the goal line or split the circle in half
- make sure the C and WA are balanced around the edge of the circle
- the same principles can be used when defending

