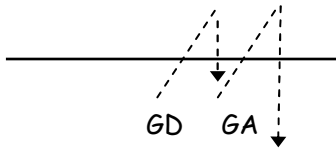


## Improving your positional play

\* Watch other Goal Defence's live on TV/DVD.

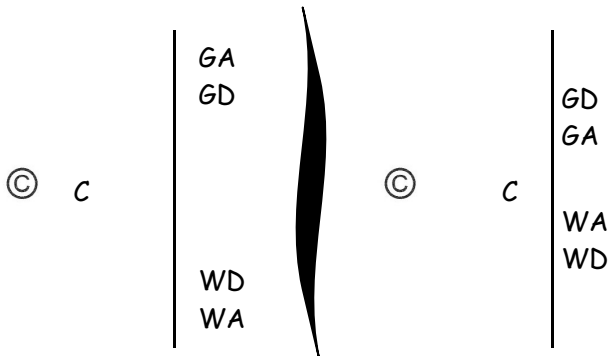
\* Practice defending Goal Attack's at the centre pass  
Turning towards the Goal Attack so that she has to move down the side line and you remain between her and the ball.  
E.g, turn to your right.

NOTE:  
Never lose sight of your Goal Attack



\* Work on back line throw in's with the G.K. and W.D.  
So that you provide an option to the throw in and for the second pass, without crowding the court.

\* Work with your W.D. and C  
So that you can either crowd the W.A./G.A. into the middle OR force them really wide at the centre pass.



## DO YOU LIKE?

- \* Using your defensive skills - especially to prevent your opponent receiving the ball in the circle?
- \* Defending the shot?
- \* Rebounding and clearing the ball down court?
- \* Backing up and helping your team on attack?
- \* Having a large area of the court to play in?

**IF...  
YOUR ANSWERS ARE  
'YES'  
YOU COULD BE AN  
DYNAMIC  
GOAL DEFENCE**



**COACHFORCE**

**SO...  
YOU WANT TO BE  
A  
DYNAMIC  
GOAL DEFENCE**

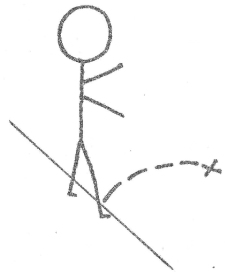
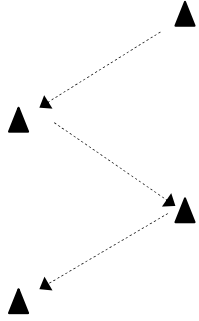


## Skills you can practice alone

### WITHOUT A BALL

#### Footwork

Practice zig zagging using running and shuffling steps to move to each cone. Move forwards and backwards, but always have your eyes facing the front.



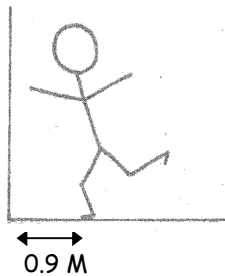
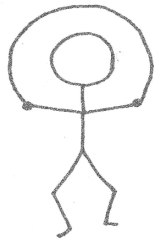
#### Power

Jump with 2 feet from a mark. See how far you can jump (use a soft landing like grass). Test yourself each week to see if you can jump any further.

NOTE: Use your arms to help you and keep your head up.

#### Agility

Skipping, especially with 'fancy' footwork is one of the best ways to improve your agility. Agility means being able to change direction quickly with good balance.

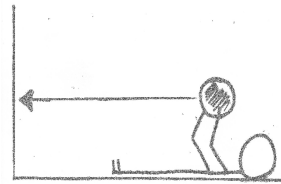
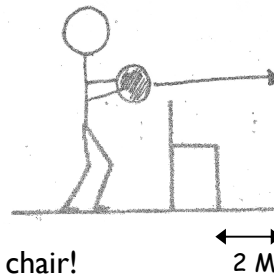


#### Balance

Mark 0.9m from a mirror at home. Practice leaning - how close can you get to the mirror without losing balance? Keep your head up and balance on 1 and 2 feet.

### WITH A BALL

\* Throw the ball against a wall from behind a chair (or similar object). Move around in front of the chair to receive the ball straight from the wall. NOTE: Do not touch the chair!

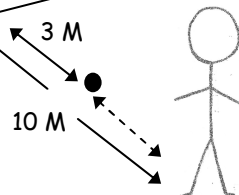
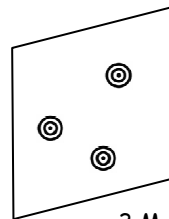


\* Lie on your back about 2metres from the wall. Throw the ball at the wall and then stand to catch it on it's return.

\* Stand 3 metres from a wall, facing away from it. Throw the ball over your head against the wall and then pivot quickly to catch the ball before it hits the ground.



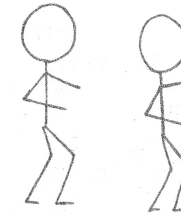
\* The ball is 3 metres from the wall, the worker is 10 metres from the wall. Sprint to the ball, pick up the ball, throw it to hit each of the 3 marks once each.



Replace the ball and run backwards to the start. Use 2 hands and then see if you can be just as accurate with your right and left hand only!

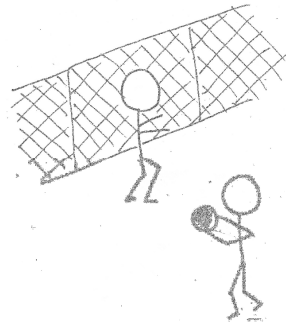
## Things you can do in 2's

\* Practice your side (shoulder) pass until you can throw one third of the court, accurately!



\* Practice shadowing each other. Try to build up the length of time that you can stay close to your partner.

\* The worker 'guards' a section of netting (3 metres approx). The passer aims to hit the netting below head height. The worker moves to the right and left to 'intercept' the ball before it can hit the netting.



NOTE: Make sure you control your feet and have good balance to pass back.

\* Both players stand on a line, 1-2 metres apart. 'B' stands on the right foot while player 'A' passes the ball. 'B' flicks the pass back with the right hand using the wrist and fingers. Have 10 turns on each side. Swap over.

