

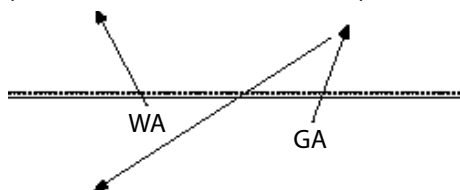
CENTRE PASS SET UP



Throughout the match the centre pass is taken alternately by each team after a goal is scored. The pass is taken by the centre player who must be standing wholly within the centre circle. The ball is released only after the umpires whistle is blown.

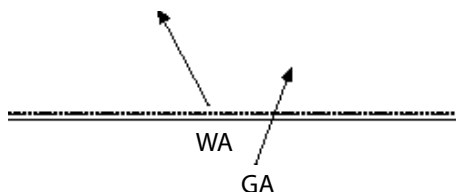
Usually the ball is thrown forward to WA as the first option. However it can also go to the GA. If WA and GA have been shut down by the opposition defence the C can turn to pass off to WD or GD. They assist with strong attacking drives through the centre third.

The Centre Player must be skilled in the placement of the ball as any turnover off the centre pass gives an opportunity for goal by the opposition team. The centre player must be patient in identifying which is the best of the four attacking options to use. This skill must be developed by the centre player and experiencing this in practice whilst under pressure will assist in this development.



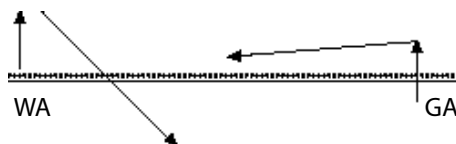
WA and GA both up to the line

- Both the WA and GA stand up to the line but one is slightly back from the other. When the whistle is blown the WA moves first then the GA makes her lead to another space. The positioning of both players can be reversed so the GA moves first.



Stack

- The WA stands up to the line and the GA stands closely behind her. When the whistle is blown the WA moves first then the GA makes her lead to another space. The positioning of both players can be reversed so the GA moves first.



Wide

- WA and GA start wide near to the sidelines. The WA makes a dummy move forward to keep the opposition centre player busy. The GA drives over the transverse line towards the middle to receive the ball in the centre third. WA is then positioned in the best space to drive onto the top of the goal circle to receive the 2nd pass.



CENTRE PASS DEFENCE

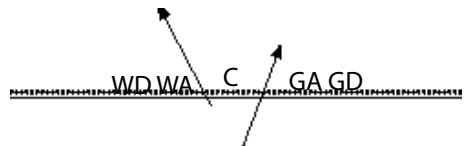
WA and GA both up to the line

- The objective is for the C and WD to double defend the WA and restrict their availability to the ball whilst the GD is forcing the GA to the sideline. WD needs to be alert in case the GA drives up the middle of the court.



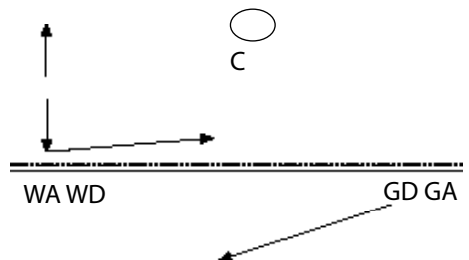
Stack

- The objective is to “surround” the attackers and restrict their availability to the ball thus making the centre turn and use either the WD or GD.



Wide

- Objective is to keep the attacking players wide and not let them penetrate the middle channel of the court.



Link to video: <https://youtu.be/g9e6hTGvktg>