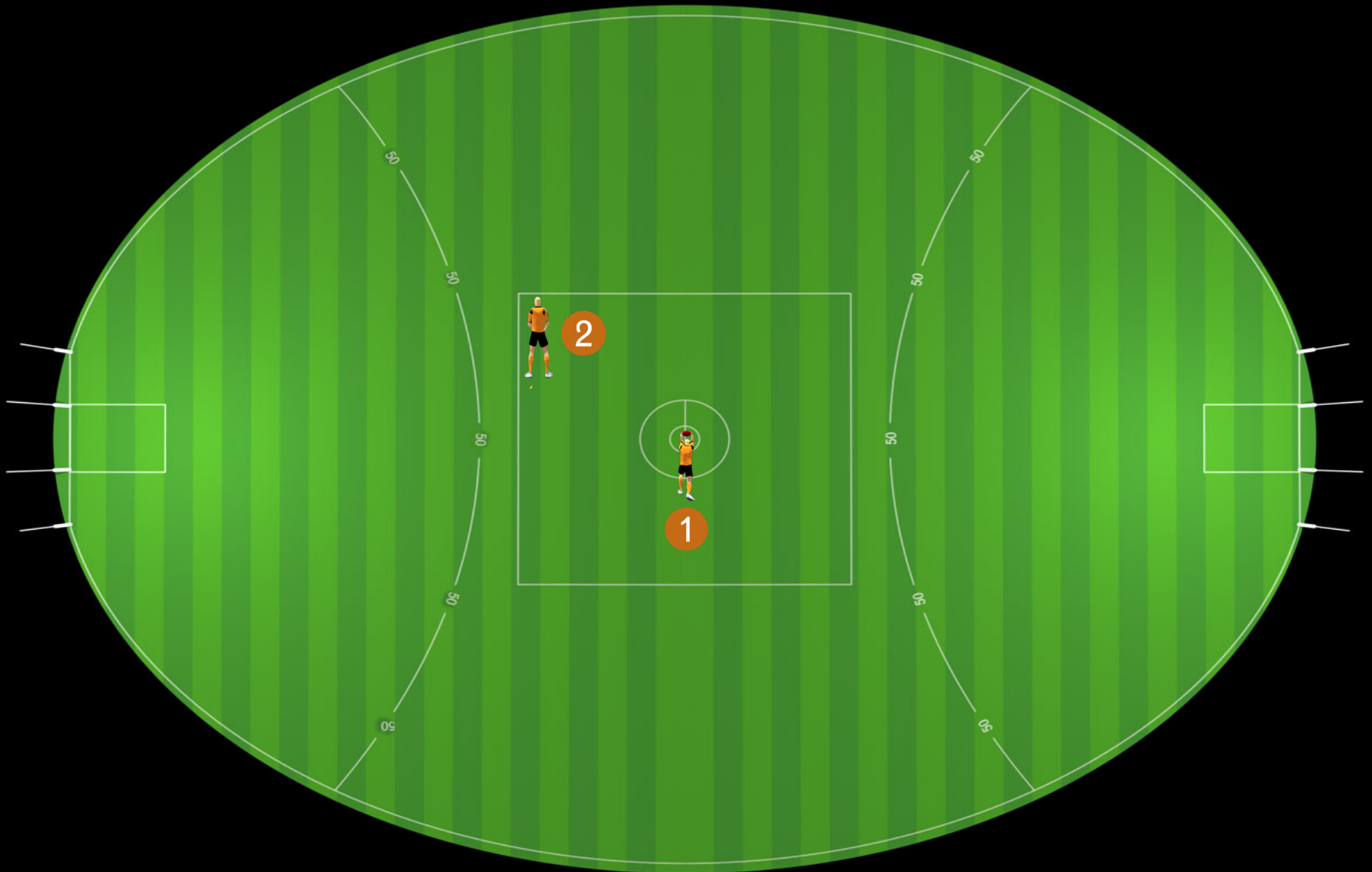
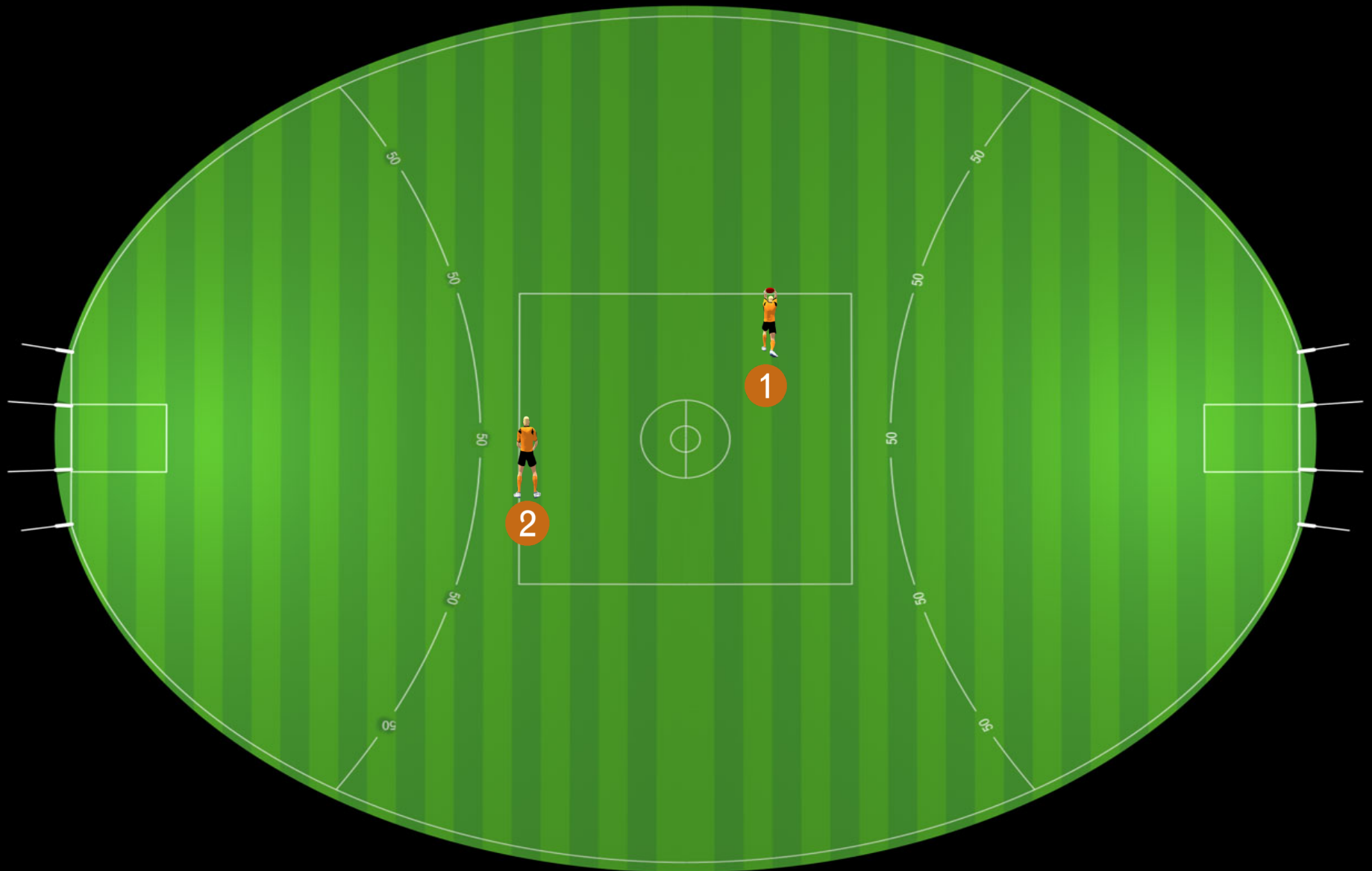


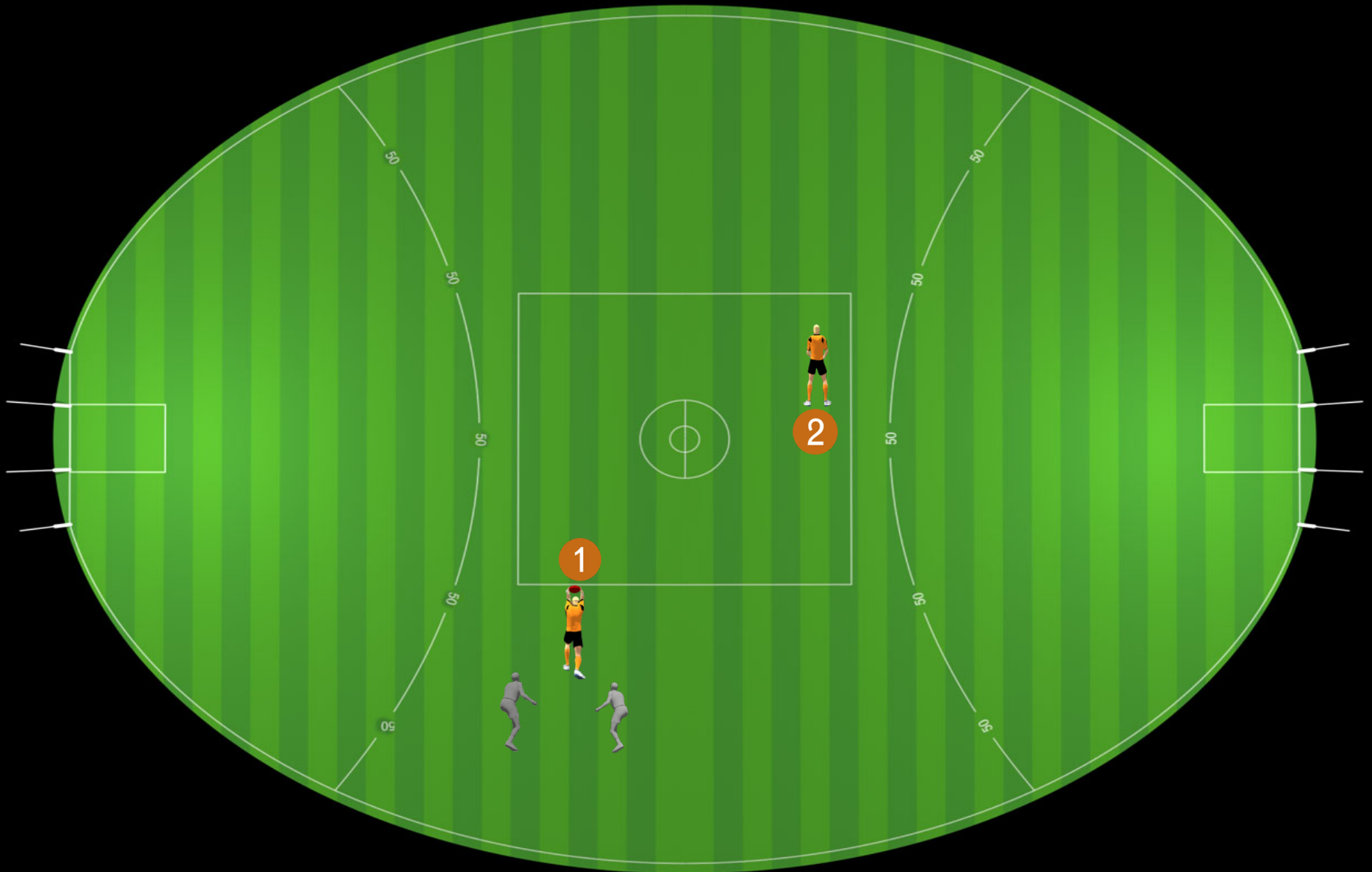
# Centre Bounce



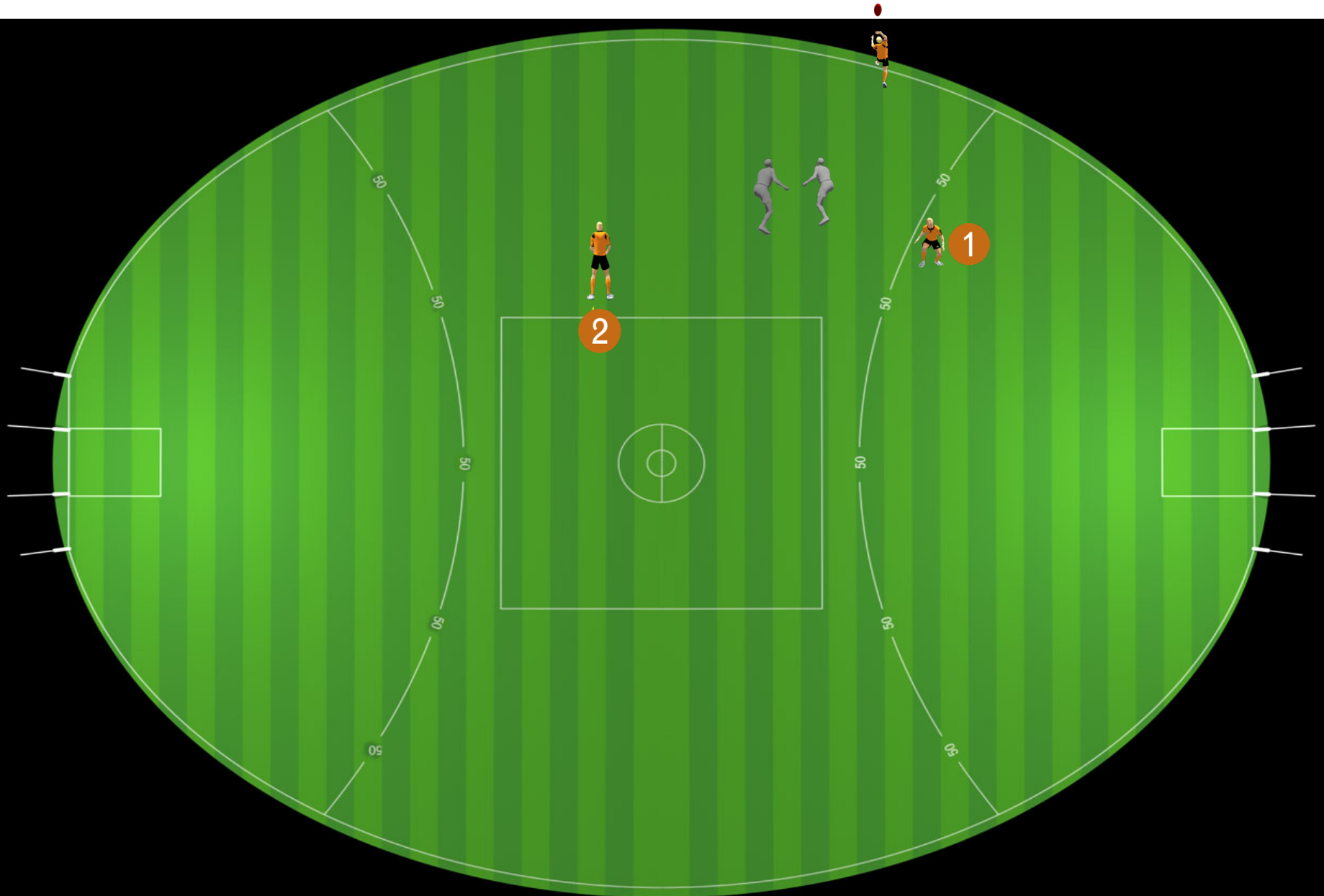
# MZ Ball Up (1)



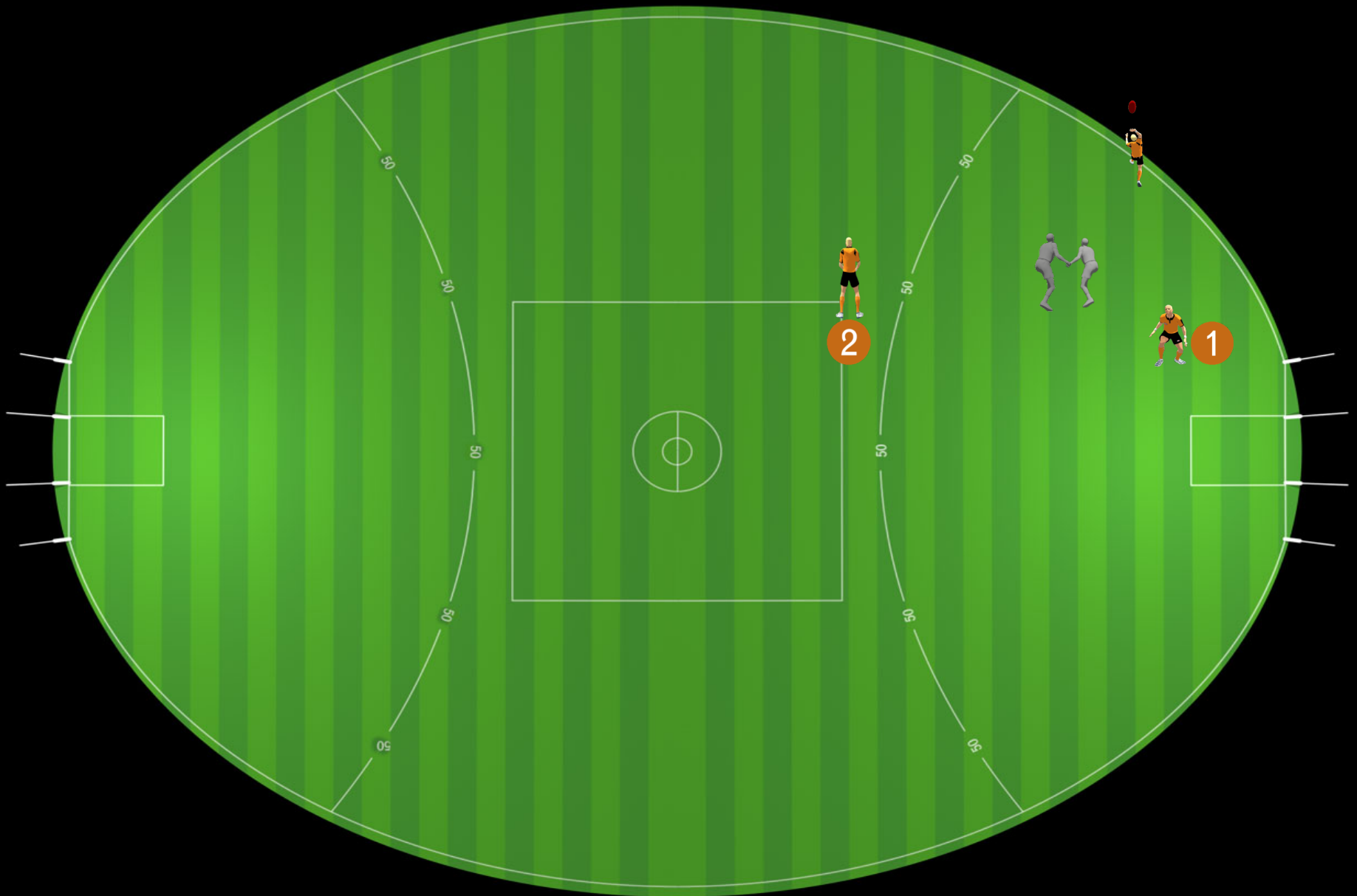
# MZ Ball Up (2)



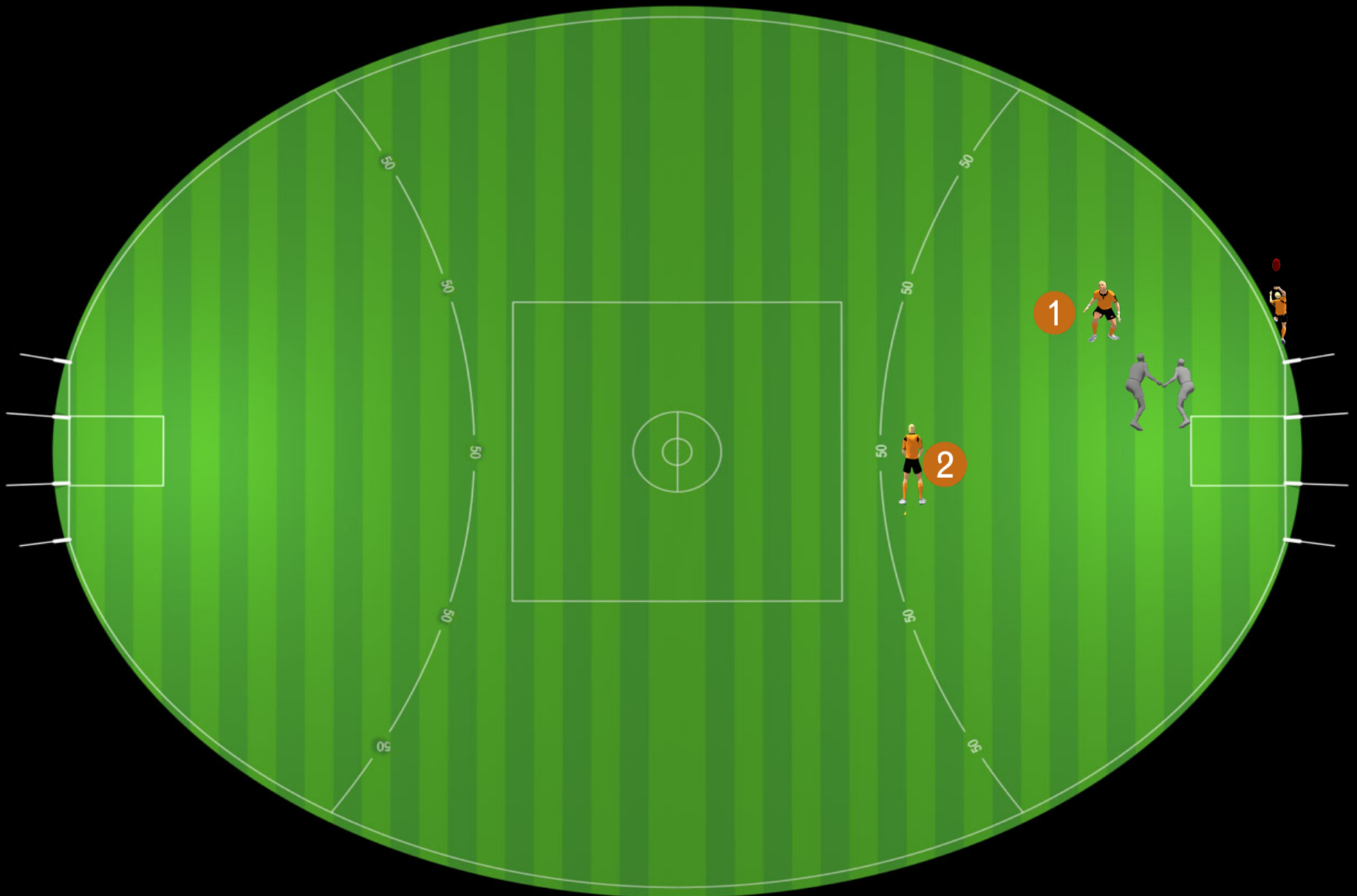
# Boundary Throw in - Mid Zone



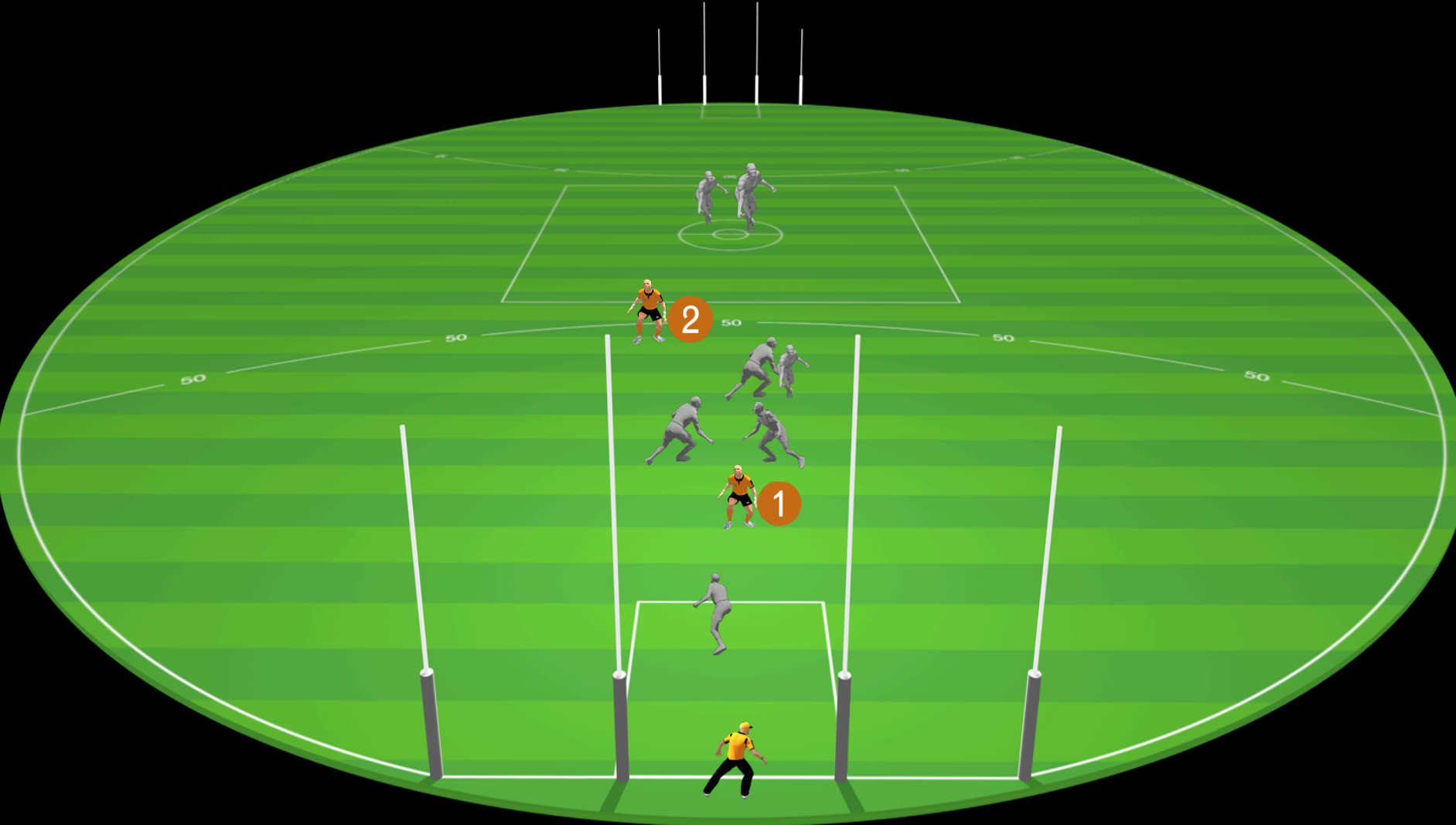
# Boundary Throw in – End zone (1)



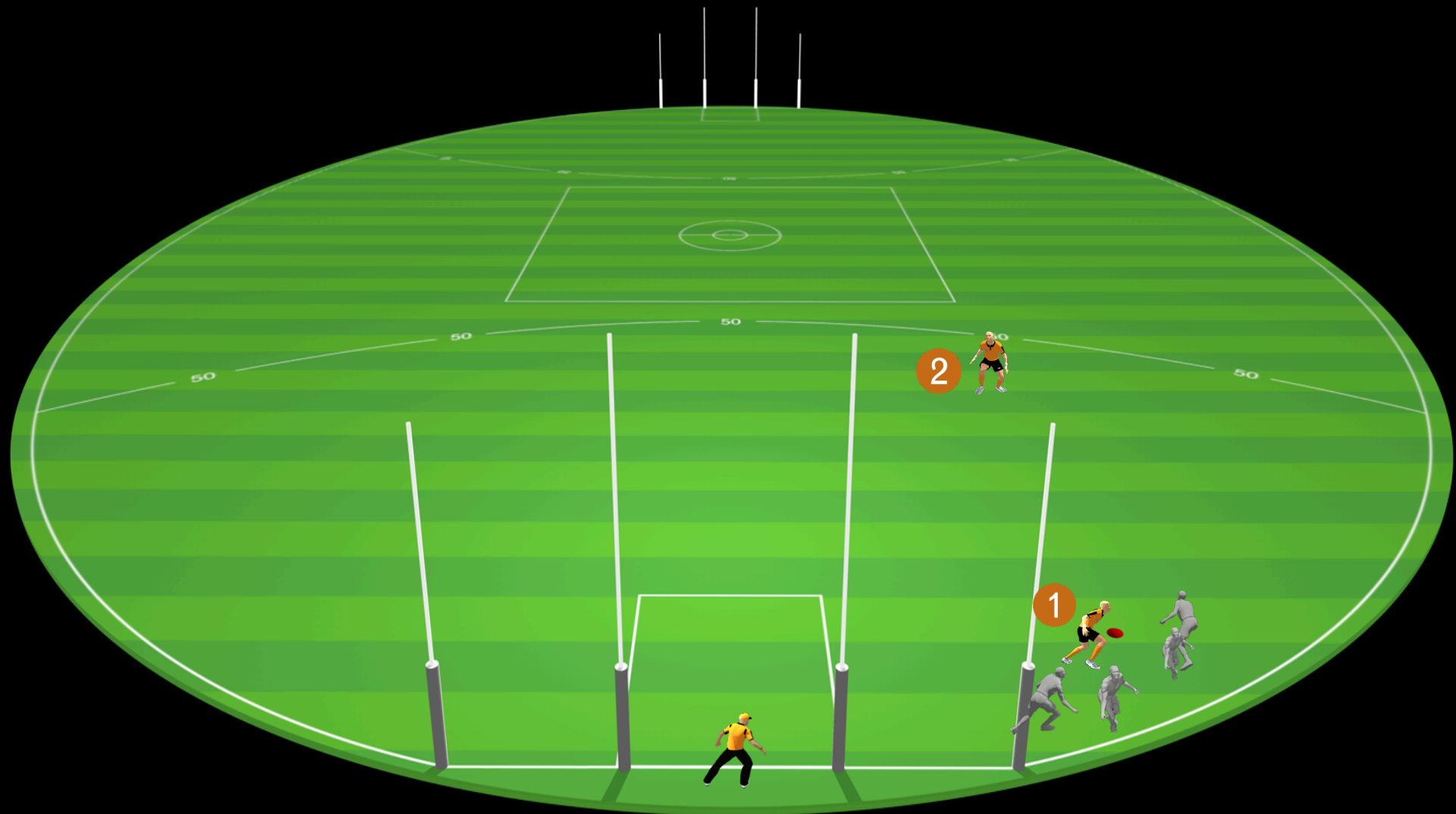
# Boundary Throw in – End zone (2)



# Bringing play in from a Behind

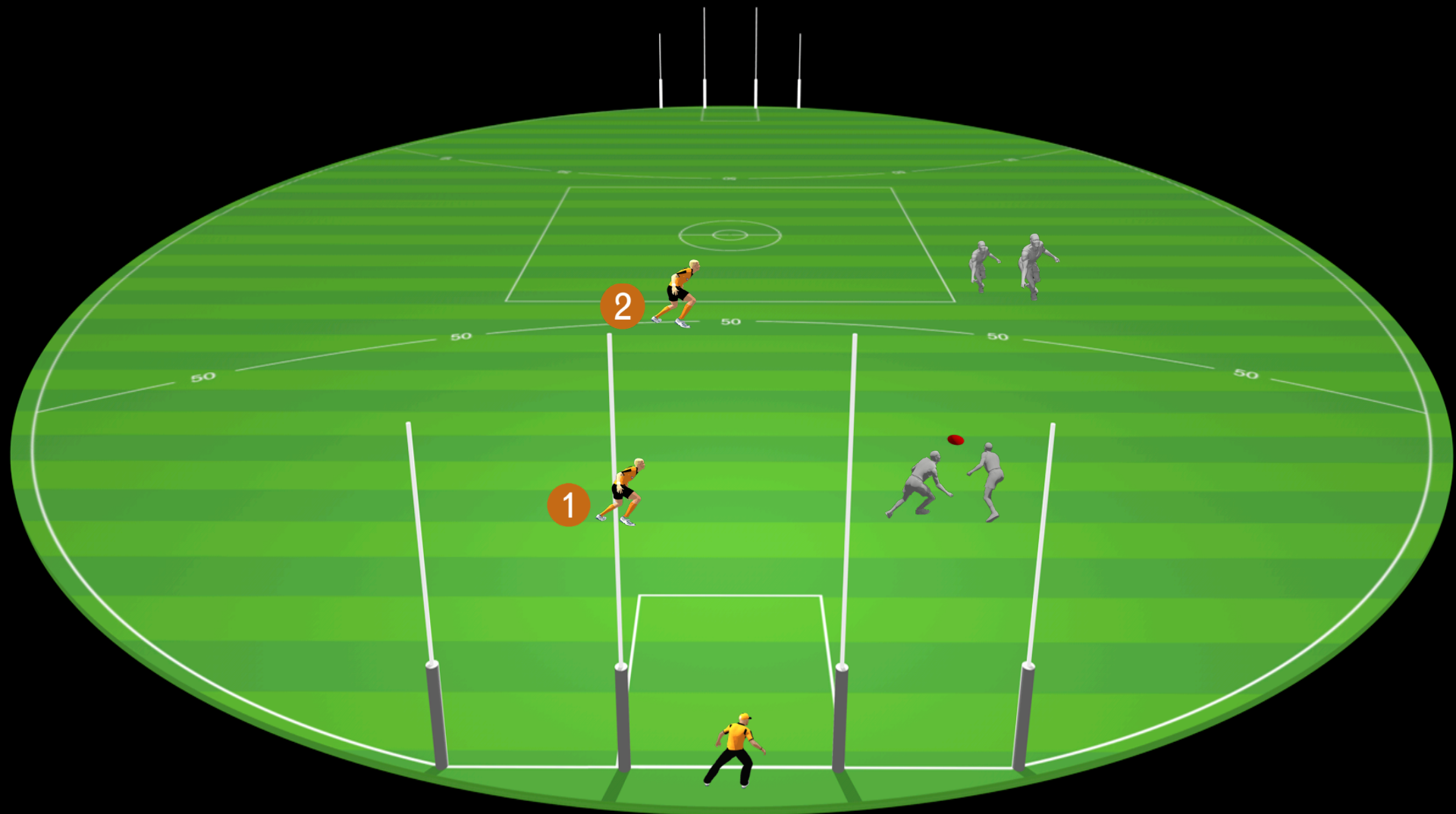


# Positioning stoppage in forward line

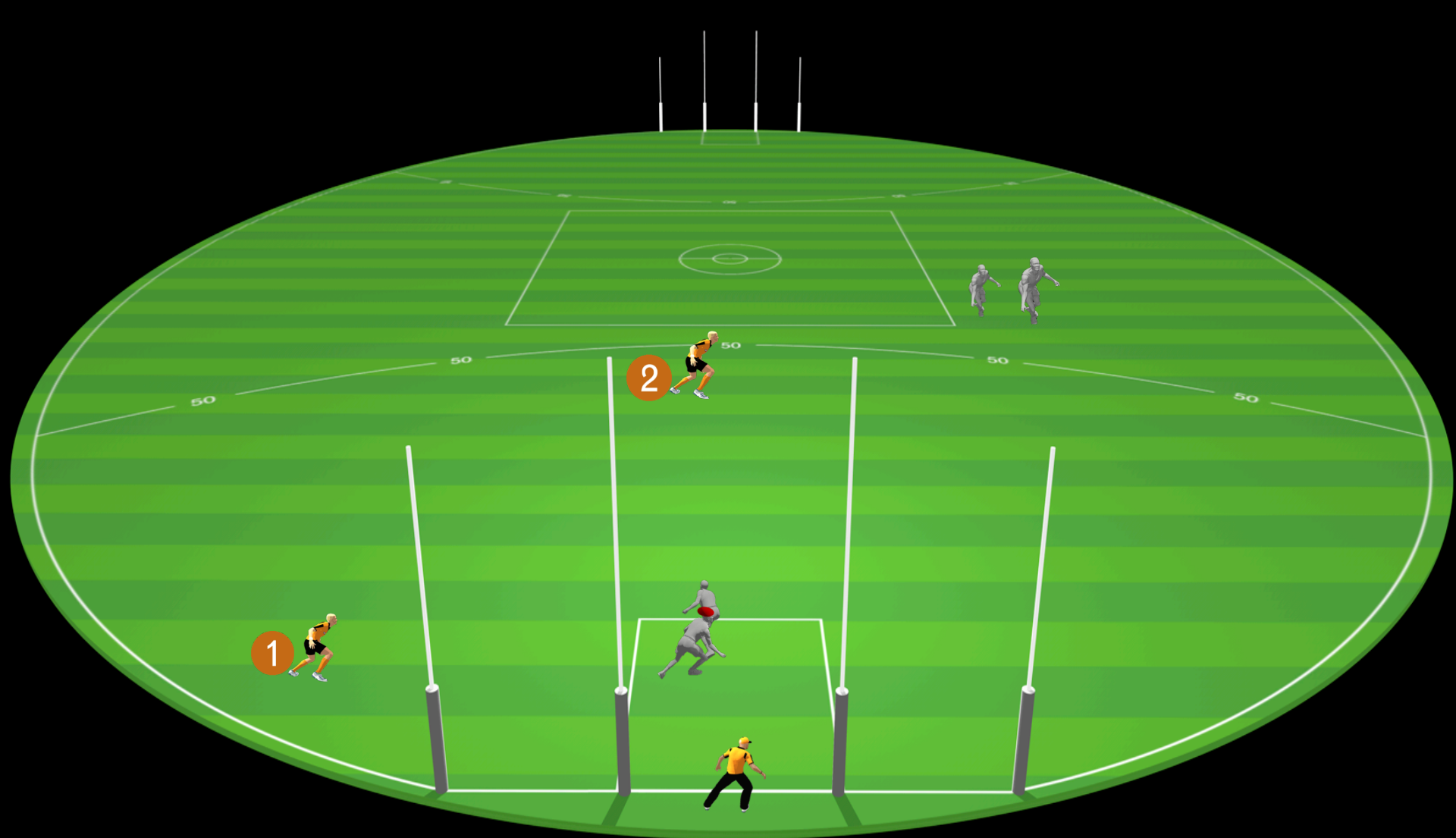




# Positioning for contest in forward line



# Positioning for deep forward line



# Positioning shot on goal

