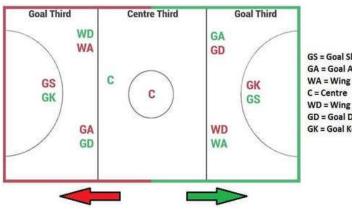


Key coaching points			Types of pass	
Shooting	 Feet shoulder-width apart facing the target Ball held high directly ABOVE head. Knees are slightly bent to push off with. Eyes looking at a point above the ring 	Chest pass	 Hold ball in two hands, fingers and thumbs spread Step forward onto left foot in the direction of the throw. Push the ball away from body sharply 	
	 Push the ball upwards using wrist and fingers. Track the flight of the ball Judge the speed and direction. Reach for the ball with straight arms. Cushion the ball with fingers tips as it comes towards you. Bring your arms back into your body with the ball in your hands. Make sure you balance after you land. 	Bounce pass	 The ball is brought in close to chest. Fingers should point towards the floor. Release the ball into the ground Aim the ball 2/3rds the distance between you and partner. The ball should bounce into her hands. 	
Catching and landing				
		Overhead pass		
Pivot – turning with the ball once you have caught it	 Keep one foot fixed to the ground Push and turn with the other foot. Release the ball off in a different direction.]		

Positions			
Goal Shooter	To score goals and to work in and around the circle with the Goal Attack.		
Goal Attack	To feed and work with the Goal Shooter to score goals		
Wing Attack	To feed the circle players giving them shooting opportunities.		
Centre	To take the centre pass and link the defence and the attack.		
Wing Defence	To look for interceptions and prevent the Wing Attack from feeding the circle.		
Goal Defence	To win the ball and reduce the effectiveness of the Goal Attack.		
Goal Keeper	To work with the Goal Defence and to prevent the Goal Attack/Goal Shooter from scoring		
	goals.		



GS = Goal Shooter GA = Goal Attack WA = Wing Attack WD = Wing Defence GD = Goal Defence GK = Goal Keeper