

Advanced Training Session 5 to 8

Areas of Responsibility or Support

Position	Category	Area
GS	Responsible	Resp'bl - All the attacking shooting circle Support – Attacking third
GA	Responsible / Support	Resp'bl – Attacking Third Support - Shooting third in response to GS (unit play)
WA	Support	Resp'bl – to creating opportunities & offering safe space in response to GA Support - GA/GS to plan & create shooting opportunities until goal is scored.
C	Responsible	Resp'bl – Centre Third Support - Connecting defence players with attacking players smoothly
WD	Support	Resp'bl – to force errors or create interception opportunities in response to GD Support - GK / GD in their plans to gain a turnover and travel ball back to attack
GD	Responsible / Support	Resp'bl – Defence Third Support - Shooting third in response to GK (unit play)
GK	Responsible	Resp'bl – All the defence shooting circle Support - Defence third

Note: Having responsibility for an area does NOT mean that you have to catch the ball. It's just to ensure the right pass and best offer between your unit players are made with good communication and movement, to allow the ball to travel smoothly and direct towards your goal.

Questions – Answer the question for your prime position and Try to answer your response or advice for the others.

Position	Scenario	Response
GS	What advantages can it give your team if you sprint out of the circle area? If you do come out of the circle, what must you make happen and make sure you do?	
GA	You are getting pulled up for barging as your GD is tightly marking you, what can you do to take control back, is there anything the team can help you with, if so how do you take control and communicate?	
WA	What decisions do you make when approaching the transverse line ready for <u>any</u> centre pass, and what influences your decision? What can enhance the effectiveness of your decision?	
C	Backline pass, what should you be aware of, what decisions do you have to make, and what helps you decide your role? What is your main responsibility at this point?	
WD	Your opposing WA receives a wide centre pass every time, then sprints down court for the 3 rd pass, deflecting the ball directly into GS. What options do you have to break this pattern and how can your unit players assist, if at all?	
GD	The shooters work very well together in the circle, happy to pass to each other to gain a closer or better position without the need to pass out and in again. How can you ready yourself to intercept one of these passes and what can you do to interfere with their controlled unit playing?	
GK	GS is very nippy and dodges a lot to gain a better position ready for the pass in. How do you take control before and during your defending?	