



Playing System and Positions

There are eleven playing positions on a hockey team and there are many different playing structures, or systems, that can be used by teams during a match.

This Fact File explains the 5-3-2-1 system and the roles and responsibilities of each of the eleven playing positions within that system.

Please click on the links below for more information about Playing Systems and Playing Positions.

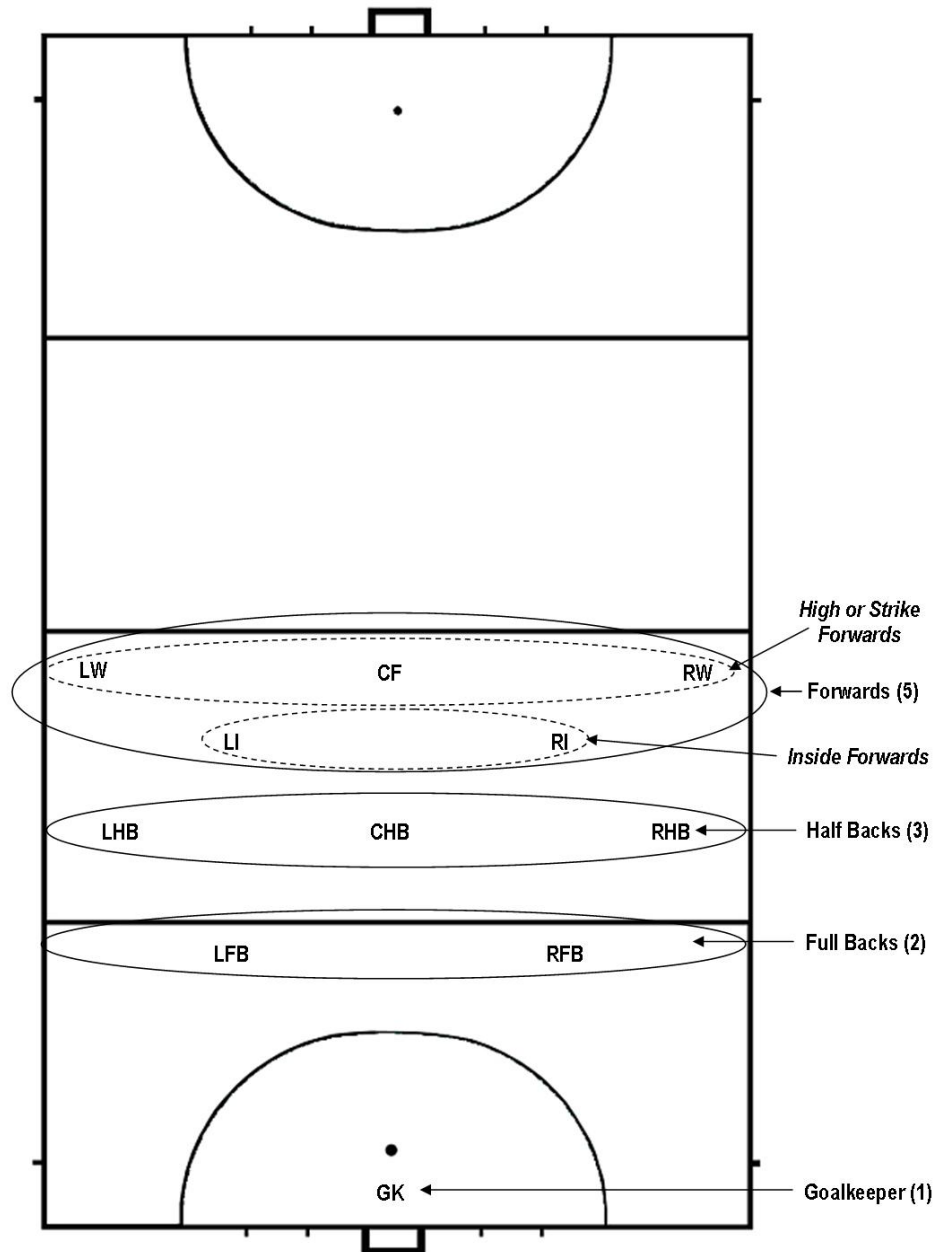
Playing System (5-3-2-1) Playing Positions

Key to terms:

GK	= Goalkeeper
LFB	= Left Full Back
RFB	= Right Full Back
FB's	= Full Backs
LHB	= Left Half Back
CHB	= Centre Half Back
RHB	= Right Half Back
LI	= Left Inside
RI	= Right Inside
LW	= Left Wing
CF	= Centre Forward
RW	= Right Wing

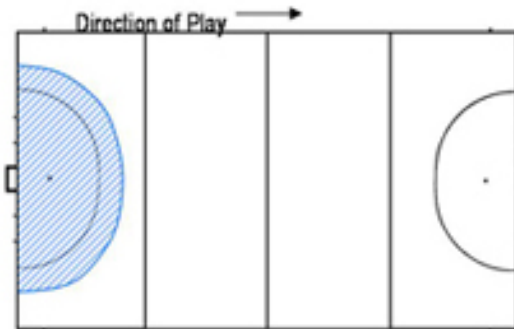


Playing System (5-3-2-1)



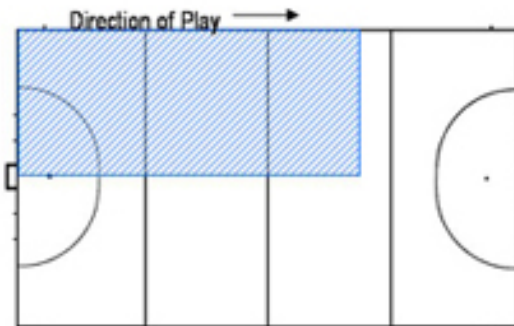


Playing Positions



GOALKEEPER (GK)

- Defend the area in/ around the goal/ circle
- Close down and/or tackle opponents in the circle
- Pass/ clear the ball to team mates or out of play
- Communicate attacking player movements to team mates
- Organise team mates at opposition hits & penalty corners



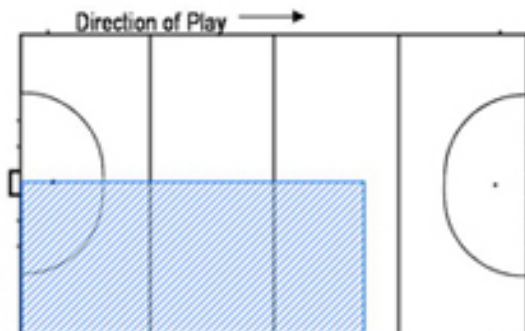
LEFT FULL BACK (LFB)

ATTACKING

- Take free hits & 15 metre hits in defensive half of field
- Support HB's in left side attack

DEFENDING

- Work with LHB to stop opposition left side attack
- Provide cover defence for RHB and GK if necessary
- Never stand square (level across the field) with RFB



RIGHT FULL BACK (RFB)

ATTACKING

- Take free hits & 15 metre (16 yard) hits in defensive half of field
- Support HB's in right side attack

DEFENDING

- Work with RHB to stop opposition right side attack
- Provide cover defence for LHB and GK if necessary



LEFT HALF BACK (LHB)

ATTACKING

- Take free hits and sideline hits in left side midfield
- Distribute the ball mainly to Half Backs and Forwards
- Create space for FB's to hit through from defence

DEFENDING

- Prevent left side attack
- Mark opposing RW and be 'goal-side' when marking
- Provide cover defence for FB's and GK if necessary

