

Play 1. WA Working the line

This position allows the WA to drag the defence off to her right while the GA is really the target for the pass. This starting position can often split the defence causing uncertainty on which player to defend so if the opposition C moves to cover the GA, WA has an open passage to the ball.

Play 2. GA Working the line

As shown in Play 3. This is the reverse of positions on the line and the same principle applies. GA to drag the defence off to her left while WA drives right to receive the ball.

Play 3. Working the middle channel

GA tries to distract both opposition defenders GD & C. The attacking centre fakes her pass towards the GA but then turns and passes to the WA who pivots and feeds off to the GS coming out of the circle. This places the GA in a position to drive into an open circle. The backup option is still the attacking C if the first pass off is unsuccessful.

Play 4. WA & GA swap sides

GA moves back from the line trying to drag the defence with her. On the whistle GA drives forward trying to get the opposition C to commit to her which then allows an opening for the attacking C to get an open drive forward after she successfully passes off to WA.

Play 5. Working a wide play

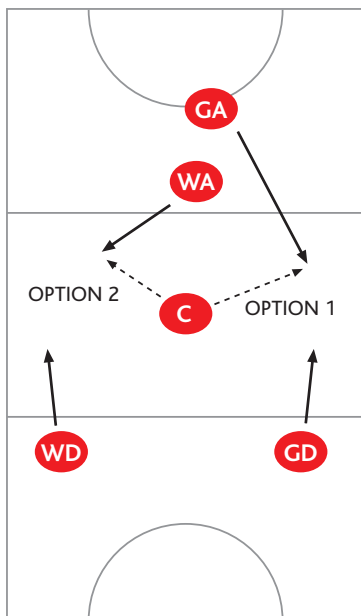
GA and WA split wide to the sidelines. The WA makes a dummy move forward to keep the opposition centre player busy. The GA drives over the transverse line towards the middle to receive the ball in the centre third. WA has then placed herself in the best position to drive onto the top of the goal circle to receive the 2nd pass.

Play 6. Working the Back Play

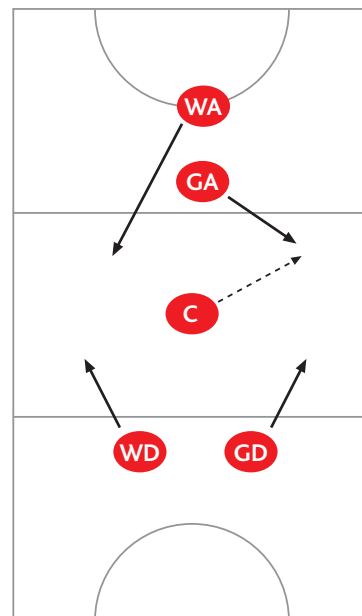
WA and GA position themselves back off the transverse line and close to the circle edge. This is a signal for the C to use the WD or GD in attack. The ball is passed to WD and is passed straight back to the C who has taken the front cut around her opposition centre player. The same principle applies if GD is used.

Player Path ————— Ball Path - - - - -

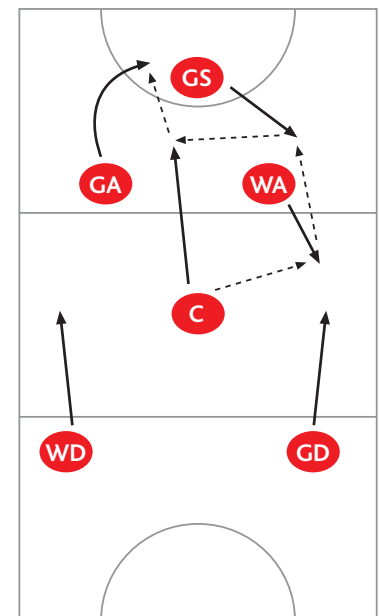
Play 1.



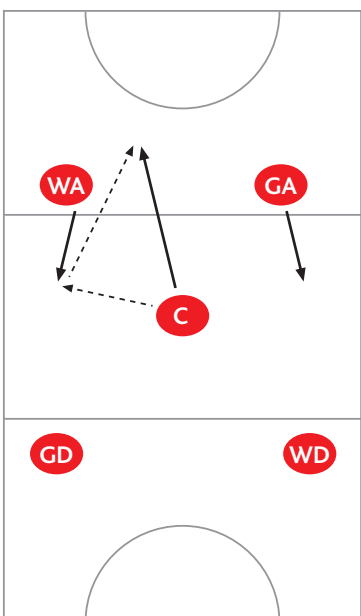
Play 2.



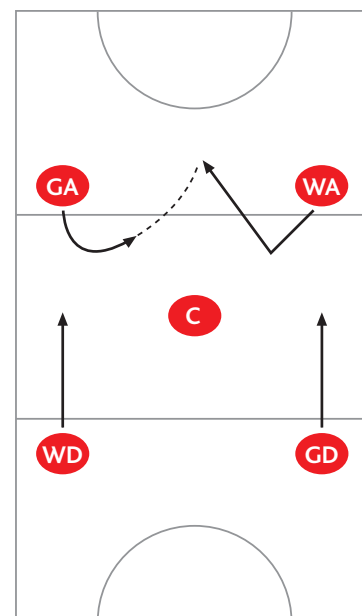
Play 3.



Play 4.



Play 5.



Play 6.

