**FH- Field Player Layout 2015**

Left Forward Center Forward Right Forward

Left Offensive Mid Right Offensive Mid

Left Defensive Mid Right Defensive Mid

Left Half Back Center Half Back Right Half Back

Goalkeeper

**Left Forward Responsibilities**

*In Attacking Circle*

* Left post, left baseline – to open this area up, make lateral cuts first outside of the circle and then back in to pull your defenders with you.
* Low body position, stick on the ground, back should always be to the baseline in all of your cuts (keep vision of the field).
* Look for opportunities to switch with the other 2 forwards… interchange is key to moving defenders. But, in order to do this you MUST TALK TO THEM!
* Using good individual defensive skills to keep the ball in the circle as long as possible. Limit unnecessary fouls (body positioning).

*In Midfield as we Build the Attack*

* Don’t start your cut where we are intending to receive the ball. Start inside knowing that you want to receive the through balls from the mids and backs, leaving the outside lane open and usable space.
* When the ball is on the right side, you need be creating depth on the field by making long “through” runs, remembering that you don’t want to start your cut where you intend to receive. Start your run on the outside, arcing your cut to the middle of the field. If the center forward makes that run, replace her position at the top of the circle.

*In our Defensive 30*

* If you are ball side, you are coming to approximately the 35 yard line, holding the width of the field. Be a visible, active **outlet** to start our transition to attack.
* If you are weak side, you are cutting the field in half, somewhere around the center line, near center field. Be aware of your teammates, staying in different lines to fill defensive passing lanes.
* Defensively, you should also make sure if there is a “free hit”, you are IN FRONT of the hit.

**Right Forward Responsibilities**

*In Attacking Circle*

* Right post, right baseline – to open this area up, make lateral cuts first outside of the circle and then back in to pull your defenders with you.
* Low body position, stick on the ground, back should always be to the baseline in all of your cuts (keep vision of the field).
* Look for opportunities to switch with the other 2 forwards… interchange is key to moving defenders. But, in order to do this you MUST TALK TO THEM!
* Using good individual defensive skill to keep the ball in the circle as long as possible. Limit unnecessary fouls (body positioning).
* Always looking to attack baseline.

*In Midfield as we Build the Attack*

* Don’t start your cut where we are intending to receive the ball. Start inside knowing that you want to receive the through balls from the halfbacks and inners, leaving the outside lane open and attackable.
* When the ball is on the left side, you need be creating depth on the field by making long through runs, remembering that you don’t want to start your cut where you intend to receive. Start your run on the outside, arcing your cut to the middle of the field. If the center forward makes that run, replace their position at the top of the circle.
* Be in a position to receive and attack baseline.

*Defending Midfield*

* Still hold the inside lane, so that if the midfield comes up with the field, we can still quickly transition to the outside lane to build the attack.

*In our Defensive 30*

* If you are ball side, you are coming to approximately the 35 yard line, holding the width of the field. Be a visible, active outlet to start our transition to attack.
* If you are weak side, you are cutting the field in half, somewhere around the center line, near center field. Be aware of your teammates, staying in different lines to fill defensive passing lanes.
* Defensively, you should also make sure if there is a “free hit”, you are IN FRONT of the hit.

**Center Forward Responsibilities**

*In Attacking Circle*

* Holding the space around the stroke area, looking for opportunities to switch with the left and right forwards.
* Low body position, stick on the ground, keep your body square to the ball, working hard off ball to offer a target.
* Be mentally prepared to receive and shoot immediately TO THE CORNERS OF THE GOAL.
* Using good individual defensive skill to keep the ball in the circle as long as possible. Limit unnecessary fouls (body positioning).

*In Midfield as we Build the Attack*

* Making runs and staying “through” with the ball.
* Making long, “through” runs that open up space for the weak side forward is making.

*Defending Midfield*

* Front the ball, preventing the direct pass up the center of the field.

*In our Defensive 30*

* Work to move with the play, so we can transition into 2 v 1’s up the field with the mids and other forwards as we build attack.

**Left Offensive MidResponsibilities**

*You are MORE OFFENSIVE-MINDED!*

*In our Attacking Circle*

* Providing support to forwards inside the circle. Looking for passes at the top of the circle
* When receiving a pass or rebound looking to always transition the ball to our right before entering the circle again.

*Attacking Midfield*

* Always looking to offer flat passes as a way to transition the ball into the center or to our right.
* Supporting forward and defensive mids to create 2v1’s.
* When building offense, you are looking to start your cut inside to open up the outside lanes, and receive the ball in these outside lanes.
* Conscious of using and moving into the center lanes.

*Defending Midfield*

* When the forward or another offensive mid is playing defense, you are holding inside off her right shoulder, in an intercepting position, to give the illusion of an open passing lane up the sideline.
* If the forward is beat you will step up to continue the channel/defensive and look to make a tackle before our defensive 30, or use a defensive mid in a double team.

*In our Defensive 30*

* Body position is low, stick on the ground, always fronting the attack if they enter your area.
* Constant self-checking not to ball watch, and early decisions of where you will move with the ball if you come up with it.

**Right Offensive Mid Responsibilities**

*You are MORE OFFENSIVE-MINDED!*

*In our Attacking Circle*

* Providing support to forwards inside the circle. Looking for passes at the top of the circle
* When receiving a pass or rebound looking to immediately send the ball back on goal or to forwards.

*Attacking Midfield*

* Supporting defensive mids to provide 2v1’s.
* Supporting forwards to provide 2v1’s.
* Supporting center mid to provide 2v1’s, to work the ball up the right side.
* When building attack, you are looking to start your cut inside to open up the outside lanes, and receive the ball in these outside lanes.

*Defending Midfield*

* When the forward or another mid is channeling you are holding inside off her right shoulder, in an intercepting position, to give the illusion of an open passing lane up the sideline.
* If the forward is beat you will step up to continue the channel and look to make a tackle before our defensive 30 or work with a defensive mid in a double team.

*In our Defensive 30*

* Body position is low, stick on the ground, always fronting the attack if they enter your area.
* Constant self-checking not to ball watch, and early decisions of where you will move with the ball if you come up with it.

**Left Defensive MidResponsibilities**

*You are MORE DEFENSIVE-MINDED*

*In our Attacking Circle*

* Providing support to forwards inside the circle. Looking to back up offensive mids and be prepared to take hits outside of the circle. Stay around the dotted circle.
* When receiving a pass or rebound looking to always transition the ball to our right before entering the circle again.

*Attacking in the Midfield*

* Always looking to offer flat passes as a way to transition the ball into the center or to our right.
* Supporting BACKS and offensive mids to create 2v1’s.
* When building offense, you are looking to start your cut inside to open up the outside lanes, and receive the ball in these outside lanes. Big hits up the SIDELINE
* Conscious of using and moving into the center lanes when there is ROOM.

*Defending Midfield*

* When the forward or offensive mid is playing defense, you are holding inside off her right shoulder, in an intercepting position, to give the illusion of an open passing lane up the sideline. Playing the most dangerous position- the middle!
* If the offensive mid is beat you will step up to continue the channel/defensive and look to make a tackle before our defensive 30, or use a back in a double team.

*In our Defensive 30*

* Body position is low, stick on the ground, always fronting the attack if they enter your area.
* Constant self-checking not to ball watch, and early decisions of where you will move with the ball if you come up with it. YOU MUST HAVE FIELD VISION!
* *MOST IMPORTANTLY, if a BACK is playing defense, you MUST DROP behind the backs to offer support.*

**Right Defensive MidResponsibilities**

*You are MORE DEFENSIVE-MINDED*

*In our Attacking Circle*

* Providing support to forwards inside the circle. Looking to back up offensive mids and be prepared to take hits outside of the circle. Stay around the dotted circle.
* When receiving a pass or rebound on the right side, try to put a shot on goal OR pass to an open forward “wing” who will then transition the ball to the stroke line.

*Attacking in the Midfield*

* Always looking to offer flat passes as a way to transition the ball to the right sideline. Don’t be afraid to use a big hit up the sideline to an offensive mid or forward.
* Supporting BACKS and offensive mids to create 2v1’s.
* When building offense, you are looking to start your cut inside to open up the outside lanes, and receive the ball in these outside lanes. Big hits up the SIDELINE
* Conscious of using the sidelines!

*Defending Midfield*

* If the offensive mid is beat you will step up to continue the channel/defensive and look to make a tackle before our defensive 30, or use a back in a double team.

*In our Defensive 30*

* Body position is low, stick on the ground, always fronting the attack if they enter your area.
* Constant self-checking not to ball watch, and early decisions of where you will move with the ball if you come up with it. YOU MUST HAVE FIELD VISION!
* *MOST IMPORTANTLY, if a BACK is playing defense, you MUST DROP behind the backs to offer support.*

**Back Responsibilities- YOU ARE OUR VOICE!!!!**

*Attacking Midfield*

* Provide support to play, and possible deep transfer if we need to rebuild attack.
* Weak side back falls deeper in our back field to form diagonal with ball side back.

*Defending at the Midfield*

* Communicating when teammates are playing defense. Adjusting players in front of you early and in preparation for opponents’ counter attack.
* *Working to force them to your strong stick side aka their weak side!*

*In our Defensive 30*

* Begin marking, but *be prepared to drop your mark to go to the ball.* The girl with the ball is the most dangerous player. Adjusting those in front of you to take away passing lanes directly to goal. And adjusting teammates to force ball to our strong side. HAVE FIELD VISION AND HEAD ON A SWIVEL!
* Communicate directly with goalie to determine most dangerous player.
* If you get beat, make sure to RECOVER TO GOAL. Keep your diagonals.
* Move opponent to your strong stick side. AGGRESSIVE defense.
* On recovery defense, if there is a fast break, look to slow down our opponents’ momentum (jab, tackle, forcing the play with your body). GET YOUR KNUCKLES ON THE GROUND! LOW STICK

*In our Defensive 30*

* You are the last layer of our marking zone. Fronting the ball, with your body on a 45\* angle forcing the play to the right.

*GOALIES:*

Keep appropriate angles. Starting and maintaining all communication. YOU ARE THE COACH ON THE FIELD!