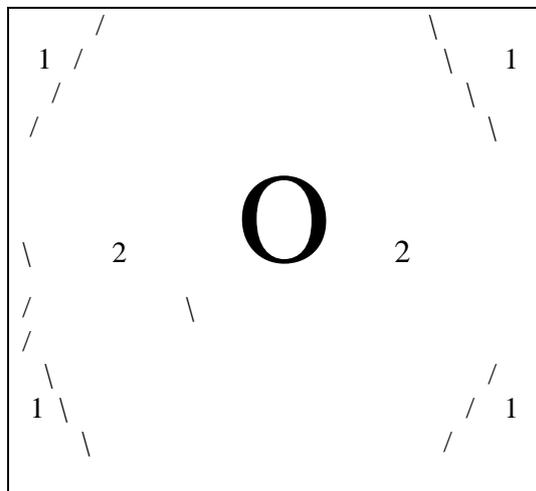


PRINCIPLES OF ATTACK

Forwards – Objectives

- **To score - To make runs off the ball (sacrifice)**
- **To create;** scores for team mates and take defenders out of position
- **To create space and expose**
- **To defend;** make it difficult for defenders to clear the ball
- **To retain possession and get into - scoring positions as quickly as possible**
- **Mobility** – keep on the move when not in possession and attempt to pull defenders out of position.

H



- 1. = Outside Scoring Zone**
- 2. = Inside Scoring Zone**
- 3. = Inside Circle (Main Scoring Zone)**