

Positional Play

Positional Play – 11 a-side Hockey

Conventional systems (5-3-2-1, 4-4-2-1, 3-3-4-1)

Principles of Attack

- Width and Depth
- Mobility and Speed

Principles of Defence

- Delay, patience and timing
- Communication, Control and balance

Linking Attack and defence

What are the key points in each role?

Goalkeeper

- Defends the goal area, prevents goals being scored.
- Coordinates defence – calling
- Communicates where opposition are to defenders.

Defenders/Backs

- Mark opposition inside forward
- Cover defence other the back (switching and communicating)
- Break up attacks down own channel

Defenders/ Outside Halfs (left and right)

- Mark opposition striker in lane (wing)
- Break up or channel attacks down lane wider.
- Cover defence of backs

Midfield / Centre Half

- Links attack and defence – carry and distribute.
- Mark opposition centre forward and centre half
- Takes mid field free hits and assist on free hits out of defence

Midfield / Inside Forwards (Left and Right – Link)

- Links attack and defence – carry and distribute (feed wings, centre forward)
- Mark opposition inside forward esp in cover defence – ball on far side
- Helps centre Half mark space in centre field

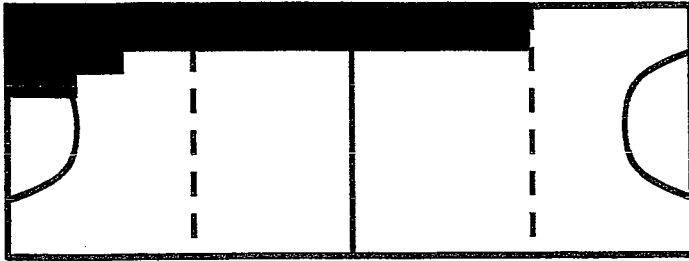
Strikers (Left and right wings, centre forward)

- Create width and depth in attack (stay wide), carry the ball forward
- Score goals
- Tackle back and block free hits

*Major keys in the 4 areas – defending and clear, link and carry, centre and score.
Each player needs to be aware of all positions and there roles.*

Positional play and player expectations.

Attack Zone



Defence Zone

RIGHT WING

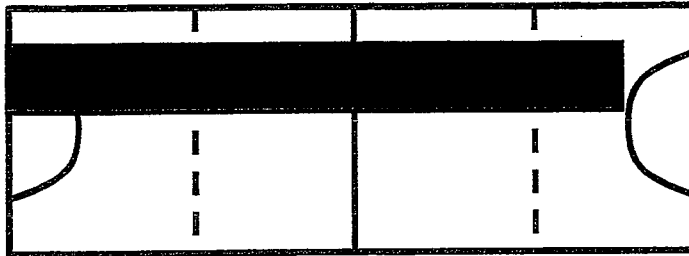
In Possession

- * Set up right side attack
- * Take hit inside & free hits in extreme deep attack
- * Centre the ball especially approaching attacking back line with firm hard hit
- * Lead from side line into ground to create space on wing.
- * Push up deep to pressure opposition defence.
- * Score goals!!

In Defence

- * React immediately & face all free hits in your zone. 5 yards from hit with stick on ground, eyes on ball.
- * This continues to the end of the defence mid-field zone.

Attack Zone



Defence Zone

INSIDE RIGHT

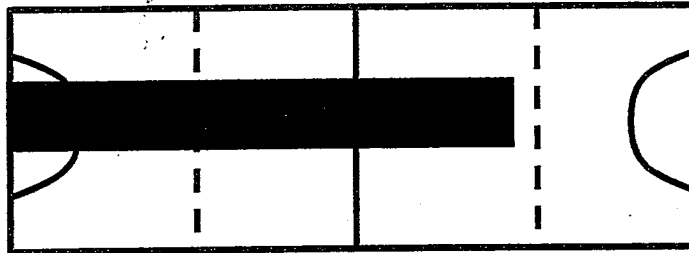
In Possession

- * Link defence with attack as outlet or link player. eg. HB's or CH.
- * Set up right wing & centre forward attacks.
- * Work with inside left switching positions or passing square to build attack esp. near 25.
- * Push into the goal circle & score goals!!

In Defence

- * Mark opposing inside left immediately.
- * Defend & cover opp. left inner back to just outside our defence circle.
- * React immediately and face all free hits in this zone.

Attack Zone



Defence Zone

CENTRE FORWARD

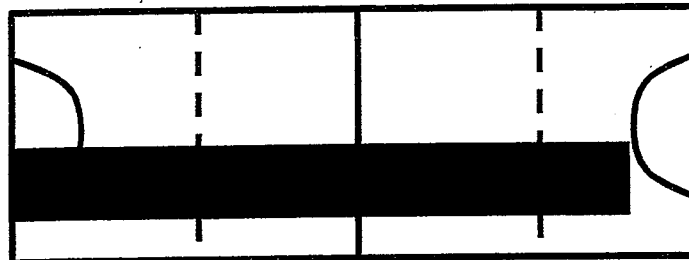
In Possession

- * Be a pivot player especially in mid field attack creating space & passing to right or left wings or inside fwd.
- * In shooting circle 7 yard spot is area you must pressure.
- * Score Goals!!

In Defence

- * Face all opposition free hits right back to nearly the defensive 25 yard line.
- * If opposition centre half is carrying the ball, tackle back on him/her to pressure or dispossess.

Attack Zone



Defence Zone

INSIDE LEFT

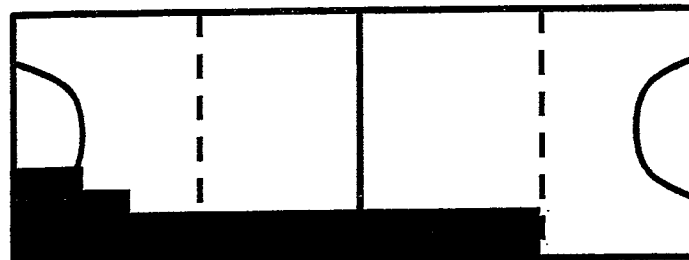
In Possession

- * Link defence with attack as outlet or link player. eg. HB's or CH.
- * Feed ball right, looking for right inner in our attack mid field & esp. our attack 25.
- * Build left side attack by feeding left wing or centre fwd.
- * Push into circle to score goals!!

In Defence

- * Mark opposing inside right immediately.
- * Defend & cover opp. right inner back to just outside our defence circle.
- * React immediately and face all free hits in this zone.

Attack Zone



Defence Zone

LEFT WING

In Possession

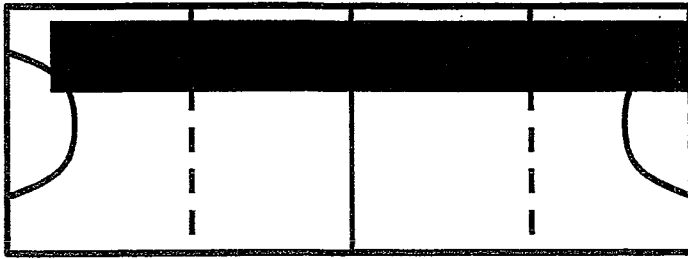
- * Be a pivot player & feed right side forwards with hard hit across ground.
- * Link with left inner, & develop left side attack & score goals!!
- * Take free hits & side line hits in attack 25, extreme corner & goal line.
- * Lead from sideline into ground to create space on wing.
- * Push up to put pressure on opposing full back & H/B's.

In Defence

- * React immediately & face all free hits in your zone. 5 yards from hit with stick on ground, eyes on ball.
- * Continue above back to 25yd defence zone.

Attack Zone

Defence Zone



RIGHT HALF BACK

In Possession

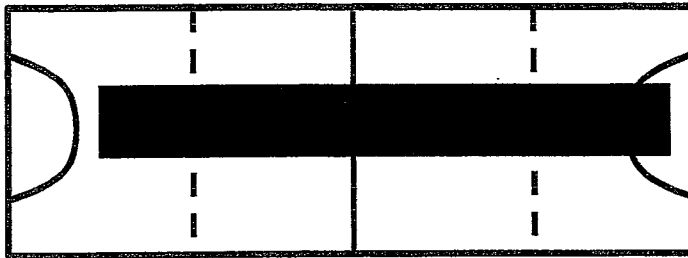
- * Take free hits and sideline hits in midfield & attack
- * Feed ball to the fwds. even across the ground but esp. right.
- * Support right side fwds. being available for back pass.
- * Make gap for R/Full back to hit through on midfield right side zone.

In Defence

- * Prevent left side attack.
- * Mark opposing wing so you can see L. wing & ball at the same time & be closer to our goal than L.W.
- * Cover R/Full Back in defence or goal keeper if one is in one on one.

Attack Zone

Defence Zone



CENTRE HALF BACK

In Possession

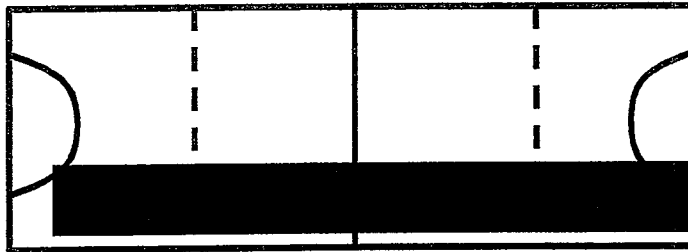
- * Take centre attack midfield free hits.
- * Be available square of H/Backs for passing alternative.
- * Feed right side 70% of time. (RW,RI,CF). Use left side as alternative.
- * Make gap for F/B to hit through in defence midfield centre.

In Defence

- * Mark opposing centre fwd. So you can see both them & the ball at the same time & are closer to our goal than they are.
- * Support Full Backs if necessary.
- * Prevent centre field attack.

Attack Zone

Defence Zone



LEFT HALF BACK

In Possession

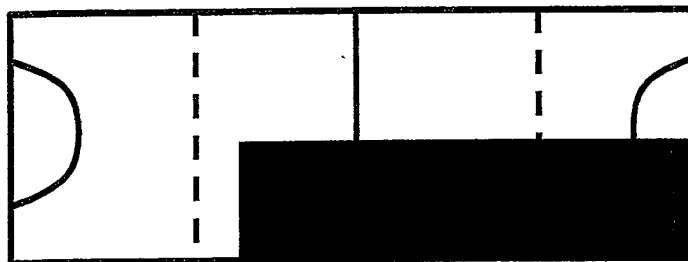
- * Take free hits and sideline hits in midfield & attack
- * Feed ball to the fwds. esp. right. 70% to right, left used as alternative, even across ground
- * Make gap for L/Full back to hit through on midfield left side free hits in defence zone.

In Defence

- * Prevent right side attack.
- * Mark opposing wing so you can see R. wing & ball at the same time & be closer to our goal than Right W.
- * Cover defence of L/Back or goal keeper if committed

Attack Zone

Defence Zone



LEFT FULL BACK

In Possession

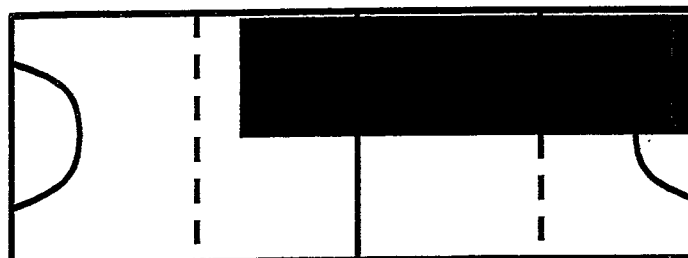
- * Take free hits 7 16 yd. hits on left side in defence 50 zone.
- * Push up behind H/backs in left side deep attack.
- * Feed outlet players IL, CF, IR.
- * Feed right side, look for square pass to left half or centre half. especially in centre mid field

In Defence

- * Mark opposing inside right
- * Coordinate & cooperate left half to stop opposition left side attack.
- * Cover right Full back if necessary or goal keeper.
- * Never stand square with right full back, especially in midfield.

Attack Zone

Defence Zone



RIGHT FULL BACK

In Possession

- * Take free hits 7 16 yd. hits on right side in defence 50 zone.
- * Push up behind H/backs in right side deep attack.
- * Feed outlet players IL, CF, IR.
- * Distribute to right side as much as possible.
- * On hits looks for H/Backs or centre half, especially in midfield centre.

In Defence

- * Mark opposing inside left
- * Coordinate & cooperate right half to stop opposition right side attack.
- * Cover left Full back if necessary or goal keeper.
- * Never stand square with right full back, especially in midfield.