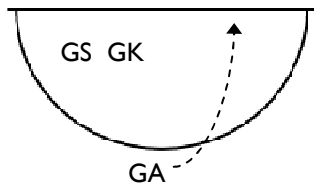


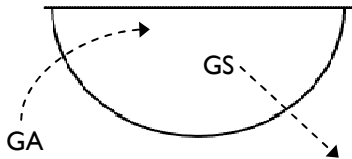
Improving your Positional Play

* Watch other Goal Attack's live on TV/DVD, especially noting where they enter the circle in relation to where the Goal Shooter is.

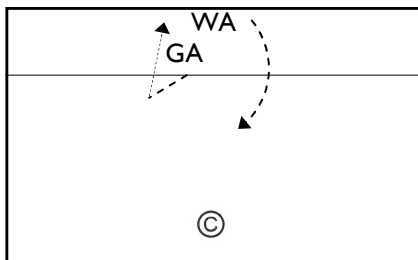
* Draw diagrams of circles; place in Goal Shooter and Goal Keeper (even Goal Defence for some). Show where you think you should enter the circle.



* Keep an eye on your Goal Shooter and if she moves out of the circle, be prepared to take her place in the circle as soon as you can. This is called 'interchanging'.



* Work with your Wing Attack so that only one of you goes out for the centre pass and the other one gets ready for the second pass and to feed the Goal Shooter.



DO YOU LIKE?

- * Shooting Goals?
- * Having a larger area of court to work in?
- * Feeding the ball accurately to the Goal Shooter?
- * Working with the Centre and Wing Attack for the centre pass to be successful?
- * Helping your team on defence through two thirds of the court?

**IF...
YOUR ANSWERS ARE
'YES'
YOU COULD BE AN
AWESOME
GOAL ATTACK**



COACHFORCE

**SO...
YOU WANT TO BE
AN
AWESOME
GOAL ATTACK**



Skills you can practice alone

WITHOUT A BALL

Footwork

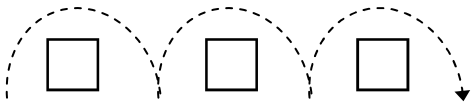
Running a few steps and changing direction as sharply as you can.

Running a few steps 'checking' (stopping for a split second) and running on.

Elevation/Strength

Jump 2 feet to 2 feet over 3 small obstacles (eg milk containers).

NOTE: Repeat 3 times only.



Balance

Using a wobble board or a trampoline, time how long you can balance on your right leg and on your left leg only.

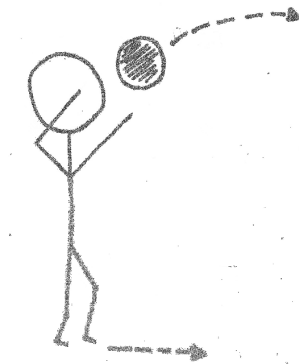
See if you can improve on this time.

WITH A BALL

* Shooting

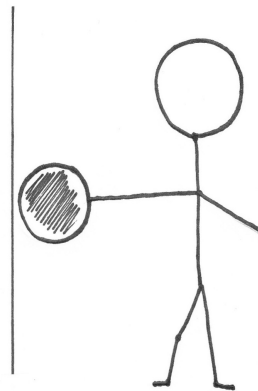
Especially from more than half way out in the shooting circle - this is where Goal Attack's often receive the ball to shoot.

* Throw the ball at the goal ring and move in to take the rebound at full stretch.



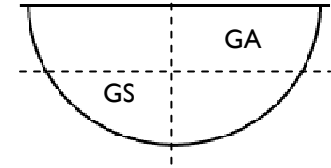
* Throw the ball high into the air, above and ahead. Move quickly to catch the ball as high as you can. Take time to ensure footwork and balance are correct before next pass.

* Stand just a bit more than that arm's length from the wall, side on. Extend the arm nearest the wall straight out and flick the ball onto the wall, using fingers only and flicking quickly. Do it with your other arm. Can you do it further away from the wall?



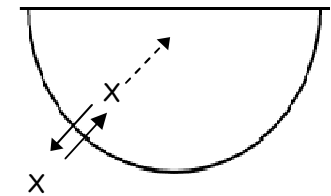
Things you can do in 2'S

* Work on balancing the circle with your Goal Shooter. This means always having one of you at the top and one at the back of the circle, one on the right and one on the left of the circle.



* Player A outside the circle, tosses and catches a ball to land facing the circle and immediately releases it to the exact spot as shown by Player B. This helps you to be more accurate as a feeder but also to show clearly where you want the ball placed as a receiver. Talk to each other and offer suggestions.

* Pass in and out of the circle in order to get closer to the goal post.



NOTE:

Make sure you obey the footwork rule. Show the feeder clearly where your free space is.