

QLD BASE GAME - MEN		
POSITIONAL STARTING STRUCTURE 4,3,3	DEFENCE	4
	2 X FULLBACKS WING HALVES	2 X
	MIDFIELD	3
	1 X CENTRE HALF	
	2 X INSIDE FORWARDS	
	STRIKERS	3
	3 X STRIKERS	

WITH THE BALL (WB) - OUTLETING			
DEFENCE	MIDFIELD	STRIKERS	WHY??
BACK 4 ACROSS THE FIELD (STRETCH)	CENTRE HALF CONNECTING WITH BACK FOUR BUT IN FRONT	STRETCHING HIGH (DEPTH) AND CREATING SPACE BETWEEN THEMSELVES AND INSIDE FORWARDS	BASIC OLD SCHOOL HOCKEY STRUCTURE
	INSIDE FORWARDS CONNECTING WITH CENTRE HALF BUT IN BEHIND CENTRE HALF (TRIANGLE SHAPE)		
OUTLETING SHAPE VARIATIONS			
BACK 4 TO A BACK 3 -	CIRCULAR ROTATION BETWEEN THE THREE (EITHER DIRECTION)	**INVERTED - CENTRE FORWARD DEEPER AND WORK CLOSER TO INSIDE FORWARDS. WINGERS HIGHER ON OUTSIDES	**QUESTIONING OPPOSITION DEFENSIVELY - IDENTIFY AREAS OF WEAKNESS OR WHERE THERE IS SPACE THAT CAN BE EXPLOITED
**ONE OF THE WING HALVES GOING UP THE LINE		**POINTED - CENTRE FORWARD PUSHED HIGHER AND WINGERS ON OUTSIDE CLOSER TO INSIDE FORWARD LINE	**ABILITY TO GET AN EXTRA NUMBER FORWARD TO SUPPORT ATTACK
**ONE OF THE FULLBACKS PUSHING INTO THE MIDDLE AND WORKING WITH CENTRE HALF		**SPINAL - ALL START CENTRAL ON DIFFERENT DEPTHS FROM ATTACKING CIRCLE EDGE TO 60M OUT	
WITHOUT THE BALL (WOB) - PRESSING			
DEFENCE	MIDFIELD	STRIKERS	
3 DEFENDERS MARK OPPOSITION STRIKERS	CENTRE HALF MARKS OPPOSITION CENTRE HALF	POINTED SHAPE	
1 FULLBACK IS A SWEEPER - FREE DEFENDER WHO PROTECTS HOTLINE AND SPACE IN FRONT OF MARKERS	INSIDE FORWARDS MARK THEIR DIRECT OPPONENT	IF FULLBACK TAKES FREEHIT - CENTRE STRIKER TO TAKE THE MARK 5 YARDS OFF BALL (WORK THE MARK)	**KEEP PRESSURE ON THE BALL AND WANT TO WIN THE BALL OFF THE OPPOSITION IN THEIR DEFENSIVE HALF
**SWEEPER WORKS WITH CENTRE HALF AND INSIDE FORWARD		OUTSIDE STRIKERS RESPONSIBLE FOR OPPOSITION WING HALVES - TUCK INFIELD TO HELP PROTECT INSIDE FORWARD CHANNELS BUT STAY 90 DEGREES WITH OPPONENT AND SIDELINE	**MAKE THE OPPOSITION FORCE THE BALL TO WHERE YOU WANT IT TO GO
**SWEEPER CONTROLS THE LANDING ZONE OF OPPOSITION OVERHEADS		**IF WING HALF TAKES FREEHIT - OUTSIDE STRIKER TAKES THE MARK AND CENTRE STRIKER DENIES BALL GOING AROUND THE BACK	
PRESSING SHAPE VARIATIONS			
FALL AWAY			
**SAME ROLES AS ABOVE AND SAME FRONT STRIKER SHAPE - ONLY DIFFERENCE IS BRINGING THE STARTING POSITION OF THE CENTRE FORWARD BACK TO 5 METRES ON ATTACKING SIDE OF HALF WAY			**KEEP THE WHOLE TEAM CLOSER TOGETHER AND MORE COMPACT (OPPOSITION MAY HAVE BEEN GETTING THROUGH TOO EASILY)
**IF OPPOSITION CENTRE HALF OR INSIDE FORWARD GOES BACK TO BALL IN FRONT OF OUR ATTACKERS, ALLOW THEM TO GO AND DO NOT MARK MAN ON MAN - KEEP COMPACT SHAPE			**ELEMENT OF SURPRISE - HOLDING AND THEN PRESSING OUT AS THEY SHIFT THE BALL SIDEWAYS

CORE THEMES
** IFIT - IN FRONT IN TOUCH (MARKING OPPONENT IN FRONT)
** "SHALLOW TRIANGLE" - BODY POSITION IN RELATION TO MARKING (JOIN A LINE BETWEEN BALL, DEFENDER AND ATTACKER AND IT SHOULD FORM A SHALLOW TRIANGLE WITH DEFENDER IN FRONT OF ATTACKER)
** FIRST TOUCH - CONTROLLING THE BALL WITH YOUR FIRST TOUCH AND POSITIONING IT READY FOR THE NEXT PLAY (IDEALLY OFF YOUR RIGHT FOOT)
** PASSING QUALITY - HITTING THE TARGET EVERYTIME - FLAT, FIRM, ACCURATE, WEIGHTED
** ATTACKING SPEED - RECEIVING GOING FORWARD
** HOTLINE - LINE BETWEEN THE BALL AND DEFENSIVE GOAL
** WORKING THE MARK - PLAYER FIVE YARDS OFF FREE HIT MOBILE AND QUESTIONING/DENYING OPPONENT ON THE BALL

ABREVIATIONS
IFIT - IN FRONT IN TOUCH
WB - WITH BALL
WOB - WITHOUT BALL
POBC - PRESSURE ON BALL CARRIER
SOB - STICK ON BALL
RIC - RUN IN CASE
TAC - TURN AND CHASE

QLD POSITIONAL TERMINOLOGY	ALSO KNOWN AS
GOALKEEPER	
FULLBACKS (X2)	CENTRAL DEFENDERS, BACKS
**WITHOUT BALL - ONE IS A MARKER, ONE BECOMES THE SWEEPER SWEEPER - FREE PLAYER WHO HELPS PROTECT BACK 3 MARKERS AND COVER THE HOTLINE	FREE DEFENDER, LIBERO
WING HALVES (X2) (LEFT, RIGHT)	OUTSIDE HALF, OUTSIDE DEFENDER, MARKING DEFENDER
CENTRE HALF	DEFENSIVE MIDFIELDER, CENTRE MIDFIELDER, SCREEN
INSIDE FORWARDS (X2)	ATTACKING MIDFIELDER, INNERS, LINKS
STRIKERS (X3) (CENTRE, LEFT, RIGHT)	CENTRE FORWARD, WINGERS, ATTACKERS