

Figure 1: A basic 3 and 1 zone defence

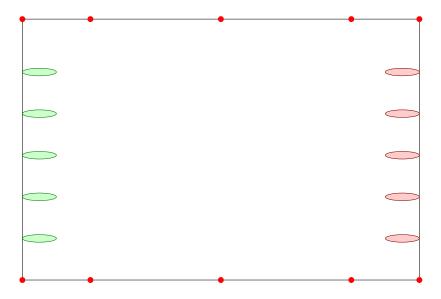


Figure 2: Lining up for the start of a half