

Girl's Field Positions

Attack

- Possess excellent cradling, dodging, shooting and stick skills
- Dynamic
- Able to anticipate, and move to open space to support teammates and create scoring drives to the goal
- Able to work in small spaces
- Primary responsibilities are to create offensive scoring opportunities

Midfield

- Possess strong stick skills
- Generally the fastest and most fit athletes
- Play both offense and defense
- Primary responsibilities are regaining possession (checking, loose balls and draw controls) and transitioning the ball from defense to offense
- Transition players

Defense

- Possess strong body positioning and great footwork
- Mark up against the attackers on the opposing team
- Reliable stick checker and blocker
- Strong anticipation skills
- Great ground ball skills
- Primary responsibility is to keep the ball away from their goal keeper
- Good loose ball skills to regain possession and commence the transition process

Goalie

- Uses her stick and body to prevent the ball from crossing the goal line
- First line of defense is always her stick—body is a back up
- Must have excellent footwork and agility
- Excellent stick skills and angles
- Quick reflexes and great concentration
- Loud communicator responsible for controlling the defensive unit