



ATTACKERS

LA – LOW ATTACK

The low attack responsibility is to score. Located in front of the goal, they must continually cut toward the goal for a shot, or cut away from the goal to make room for another player. She should have excellent stick work. She should be able to shoot well from every angle and distance from the goal.

HA- HIGH ATTACK

The high attack wings are also responsible for transitioning the ball from defense to attack. Wings should have speed and endurance and be ready to receive the ball from the defense and run or pass the ball and setup an offense.

MIDFIELDERS

C – CENTER, LW – LEFT WING, RW – RIGHT WING

The center's responsibility is to control the draw and play both defense and attack. Wings should have speed and endurance and be ready to receive the ball from the defense and run or pass the ball in transition and also need to play defense. They are the most versatile and must be the best conditioned players.

DEFENDERS

HD – HIGH DEFENSE

The wings are responsible for marking the attack wings and pressing the ball; also clear the ball into the attack area. Wings should have speed and endurance.

LD – LOW DEFENSE

Marking LA – Low Attack. She should be able to receive clears from the GK, run fast and have good footwork for defending in tight spaces and around the goal circle.

GK -GOALIE

The goalkeeper's responsibility is to protect the goal. She should have good stickwork, courage and confidence.