



Key coaching points	
Shooting	<ul style="list-style-type: none"> • 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 • Push the ball upwards using wrist and fingers.
Catching and landing	<ul style="list-style-type: none"> • 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.
Pivot – turning with the ball once you have caught it	<ul style="list-style-type: none"> • Keep one foot fixed to the ground • Push and turn with the other foot. • Release the ball off in a different direction.

Types of pass	
Chest pass	<ul style="list-style-type: none"> • 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
Bounce pass	<ul style="list-style-type: none"> • 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.
Overhead pass	<ul style="list-style-type: none"> • Bend your arms and keep your elbows close to your body. • Lift the ball over your head. • Step forward and release the ball. • The flight of the ball should be high.

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.

