

# Opposition kick out structure

Our aim when defending from this position is to limit the opposition teams ability to move the ball effectively. We want to force them to kick long to a contest. When the ball is being kicked out by the opposition we need to start by setting up in X way. If they kick to the pocket we need to move in Z way.

To find out more, see the chapters listed. Each example of how we want to defend will have a diagram and/or video of how this works to assist with your understanding.

- [Kick in to the pocket](#)

# Kick in to the pocket

This is how we structure our defensive zone when the ball is kicked to the left and right pockets.