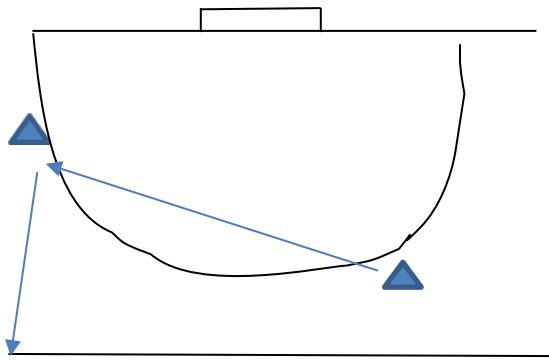


### **A Picture is Worth Lots of Words! Getting the ball out of your own zone**

A very common mistake that teams make when getting the ball out of their zone is to try and hit or push the ball up the middle of the field. The middle of the field is usually crowded by the defending team so if the hit or push up the middle is intercepted, then in a few steps or one pass, the other team is in your circle.

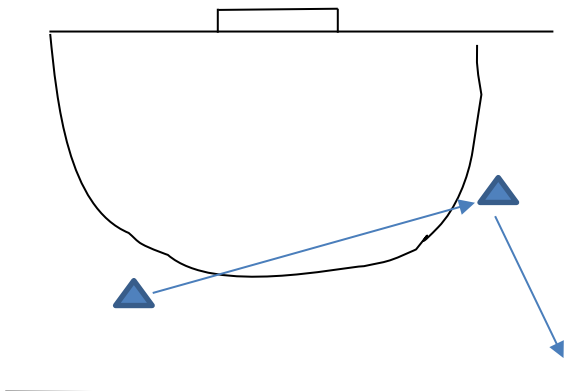
So, the best choice to get the ball out of your zone is play it to the other side of the field.



#### **Play from Left to Right**

The key is that the right side defender stands at the edge of the circle but well back from the player taking the free hit as shown in the diagram.

This “backward of square positioning” will ensure that a “safe” pass can be made and give the right side defender time to make the forward pass up the right side of the field.



#### **Play from Right to Left**

The key is that the left side defender stands at the edge of the circle but well back from the player taking the free hit as shown in the diagram.

This “backward of square positioning” will ensure that a “safe” pass can be made and give the left side defender time to make the forward pass up the left side of the field.

The key to getting the ball out of your zone without giving up possession in the middle of the field is the positioning of the “other” side defender. If she is backward of square and just on the edge of the circle, a strong push pass will get the ball out of the circle and provide time to the player to receive, turn and make a pass up the side of the field.

So, the positioning of the player who will receive this possession pass is what both coaches and players must focus on in learning this positioning when practicing and then doing this in games.