



HOOKIN2 HOCKEY *Handbook*

www.hookin2hockey.com.au



TABLE OF CONTENTS

Hookin2Hookey Journey	3
For the Coach	4
Hookin2Hockey - Come and Try	7
Hookin2Hockey - Skills in Action	11
Session 1	
Learning the Basic Skills	13
Session 2	
Dribbling	18
Session 3	
Passing and Stealing	21
Session 4	
Game Focus	25
Session 5	
Dribbling	28
Session 6	
Passing	31
Session 7	
Stealing	34
Session 8	
Game Focus	37
Hookin2Hockey - Game On!	40
Game On! quick guide	41
Pitch layout	42
Rules	43
For the Umpire	44
Game Formats	45
Club Hockey	48

THE HOOKIN2HOCKEY JOURNEY

Come & Try

LENGTH = 1HR

Come and Try is the first hockey experience a junior participant will have. It provides an action packed 1-hour session to tryout the exciting new skills and gain a love of the game that will start the hockey journey.

Skills in Action

LENGTH = 8 WEEKS 1 X 1HR SESSION

Skills in Action is the introductory program for new participants, giving them a fun and safe environment to develop and learn the fundamentals of hockey.

Game On!

LENGTH = 8 - 16 WEEK SEASON

Game On! is a participant first experience within a modified competition format through intra-club games, being played at the local venue(s). It is the bridging program from Hookin2Hockey to traditional club hockey or other social forms of the game.

Club Hockey

Club Hockey is more structured format of the Game On! program. Club Hockey will allow participants to play in a competitive environment against teams from other clubs at multiple locations in most cases.

FOR MORE INFORMATION VISIT
WWW.HOOKIN2HOCKEY.COM.AU

TheHookin2Hockeyjourney outlined above is based on each player's competency level and may vary for each individual. Participants are able to enter at any stage of the journey.

FOR THE COACH

HOOKIN2HOCKEY FACILITATES THE INTRODUCTION TO NEW COACHES, IN ADDITION TO EXPERIENCED COACHES, TO A SMALL SIDED GAME FORMAT THAT IS WIDELY USED TO DEVELOP GAME SKILLS AND DECISION MAKING.

Small sided games allow players increased participation. The smaller teams where players are evenly matched allow players to be in possession of the ball more often than in the traditional 11-a-side matches.

Game Sense

TOP 5 QUESTIONS TO ASK YOUR PLAYERS...

- 1: **Tactical awareness** – What do you...?
- 2: **Skill and movement execution** – How do you...?
- 3: **Time** – When is the best time to...?
- 4: **Space** – Where is...?
- 5: **Risk** – Which is the best choice between...?

What You Say Matters

WHEN COACHING...

As a coach, you are a major influence on players (grassroots participants to elite athletes). You directly influence their attitudes, behaviours and performance, and are a strong influence on their satisfaction and continued involvement in hockey.

You can also have an effect on their quality of life. This effect can be either positive or negative and has much to do with what you say or don't say. [Click here for link.](#)



FOR THE COACH



The Community Coach Training Program is designed to train coaches in the basic concepts of coaching including group management and organisation, conducting modified games and activities, safety and enjoyment. It is an enjoyable and straight forward training program involving an online learning session, an applied learning quiz and a practical evaluation. The program is directed towards teachers, parents and other new coaches who are involved in Hookin2Hockey and modified versions of the game.

For more information head to www.hockey.org.au/coachingqualifications

Fundamental Rules of Hockey

There are very few rules of the game that need to be administered for the activities in this handbook.

The two rules outlined below can be officiated as stringently or as leniently as seen fit to suit the age group that is participating in the session and program.

- **No Feet:** Technically the ball is not permitted to touch a player's feet. However, in situations where the ball hits a player's feet but no advantage is gained then play-on can be called. If advantage has been gained then a free hit is awarded to the opposite team.
- **Flat side of the stick:** Only the flat side of the stick can be used in hockey. This can again be enforced or not enforced depending on the age of the participant. It is recommended that in younger participants this rule is encouraged rather than enforced.



No feet



Flat side only

WHEN COACHING CHILDREN, ALWAYS REMEMBER:

- Children's sport should be fun!
- Children need lots of opportunities for unstructured play, a broad range of activities and the opportunity for creativity
 - Early sports specialisation is not recommended for young children
 - The social aspects of sport are highly valued by children
- The focus is on skill development and individual improvement, not winning
 - To give all children time and attention, not just the most talented.



INCLUSIVE COACHING

Good coaches adapt and modify aspects of their coaching to create an environment that caters for individual needs, allowing everyone to take part and experience success within the activity. The onus of inclusion rests with the coach.

Many people think that you need special skills or knowledge to coach participants with a disability. This is not the case. The basic skills of good coaching, when applied with an inclusive philosophy, will ensure that all participants including people with disability can participate.

QUALITIES AND SKILLS OF AN INCLUSIVE COACH

QUALITIES	ATTRIBUTES
PATIENCE	RECOGNISING SOME PARTICIPANTS WILL TAKE LONGER TO DEVELOP SKILLS OR MAKE PROGRESS THAN OTHERS
RESPECT	ACKNOWLEDGING DIFFERENCE AND TREATING ALL PARTICIPANTS AS INDIVIDUALS
ADAPTABILITY	HAVING A FLEXIBLE APPROACH TO COACHING AND COMMUNICATION THAT RECOGNISES INDIVIDUAL DIFFERENCES
SKILLS	ATTRIBUTES
ORGANISATION	RECOGNISING THE IMPORTANCE OF PREPARATION AND PLANNING
SAFE PRACTICES	ENSURING EVERY SESSION, WHETHER WITH GROUPS OR INDIVIDUALS, IS CARRIED OUT WITH THE PARTICIPANTS' SAFETY IN MIND
KNOWLEDGE	UTILISING KNOWLEDGE OF TRAINING ACTIVITIES AND HOW TO MODIFY THEM IN ORDER TO MAXIMISE THE POTENTIAL OF EVERY PARTICIPANT

	CHANGE IT	EXAMPLE
C	COACHING STYLE	DEMONSTRATIONS, USE OF QUESTIONS, ROLE MODELS, VERBAL INSTRUCTIONS
H	HOW TO SCORE	RULES
A	AREA	SIZE, SHAPE OR SURFACE OF THE PLAYING ENVIRONMENT
N	NUMBERS	NUMBER OF PARTICIPANTS INVOLVED IN THE ACTIVITY
G	GAME RULES	NUMBER OF PUSHES OR TRAPS
E	EQUIPMENT	SOFTER OR LARGER BALLS, WITH OR WITHOUT HOCKEY EQUIPMENT
I	INCLUSION	EVERYONE HAS TO TOUCH THE BALL BEFORE THE TEAM CAN SCORE
T	TIME	'HOW MANY ... IN 30 SECONDS?'

HOOKIN2HOCKEY

Come and Try

This is the first experience most children will have with hockey. It is an action packed, fun filled one-hour session that will show participants how exciting hockey can be through a number of simple yet engaging games!

The games involved are not limited at all by age; children or adults will be able to find enjoyment and challenge as they develop their ability to play the game, work as a team and make new friends through hockey.

The use of games is crucial to this session, as it will allow new participants to see all that hockey can offer. It will also give them the chance to learn the skills while playing, making the experience far more enjoyable than learning simply through static drills.

While there is a session plan, coaches and coordinators are encouraged to modify the games to suit their group. There are hints and tips that come with each of the games to allow newer coaches to run a session like a seasoned pro.

THE AIM

The aim of Hookin2Hockey – Come and Try is to engage first time participants through fun and excitement, so regardless of the coach's experience as long as participants are having fun then the session is going well!

REQUIRED EQUIPMENT

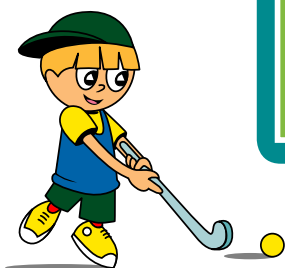
HIN2H
BALLS

CONES

BIBS

STICKS

SHIN
GUARDS



COME & TRY

Warm Up — Rob the Nest

SET-UP

Set up playing area with 4 – 8 (depending on participant numbers) team nests spaced around a central point marked out with cones. Team nests are to be placed 10m – 15m away from the central nest. The central nest should contain around 20-40 balls.

DESCRIPTION

- On each corner of the playing area form a team of 3-5 players. Create a team nest of cones to be each teams home.
- One at a time a player from each group runs to the central nest to collect a ball, returning it to their team nest.
- Once all the balls are gone, the team with the most balls in their team nest is the winner.

STEPS

START OUT

CHANGE IT

Move team nests closer to the central nest

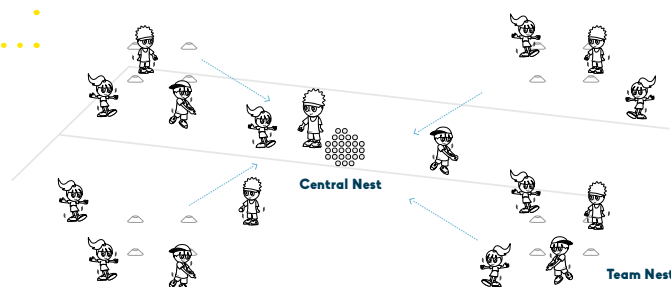
GET INTO IT

Add more balls to the central nest

PROGRESSIVE

Once all balls have been taken from the central nest teams can start stealing from other team's nests, still following the rule of one player on the ground at a time.

DIAGRAM



Station 1 — Rapid Fire

SET-UP

Four balls are placed in a line a safe distance in front of the collectors. Beside the four balls are two cones placed around 3-5m apart for the pusher to run around. One goal is set up on the field for the collectors to place the balls in. This goal is to be placed on the opposite side to the cones.

DESCRIPTION

- Set up four balls in a straight line facing the playing area.
- One player is the firer, with 4-5 players being the collectors. The firer pushes the balls into the field and begins to run around the two cones that are set out to the side of the playing area.
- Once the four balls have been fired, the players from the safe zone must collect the balls and pass them into the goal.
- The firer's score is how many times they run around the cones before all four balls are pushed into the goal.

STEPS

START OUT

CHANGE IT

Number of balls that can be fired can be decreased
Number of collectors can be decreased

GET INTO IT

Number of chasers can be increased

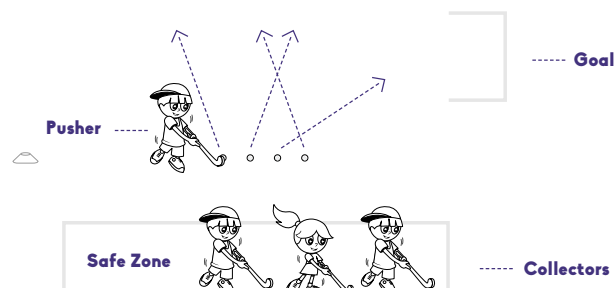
PROGRESSIVE

Number of balls to be fired can be increased

TIPS

- The field of play in this game should be facing away from other games, so the balls are pushed in a safe area.
- There should be as many balls "fired" as there are collectors.
- There can be multiple "firers" to increase participation numbers.
- Depending on group size there could be multiple games set up.

DIAGRAM



COME & TRY

Station 2 — Fruit Salad

SET-UP

Mark out a goal that is 2m wide (cones or pop up goal). This game does not need boundaries but should be set up a safe distance from other games and be in a space that is easily supervised.

DESCRIPTION

- Players are put into two teams of up to five. They line up either side of a goal, along the backline.
- Each player in each team is given a number from 1-5.
- The coach calls out a number and rolls the ball between the two players.
- Once the ball has been rolled out, the players called run to get the ball.
- Both players must try and push the ball into the goal. One point is awarded to the player who pushes the ball into the goal.
- The team who scores five goals first is the winner

STEPS

START OUT

CHANGE IT

Add an extra ball, whichever team/player scores first gets the point

GET INTO IT

Create a two on two game.

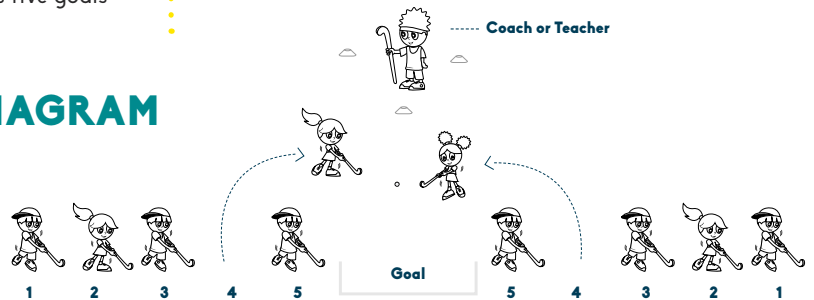
PROGRESSIVE

Multiple numbers called at one time, to make it a team game.

TIPS

- Games should be spaced out from each other to ensure safety of the players.
- The 'goals' should be on the side of playing area, with a fence behind them so the ball doesn't go into other game areas.

DIAGRAM



Station 3 — Scarecrow Tiggy

SET-UP

Depending on the numbers in the group, the field should be at least 15mx15m so ensure there is enough space for the participants to move safely. All sticks should be placed away from the area and away from any other games that are taking place. The field should be marked out by cones so the players understand where they can move.

DESCRIPTION

- Set up boundaries for a field that is big enough for all players to move safely within.
- There should be two people selected to be taggers.
- When a tagger tags a player, by placing one hand on them, that player becomes a scarecrow and must stand still with their legs apart.
- A player can clap between the legs of a scarecrow to bring them back into the game.

STEPS

START OUT

CHANGE IT

Make the space larger for players to move around

GET INTO IT

Add more 'taggers' into the game

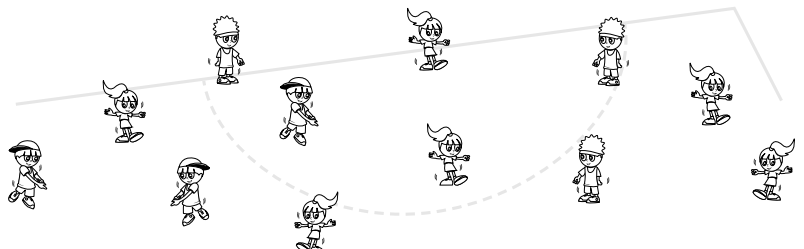
PROGRESSIVE

Make the space smaller, this will challenge participants to increase their awareness of all the other participants in the area.

TIPS

- Ensure tags are made in a safe manner
- Spread the tagged players out evenly across the playing area to avoid congestion

DIAGRAM



COME & TRY

Station 4 — Number Hockey

SET-UP

The playing area should measure about 10mx10m and have two goals at each end. The players line up on each sideline of the field. Within each team players should be numbered 1-4.

DESCRIPTION

- The ball should start in the middle of the playing area
- As each player has a number, the coach will call a number and the players with the corresponding number must run around the other team's goal before they can get the ball and try and score a goal
- Once a team scores 5 goals they are declared the winner

TIPS

- Games should be spaced out from each other to ensure safety of the players.
- The "goals" should be on the side of playing area, with a fence behind them so the ball doesn't go into other game areas.

STEPS

START OUT

CHANGE IT

Add an extra ball, whichever team/player scores first gets the point

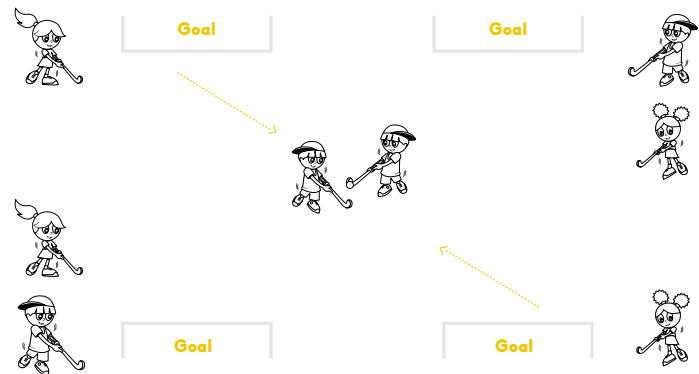
GET INTO IT

Create a two on two game.

PROGRESSIVE

Multiple numbers called at one time, to make it a team game.

DIAGRAM



Station 5 — Hocktopus

SET-UP

All players require a stick; all but two players require a ball. A long narrow field should be marked out, 15mx25m.

DESCRIPTION

- 2 mobile stealers should be selected from the participants, they are the 'Hocktopus'
- The rest of the players line up at one end of the field, each of those players have a ball
- The players must dribble the ball to the other end of the field, while the Hocktopus try and steal the ball from them. Once a player has had their ball stolen they become seaweed
- Seaweed are stationary stealers, they can try and steal the ball from the players but are not permitted to move in order to do so
- The last players to have their ball stolen by either the Hocktopus or seaweed is the winner.

TIPS

- A larger field will allow more players to make it from one end to the other making the game longer.

STEPS

START OUT

CHANGE IT

Take away Hocktopus

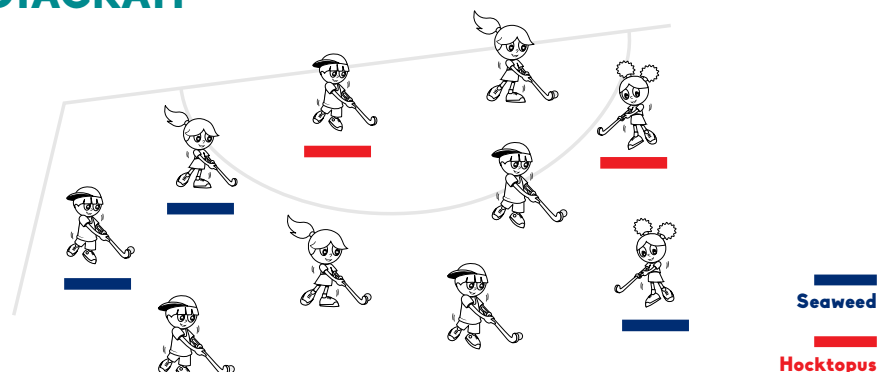
GET INTO IT

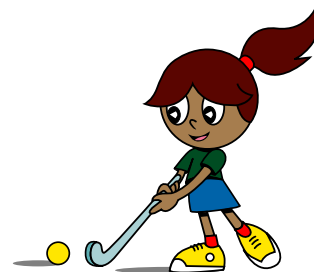
Make the field larger or smaller

PROGRESSIVE

Add extra Hocktopus

DIAGRAM





HOOKIN2HOCKEY

Skills in Action

8-WEEK PROGRAM 1X1HR SESSION PER WEEK

Welcome to Hockey Australia's Hookin2Hockey Skills in Action guide. This guide has been designed to assist parents/volunteers, community coaches (clubs & associations) and approved coaching providers, to deliver Hockey Australia's all-inclusive Hookin2Hockey program.

The program has been developed to help new participants learn the basic skills of the game, as well as develop their fundamental motor skills and to improve their ability to work in a team.

PHILOSOPHY

We believe that Hookin2Hockey Skills in Action will introduce new players to the game that provides fun, friendship and a lifelong love of an iconic Olympic sport, in a club/association based environment.

The program will teach participants the basic skills giving them the opportunity to not only fall in love with our game, but providing them with a dream that one day they can represent Australia at the highest level of all, the Olympic Games. The Australian men's and women's teams are among the best in the world, allowing both girls and boys the opportunity to represent their country at the highest level.

REQUIRED EQUIPMENT

**HIN2H
PARTICIPANT
PACK**

**CONES OR
REGULAR
GOALS**

**HIN2H OR
REGULAR
BALLS**



SESSIONS



SESSION 1

Session 1: Learning the basic skills

- The aim of the first session is to teach players the basic skills they require to play small sided games of hockey.
- They will be exposed to a number of skills this session which should be practised while the players are on the move. This session has a large amount of content, so the games at the end are optional as teaching the players the basic skills is important for their involvement in the remainder of the program.

SESSION ONE



PIRATE SHIP

Order of activity in this session: #1



Recommended Duration: 5 mins

SET-UP

Mark out a 25m – 25m area with 4 cones. Depending on the number of participants you may set up multiple games.

DESCRIPTION

Players are to stand in the centre of the playing area in a straight line. The coach (Captain) calls out a command and the players (Crew) must follow the command. For the first couple of sessions only explain and use 4-5 commands.

COMMAND

ACTION

MAN THE LIFE BOATS

Call out a number (eg. 4) and the children have to get into groups of four and 'row' their lifeboat.

SCRUB THE DECKS

Children crouch down and pretend to clean the floor with their hands.

CAPTAINS COMING

Children salute

WALK THE PLANK

Children walk in a perfectly straight line one foot exactly in front of the other with arms outstretched to the sides.

BOOM COMING OVER

Teacher makes action of boom moving across the deck. Children must duck down to avoid being hit.

HIT THE DECK

Children lie down on their stomachs as quickly as possible.

DIRECTIONS

Children all run in the direction that is called by the Captain.

PEG LEG JAM

The children all have to walk with one leg straight and the other normally.

STEPS:

CHANGE IT:

Start Out

Use 4 commands

Get Into It

Use 6 commands

Progressive

Use all 8 commands

SESSION ONE

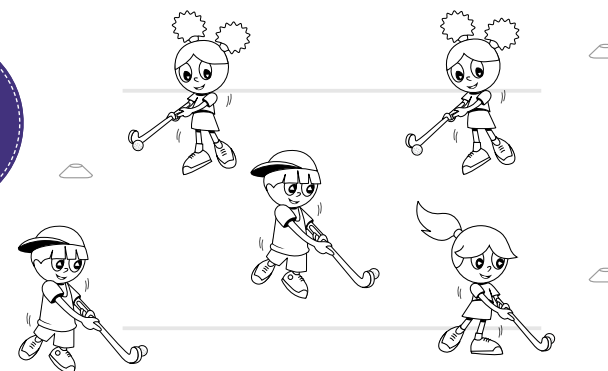


DRIBBLING

Order of activity in this session: #2



Duration of activity: 10 minutes



SET-UP

Each player is to have a stick and ball. Use a large flat playing area for participants to practise dribbling.

DESCRIPTION

Skill: Left to right drag

- Right hand 1/3 down the stick, left hand at the top of the stick with the hand held so the player can tell the time on their left wrist with the stick facing forward.
- With the ball in front and outside the right foot, the player drags the ball across their body at a 45-degree angle until it is outside their left foot. To stop the ball and begin to drag it back to outside their right foot, the player turns the stick head over the ball with their left hand while loosening the grip of their right hand. The player then drags the ball at a 45-degree angle across their body until it's outside their right foot. To stop the ball the player returns the stick to the normal dribbling position.

STEPS:

CHANGE IT:

Start Out

Players to move around an area while dribbling the ball

Get Into It

Players can jog or run while dribbling

Progressive

Add stealers to try and take the ball from the dribbling players

Question: At which Olympic Games did Australia win its first Men's Hockey Gold medal?
Answer: Athens, 2004.

SESSION ONE

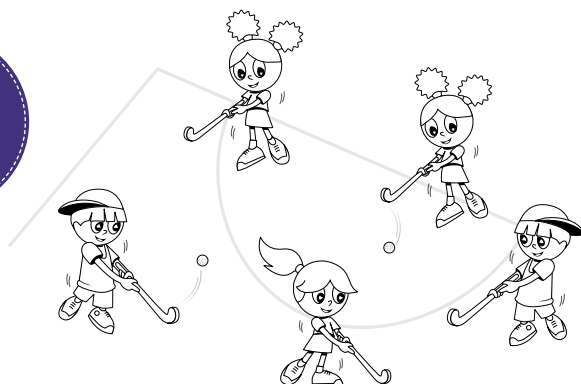
Skill

PUSHING & RECEIVING

Order of activity in this session: #3



Recommended Duration: 10 mins



SESSION ONE

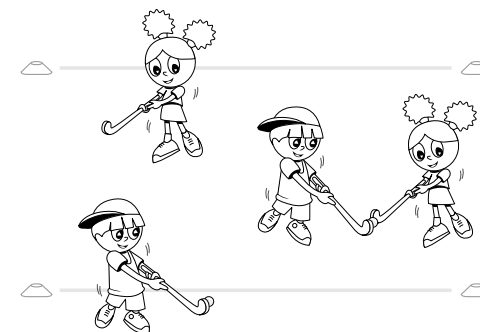
Skill

BEATING AN OPPONENT 1v1

Order of activity in this session: #4



Recommended Duration: 5 mins



Step 1

Step 2

SET-UP

Have one ball between two or three players, each with a stick. Use a large playing area for participants to practice pushing and receiving.

DESCRIPTION

Skill: Pushing and receiving

- Players move in pairs pushing the ball between them.
- The pushing action is like an underarm throw.
- The stick should stay on the ball during a push i.e. no backswing, or sound.

ACTIVITY

- Walk around a large, open space pushing the ball in two's or three's. The stick face should be at 90 degrees to the direction of the ball when receiving/trapping.
- Receiving is ideally a one touch movement with the ball remaining on the stick face.
- The ball should be cradled when trapping, like catching an egg.

SET-UP

Have one ball two or three players, each with a stick, use a large playing area for participants to practice beating an opponent.

DESCRIPTION

Skill: Beating an opponent 1v1

- One player starts with the ball, the other player stands opposite them trying to steal the ball.
- Should be done at walking pace to allow players to understand the required movements.
- Using common 1 v 1 concept from game as such as British Bulldog/Red Rover. Players try to move past their opponent with the ball.
- The ball carrier should move on angles to change the position of the opponent, then when the opponent begins to follow they should dribble the ball at 45 degrees the other way.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Can be done stationary

Two's change to groups of three

Players can jog or run while passing and receiving

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Don't use hockey equipment, practice by running or walking. Use cones for the ball carrier to dribble around, rather than another player stealing.

Allow running rather than walking

Add a goal for the ball carrier to dribble the ball through

Question: How many players are on each team in field Hockey?
Answer: 11, in Indoor Hockey there are 6.

SESSION ONE

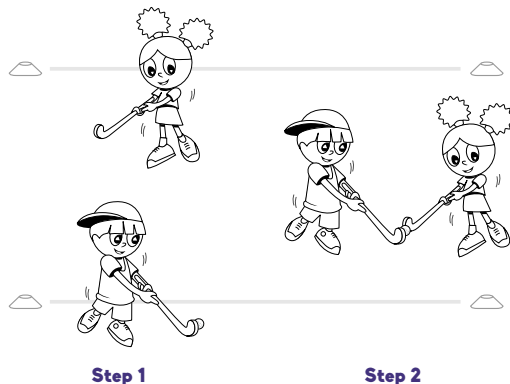


STEALING FROM AN OPPONENT

Order of activity in this session: #5



Duration of activity: 5 minutes



Step 1

Step 2

SET-UP

Have one ball between two or three players, each with a stick, use a large playing area for participants to practise stealing from an opponent.

DESCRIPTION

Skill: Stealing from an opponent

- Players will learn how to steal the ball from an opponent. This is an important skill to learn so they can steal the ball without swinging the stick dangerously. The rules do not allow the opponent's stick or the opponent to be touched when tackling.
- While a player is dribbling forward with the ball an opponent steals it by keeping two hands on the stick and taking the ball by reaching in without hitting the opponents stick or body.
- This should be done at walking pace with no resistance from the player dribbling the ball at first.
- For this activity, both players should be moving in the same direction. The stealer will be coming from the side or from behind the ball carrier.
- There are two basic steals: from the right side of the opponent, and a takeover steal (from the left side of the opponent).

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Only practice right side steals, not take over steals

Allow jogging rather than walking

Add resistance from the ball carrier

SESSION ONE

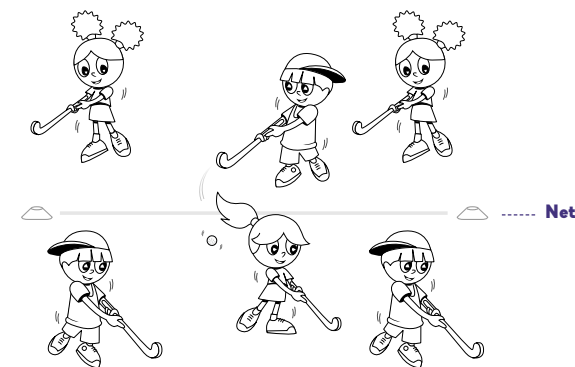


HOCKEY TENNIS

Order of activity in this session: #6



Duration of activity: 10 minutes



SET-UP

One ball between six players. Set an area that fits three players on each side of a line or coned area. Mark out a base line that is 5 meters from the centre line.

DESCRIPTION

Skill: Hockey Tennis

- One team of three start with the ball on their side
- Each team must try and push the ball over the other team's base line, without lifting the ball (5 metres from centre line). If the ball goes over the sideline, the ball is taken from where it went over the line.
- The team who pushes the ball past the other team over the base line gets one point, the first team to 5 points wins the game.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

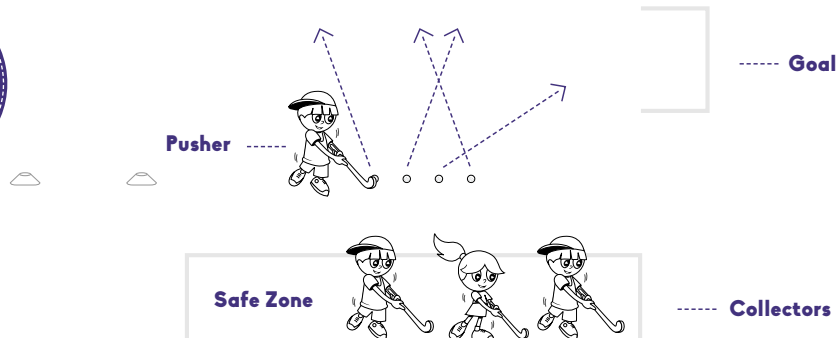
The field can be made bigger or smaller, to ensure there is enough room to receive the ball and for teams to score

Players can be put into zones to spread them out, making it harder/easier to score points

There can be more players added to each team



SKILL
IN
ACTION



SET-UP

Four balls are placed in a line a safe distance in front of the collectors. Beside the four balls are two cones placed around 3-5m apart for the pusher to run around. One goal is set up on the field for the collectors to place the balls in, this goal is to be placed on the opposite side to the cones.

DESCRIPTION

- Set up four balls in a straight line facing the playing area.
- One player is the firer, with 4-5 players being the collectors. The firer pushes the balls into the field and begins to run around the two cones that are set out to the side of the playing area.
- Once the four balls have been fired, the players from the safe zone must collect the balls and pass them into the goal.
- The firer's score is how many times they run around the cones before all four balls are pushed into the goal.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Number of balls that can be fired can be decreased
Number of collectors can be decreased

Number of chasers can be increased

Number of balls to be fired can be increased

HOOKIN2 HOCKEY





SESSION 2

Session 2: Dribbling

- The aim of Session 2 is to further develop the skills learned in session 1 relating to moving with the ball (Dribbling).
- The second session will teach players the basic skills they require to play small sided games of hockey. During this session they will be introduced to a game concept.

SESSION TWO

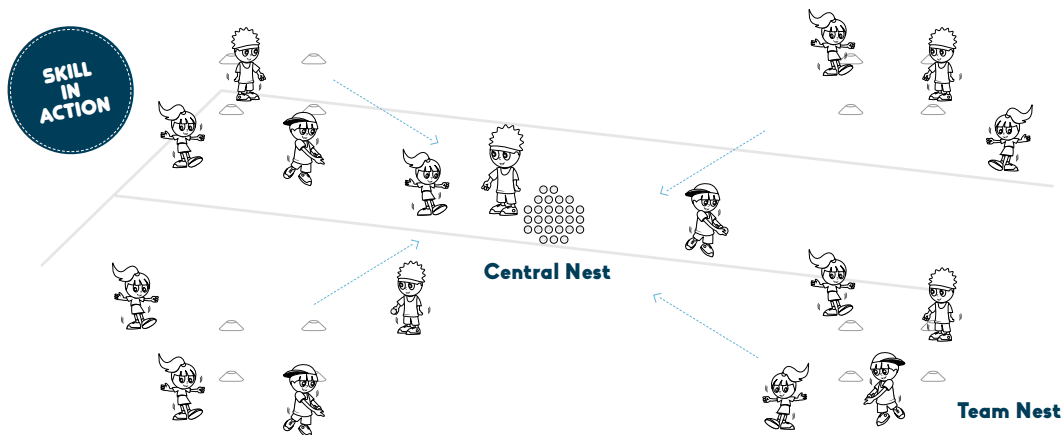


ROB THE NEST (NO STICKS)

Order of activity in this session: #1



Duration of activity: 5 minutes



SET-UP

Set up playing area with 4 – 8 (depending on participant numbers) team nests spaced around a central point marked out with cones. Team nests are to be placed 10m – 15m away from the central nest. The central nest should contain around 20-40 balls.

DESCRIPTION

- On each corner of the playing area form a team of 3-5 players. Create a team nest made of cones that will be each teams home.
- One at a time a player from each group runs to the central nest to collect a ball, returning it to their team nest.
- Once all the balls are gone, the team with the most balls in their team nest is the winner.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Move team nests closer to the central nest

Add more balls to the central nest

Once all balls have been taken from the central nest teams can start stealing from other teams nests, still following the rule of one player at a time

SESSION TWO

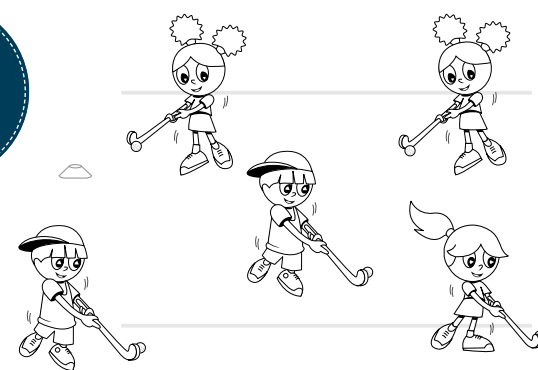


DRIBBLING

Order of activity in this session: #2



Duration of activity: 10 minutes



SET-UP

Each player is to have a stick and ball. Ensure a large flat space for participant to practice dribbling.

DESCRIPTION

Skill: Left to right drag

- Right hand 1/3 down the stick, left and at the top of the stick with the left hand held so the player can tell the time on their left wrist with the stick facing forward.
- With the ball in front and outside the right foot, the player drags the ball across their body at a 45-degree angle until it is outside their left foot. To stop the ball and begin to drag it back to outside their right foot, the player turns the stick head over the ball with their left hand while loosening the grip of their right hand. The player then drags the ball at a 45-degree angle across their body until it is outside their right foot. To stop the ball the player returns the stick to the normal dribbling position

STEPS:

Start Out

Get Into It

Progressive

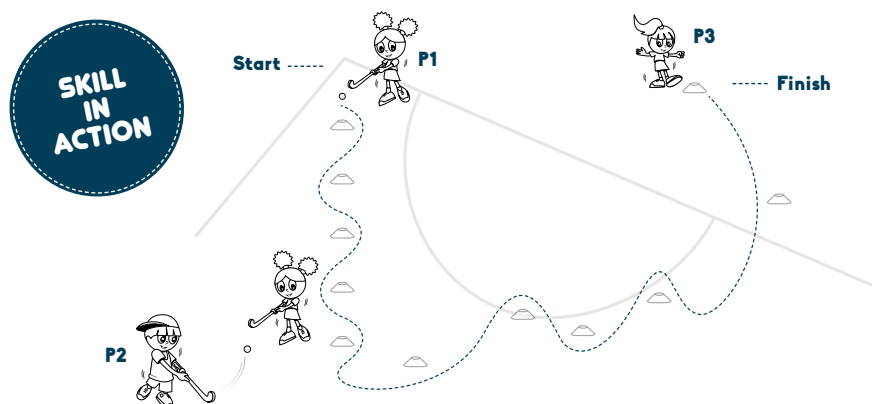
CHANGE IT:

Players to move around an area while dribbling the ball

Players can jog or run while dribbling

Add stealers to try and take the ball from the dribbling players

Fact: Hockey had offside (just like soccer) until 1992 where the rule was taken out of the game.



SET-UP

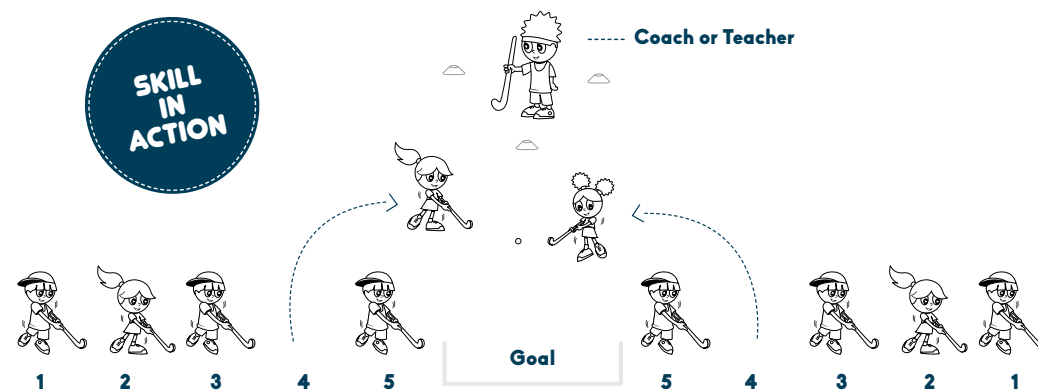
Set up playing area with 4 – 8 (depending on participant numbers) team nests spaced around a central point marked out with cones. Team nests are to be placed 10 – 15m away from the central nest. The central nest should contain around 20-40 balls.

DESCRIPTION

- Put players in groups of three.
- One player completes the challenge, one player plays the role of the passer and the third player times how long the challenge takes.
- Once the first player completes the Skills Challenge, all three players change roles.

RUN THROUGH

- Player 1 dribbles the ball around the cones, and then pushes the ball to the player 2 who is located at a central point of the challenge. Player 1 then receives the ball back from player 2 and continues to dribble around the remaining cones to complete the challenge.



SET-UP

Mark out a goal that is 2m wide (cones or pop up goal). This game does not need boundaries but should be set up a safe distance from other games and be in a space that is easily supervised.

DESCRIPTION

- Players are put into two teams of up to five. They line up either side of a goal, along the backline.
- Each player in each team is given a number from 1-5.
- The coach calls out a number and rolls the ball between the two players.
- Once the ball has been rolled out, the players called run to get the ball.
- Both players must try and push the ball into the goal. One point is awarded to the player who pushes the ball into the goal.
- The team who scores five goals first is the winner

STEPS:

CHANGE IT:

Start Out

Complete the course without hockey equipment. Balls can be carried and then thrown between players

Get Into It

Add or take out cones/obstacles in the drill

Progressive

User player 3 as a passive stealer (Passive stealer should apply pressure to player 1 without actually stealing the ball)

STEPS:

CHANGE IT:

Start Out

Add an extra ball, whichever team/player scores first gets the point

Get Into It

Create a two on two game

Progressive

Multiple numbers called at one time, to make it a team game

SESSION 3

Session 3: Passing and Stealing

- The aim of Session 3 is to further develop the skills learned in session 1. Passing (pushing & receiving in session 1) will be practiced while moving in this session.
- Players will also learn how to steal the ball from an opponent. This is an important skill to learn so that they can take the ball without swinging the stick or hitting an opponent's stick or body.

SESSION THREE



PIRATE SHIP

Order of activity in this session: #1



Duration of activity: 5 minutes

SET-UP

Mark out a 25m – 25m area with 4 cones. Depending on the number of participants you may set up multiple games.

DESCRIPTION

Players are to stand in the centre of the playing area in a straight line. The coach (Captain) calls out a command and the players (Crew) must follow the command.

COMMAND

ACTION

MAN THE LIFE BOATS

Call out a number (e.g. 4) and the children have to get into groups of four and "row" their lifeboat.

SCRUB THE DECKS

Children crouch down and pretend to clean the floor with their hands.

CAPTAINS COMING

Children salute

WALK THE PLANK

Children walk in a perfectly straight line one foot exactly in front of the other with arms outstretched to the sides.

BOOM COMING OVER

Teacher makes action of boom moving across the deck. Children must duck down to avoid being hit.

HIT THE DECK

Children lie down on their stomachs as quickly as possible.

DIRECTIONS

Children all run in the direction that is called by the Captain.

PEG LEG JAM

The children all have to walk with one leg straight and the other normally.

STEPS:

CHANGE IT:

Start Out

Use 4 commands

Get Into It

Use 6 commands

Progressive

Use all 8 commands

SESSION THREE



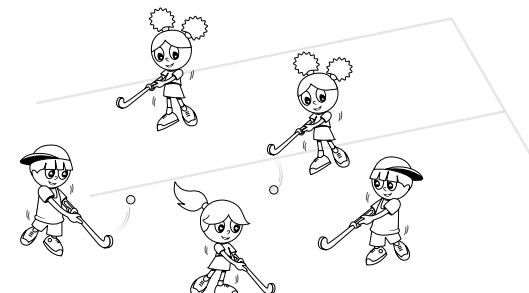
DRIBBLE & PASS [ON THE MOVVE]

Order of activity in this session: #2



Duration of activity: 10 minutes

SKILL
IN
ACTION



SET-UP

Each player is to have a stick and ball between pairs or three's, ensure a large flat space for participant to practice dribbling.

DESCRIPTION

Skill – Pass

- The stick should stay on the ball during a push i.e. no backswings, no sound
- The pushing action is like an underarm throw.
- Walk around a large, open space, pushing the ball in pairs or three's.

Skill – Dribbling

- Left to right drag: Right hand 1/3 down the stick. Left hand at the top of the stick, with the hand held so the player can tell the time on their left wrist with the stick facing forward.

Skill – Drag

- Right hand 1/3 down the stick, left and at the top of the stick with the left hand held so the player can tell the time on their left wrist with the stick facing forward.
- With the ball in front and outside the right foot, the player drags the ball across their body at a 45-degree angle until it is outside their left foot. To stop the ball and begin to drag it back to outside their right foot, the player turns the stick head over the ball with their left hand while loosening the grip of their right hand. The player then drags the ball at a 45-degree angle across their body until it is outside their right foot. To stop the ball the player returns the stick to the normal dribbling position.

STEPS:

CHANGE IT:

Start Out

Walking pace / Pairs only

Get Into It

Jogging pace / Pairs or groups of three

Progressive

Add cones in the drill that must be avoided

Fact: The Australia Men's Hockey team first competed at the Olympic Games in 1956 where they finished 5th.

SESSION THREE

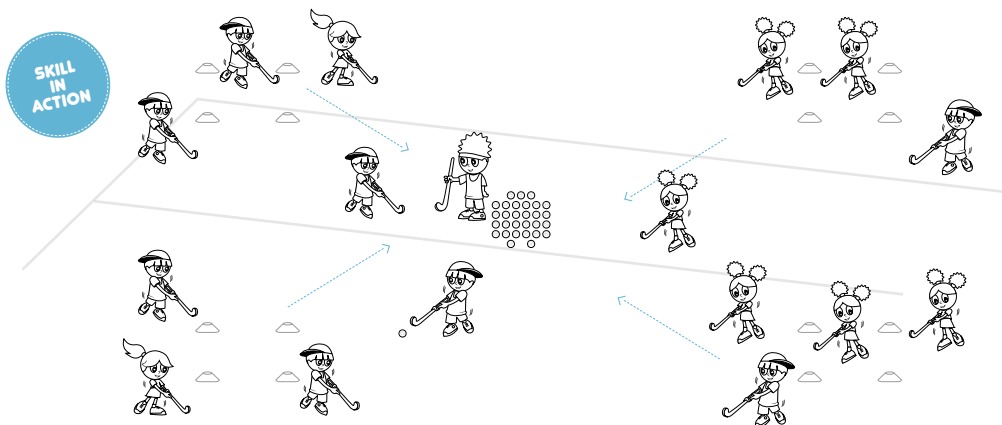


PROTECT THE NEST

Order of activity in this session: #3



Duration of activity: 15 minutes



SET-UP

Set up playing area with 4 – 8 (depending on participant numbers) team nests spaced around a central nest marked out with cones. Team nests are to be placed about 10m – 15m away from the central nest. The central nest should contain around 20-40 balls.

DESCRIPTION

- On each corner of the playing area is a team of 3-5 players, have a team nest made of cones that will be each teams home. In the middle of the ground there should be 2 protectors.
- One player from each group runs to the central nest to take one ball, returning it to their team nest.
- The protectors try and steal the ball from the robbers while they are on their way back to their home nest.
- If a robber successfully makes it back to their home they keep the ball.
- If a protector steals the ball it is returned to the central nest and the robber returns home and swaps with the next member of their team.
- Once all the balls are gone, the team with the most balls in their team nest is the winner.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Remove protectors

Allow robbers to steal the balls from other nest once all the balls have been stolen from the middle

Add more protectors

SESSION THREE

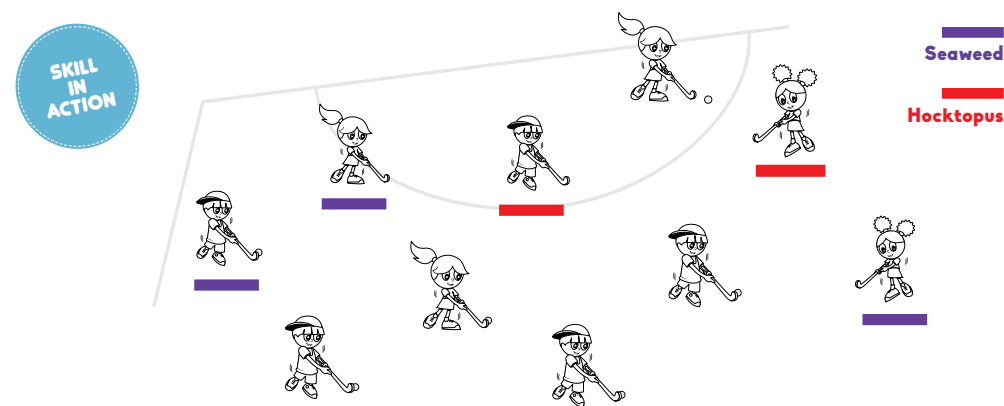


HOCKTOPUS

Order of activity in this session: #4



Duration of activity: 15 minutes



SET-UP

All players require a stick; all but two players require a ball. A long narrow field should be marked out. 15mx25m.

DESCRIPTION

- 2 mobile stealers should be selected from the participants, they are the 'Hocktopus'
- The rest of the players line up at one end of the field, each of those players have a ball
- The players must dribble the ball to the other end of the field, while the Hocktopus try and steal the ball from them. Once a player has had their ball stolen they become seaweed
- Seaweed are stationary stealers, they can try and steal the ball from the players but are not permitted to move in order to do so
- The last players to have their ball stolen by either the Hocktopus or seaweed is the winner.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Take away Hocktopus

Make the field larger or smaller

Add extra Hocktopus

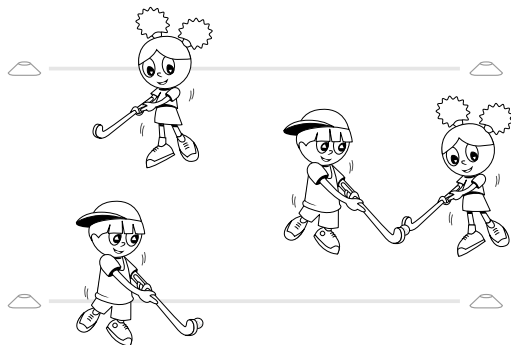
Question: What are the Men's and Women's Hockey teams called?
Answer: The Men's team is called the Kookaburras and the Women's team is called the Hockeyroos



Order of activity in this session: #5



Duration of activity: 15 minutes



Step 1

Step 2

SET-UP

Each player is to have a stick and with a ball between pairs. Ensure a suitable flat space for participant to practice stealing.

DESCRIPTION

Skill – Stealing from an opponent

- Players will learn how to steal the ball from an opponent. This is an important skill to learn so they can steal the ball without swinging the stick dangerously. The rules do not allow the opponent's stick or the opponent to be touched when tackling.
- While a player is dribbling forward with the ball an opponent steals it by keeping two hands on the stick and taking the ball by reaching in without hitting the opponents stick or body.
- This should be done at walking pace with no resistance from the player dribbling the ball at first.
- For this activity, both players should be moving in the same direction. The stealer will be coming from behind or beside the ball carrier.
- There are two basic steals; From the right side of the opponent, and the takeover steal (from the left side of the opponent)

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Only practice right side steals, not take over steals

Allow jogging rather than walking

Add resistance from the ball carrier

HOOKIN2 HOCKEY





SESSION 4

Session 4: Game Focus

- With many of the skills having been learned, sessions will become more focused on playing games which will help develop the skills further.

SESSION FOUR

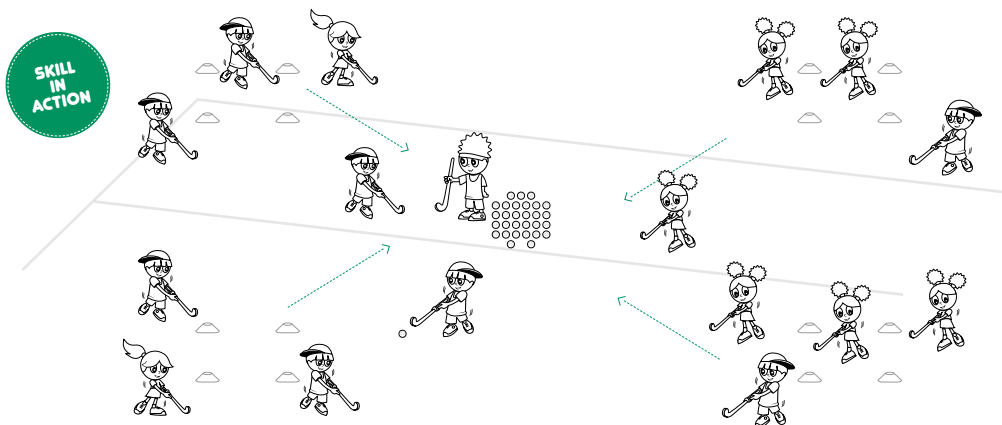


ROB THE NEST [STICKS & BALLS]

Order of activity in this session: #1



Duration of activity: 5 minutes



SET-UP

Set up playing area with 4 – 8 (depending on participant numbers) team nests spaced around a central nest marked out with cones. Team nests are to be placed about 10m – 15m away from the central nest. The central nest should contain around 20-40 balls.

DESCRIPTION

- On each corner of the playing area is a team of 3-5 players, have a team nest made of cones that will be each teams home. In the middle of the ground there should be 2 protectors.
- One player from each group runs to the central nest to take one ball, returning it to their team nest.
- The protectors try and steal the ball from the robbers while they are on their way back to their home nest.
- If a robber successfully makes it back to their home they keep the ball.
- If a protector steals the ball it is returned to the central nest and the robber returns home and swaps with the next member of their team.
- Once all the balls are gone, the team with the most balls in their team nest is the winner.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Move team nests closer to the central nest

Add more balls to the central nest

Once all balls have been taken from the central nest teams can start taking from other teams nests, still following the rule of one player at a time

SESSION FOUR

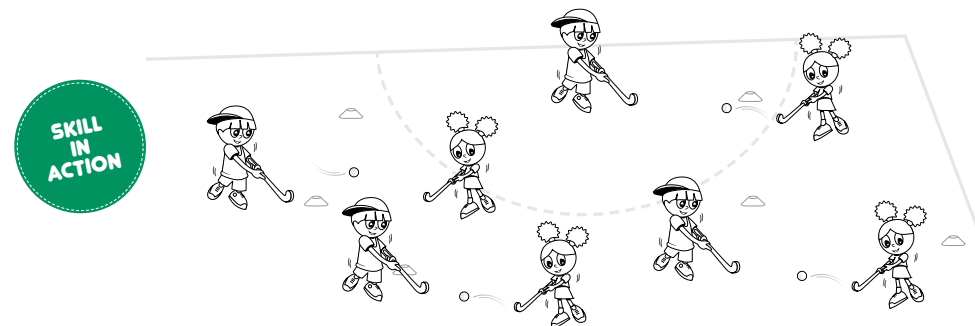


PUSHING & RECEIVING

Order of activity in this session: #2



Duration of activity: 10 minutes



SET-UP

Have one ball between each pair with each participant to have a stick. Ensure a large flat space for participants to practise pushing and receiving. Lay out 5-6 cones evenly spaced roughly 1-2m apart in lines for each pair to use.

DESCRIPTION

Skill: pushing and trapping

- The stick should stay on the ball during a push i.e. no backswing, no sound.
- The pushing action is like an underarm throw.
- The right hand should be 1/3 of the way down the stick.
- The stick face should be at 90 degrees to the direction of the ball when receiving /trapping.
- Receiving is ideally a one touch movement with the ball remaining on the stick face.
- The ball should be cradled when trapping, like catching an egg.

ACTIVITY

- All participant placed in pairs.
- Set up 5-6 cones in multiple straight lines spaced evenly over the width of the playing area.
- The pair must move from one side to the other passing between the cones.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Make the distance between the cones larger

Make the players stand further away
Make the distance of cones closer to each other

Change the cone layout to random formation

SESSION FOUR

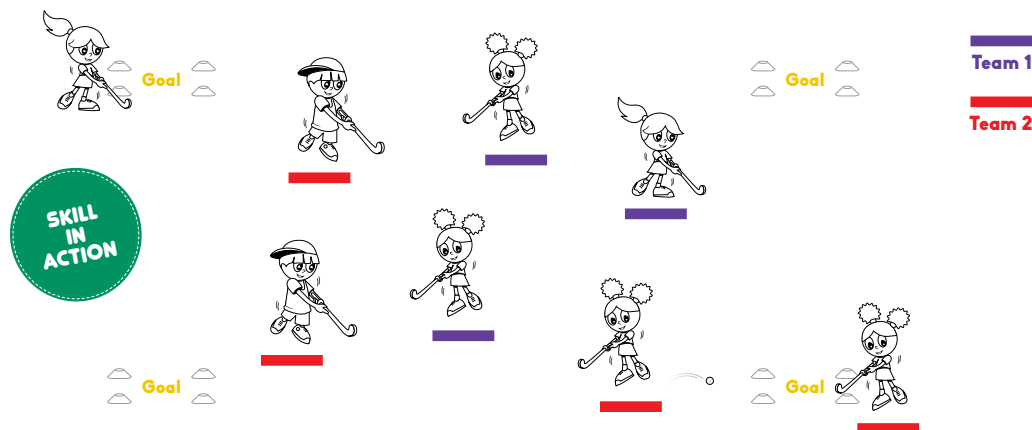


BOX TRAP

Order of activity in this session: #3



Duration of activity: 15 minutes



SET-UP

Have a playing area that is 15mx15m with two goals at each end. A goal is made up of four cones creating a box. The field should be large enough to allow space for all the players.

DESCRIPTION

- A team scores a goal by passing the ball to a team mate who receives the ball in a box
- A defender cannot enter the box
- Once the ball has been received in a box, that box is eliminated for that team i.e., can't make a trap in that box again. The first team to make a trap in all four boxes in the winner.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Teams score points by successfully receiving the ball anywhere on the field

Vary the size of the boxes

Change the number of players on each team. One team can have more players than the other for a period of time and then swap the numerical advantage

SESSION FOUR

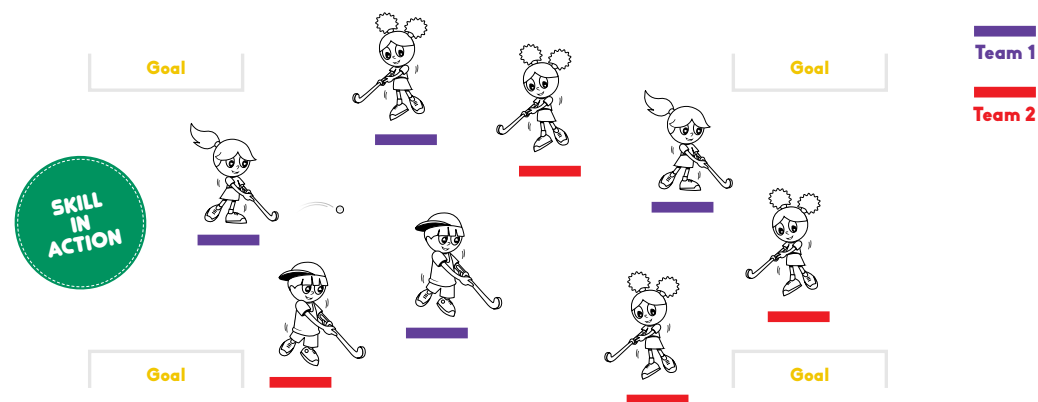


GAME 4v4

Order of activity in this session: #4



Duration of activity: 15 minutes



SET-UP

Have a playing area roughly 15m x 15m that has two goals at each end.

DESCRIPTION

- 4v4 game played with two goals
- The two goals at each end encourage decision making and should allow the players to spread out and play the ball into space.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Play with less players per team (allowing more space for the players)

Teams get one goal for successfully completing three passes without the other team touching the ball

Teams must dribble the ball over the goal line to score. They do not score if they push the ball through the goals

SESSION 5

Session 5: Dribbling

- With a more focused session on dribbling, the time spent playing games should begin to increase to further develop the skills in a game environment

SESSION FIVE

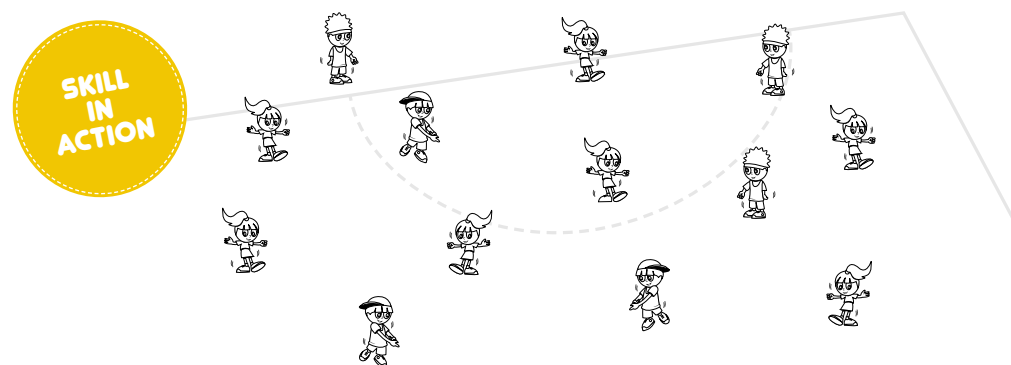


SCARECROW TIGGY

Order of activity in this session: #1



Duration of activity: 5 minutes



SET-UP

Set up boundaries for a field that is big enough for all players to move around safely within. There should be two people selected to be taggers.

DESCRIPTION

- When a tagger tags a player, by placing one hand on them, that player becomes a scarecrow and must stand still with their legs apart.
- A player can clap between the legs of a scarecrow to bring them back into the game.

STEPS:

N/A

N/A

N/A

CHANGE IT:

N/A

N/A

N/A

SESSION FIVE

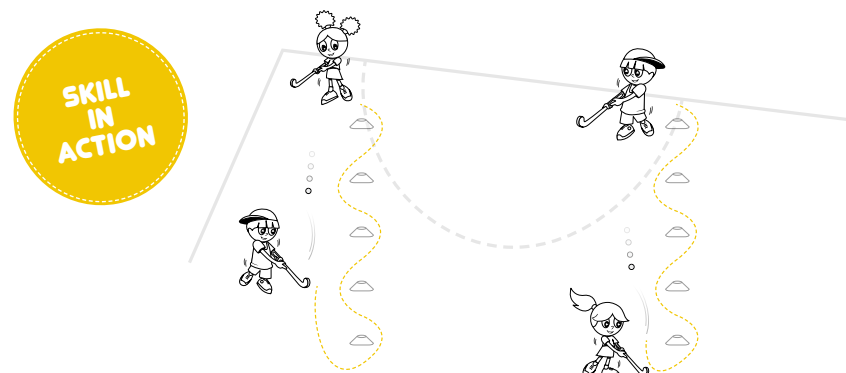


DRAG & PASS

Order of activity in this session: #2



Duration of activity: 10 minutes



SET-UP

Have 4 cones set up in a straight line; each cone should be one metre away from the next. There should be 2 players lined up at the end of each line of cones. Have as many lines of cones as required so there is no more than 3 players per line.

DESCRIPTION

- One player at a time dribbles the ball through the cones.
- Once they reach the final cone they turn around and pass the ball back to their partner who is waiting at the first cone.
- When the second player receives the ball they then dribble the ball through the cones, while the first player returns to the start of the line to receive the pass back from their partner.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Put all the players on a field, where they have to dribble and avoid other players

Place the cones closer together

Introduce a passive defender to put pressure on the dribbler but not execute a steal

SESSION FIVE

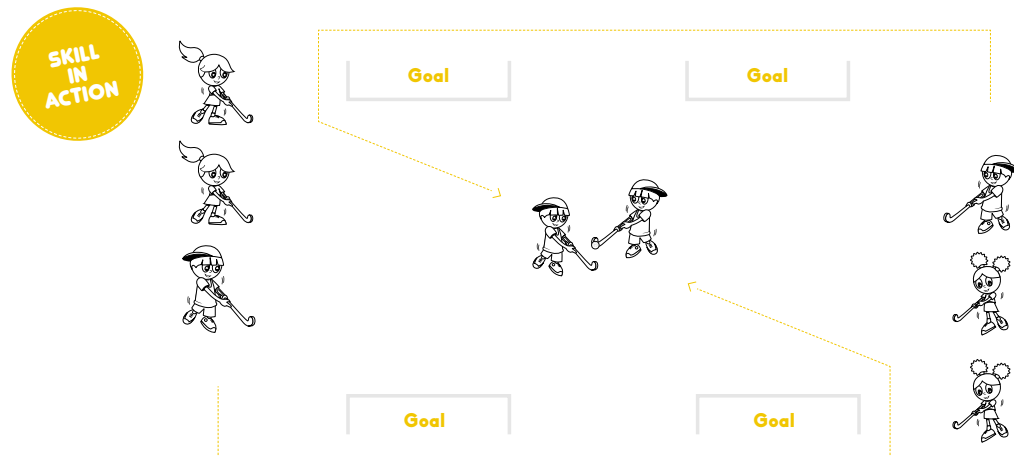
Game

NUMBER HOCKEY

Order of activity in this session: #3



Duration of activity: 15 minutes



SET-UP

The playing area should measure about 10mx10m and have two goals at each end. The players line up on each sideline of the field. Within each team players should be numbered 1-4.

DESCRIPTION

- The ball should start in the middle of the playing area
- As each player has a number, the coach will call a number and the players with the corresponding number must run around the other team's goal before they can get the ball and attempt to score a goal
- Once a team scores 5 goals they are declared the winner

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Add an extra ball. Whichever team/player scores first gets the point

Multiple numbers called at one time, making it a team game

2 goals awarded for stealing the ball from an opposition player

SESSION FIVE

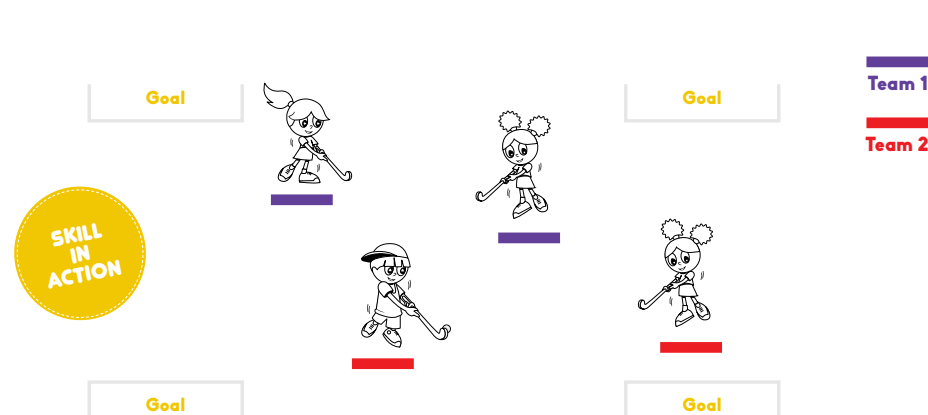
Game

2v2 MATCH

Order of activity in this session: #4



Duration of activity: 20 minutes



SET-UP

Have a playing area measuring 10m x 10m that has two goals at each end.

DESCRIPTION

- 2v2 game played with two goals.
- The two goals should encourage the players to spread out and pass the ball around the field.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Make the playing area larger

Teams get two goals for stealing the ball from an opposition

Teams must dribble the ball over the goal line to score. They do not score if they push the ball through the goals

Question: There are three ways to score a goal in Hockey what are they?
Answer: Field Goal, Penalty Corner, Penalty Stroke

SESSION 6

Session 6: Passing

- This session is focused around developing the players passing skills through playing small games.



Order of activity in this session: #1



Duration of activity: 5 minutes

**WHEN THE COACH (TEACHER) GIVES
AN INSTRUCTION THEN PLAYERS MUST
DO THE OPPOSITE.**

STOP

Players must begin to move around the warm-up area.

GO

Players must stop where they are.

UP

Players must touch the ground with both hands.

DOWN

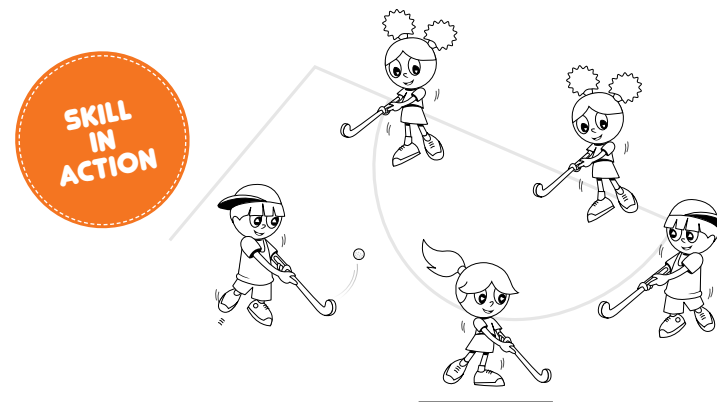
Players must jump in the air.



Order of activity in this session: #2



Duration of activity: 10 minutes



SET-UP

Put participants in groups of five, with one ball between them. One player should wear a bib (circled in diagram) v. as they will be the

DESCRIPTION

- The stick should stay on the ball during a push i.e., no backswing, no sound
- The right hand should be 1/3 of the way down the stick
- The pushing action is like an underarm throw.

ACTIVITY

- In a small playing area, 10mx10m start with four attackers and one defender
- The attackers must pass the ball around the field with the defender trying to steal or intercept the ball
- Attackers must see how many passes they can complete before the defender takes possession of the ball
- Once the players are comfortable in a 4v1 game a second defender can be added, making it a 4v2.

STEPS:

CHANGE IT:

—

—

—

—

—

—

STEPS:

CHANGE IT:

Start Out

Play without defenders to allow improved passing and receiving

Get Into It

Add goals for the attackers

Progressive

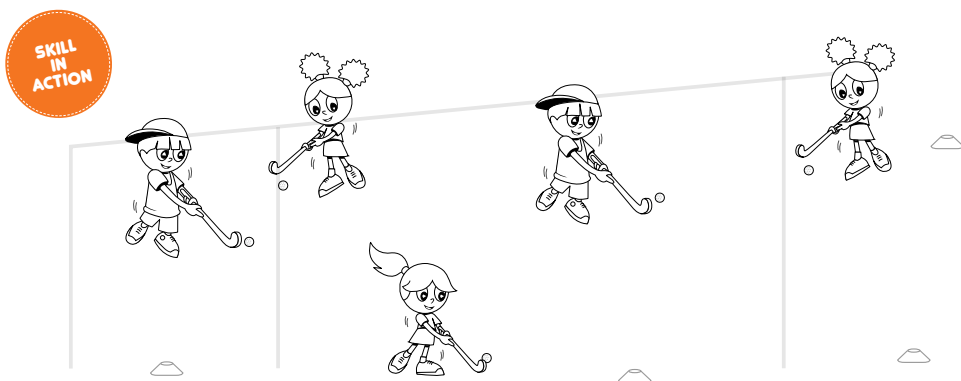
Add an extra defender and allow each team to try and retain possession once they have the ball



Order of activity in this session: #3



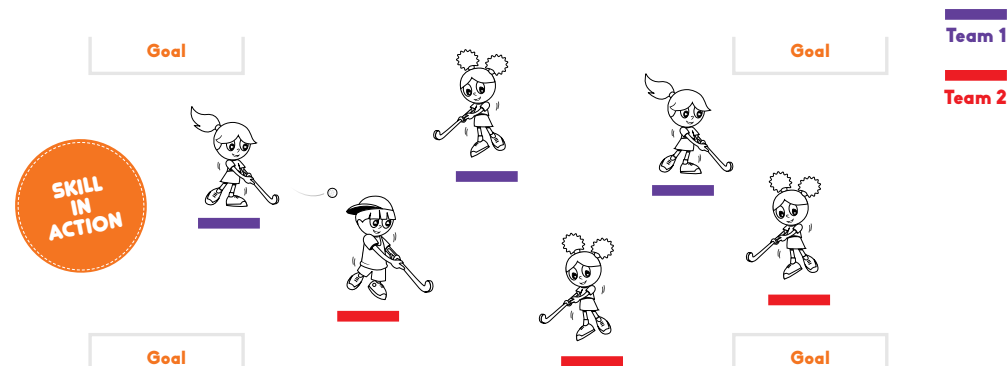
Duration of activity: 15 minutes



Order of activity in this session: #4



Duration of activity: 15 minutes



DESCRIPTION

- Set up a field the same size as for the passing skill.
- Every player has a ball. In this game, players are trying to steal balls from other players and pass it out of the field, while trying to keep their ball safe in the field.
- Once a player's ball has been pushed out of the field they are eliminated.

SET-UP

Mark out a playing area that is 15m x 15m and has a goal on each of the four sides. Goals can be set up with cones or pop up goals.

DESCRIPTION

- Each team will be given two goals to attack and two goals to defend, these can be any combination of the goals that are set out.
- Using the learned skills, teams score by pushing the ball through one of their goals.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Make the playing area larger

Start the game with designated stealers who stay in for the duration of the game

Once a player is eliminated, they can steal the ball by reaching into the playing area and executing a steal. They are not permitted to have their feet enter the playing area

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Award two goals for executing a nominated skill
i.e. Drag, 2 passes in a row, or steal

Award an extra goal for dribbling the ball over the goal line

Add an extra hockey ball



SESSION 7

Session 7: Stealing

- This session will continue to develop the stealing skills that players have been previously using in small sided games.

SESSION SEVEN

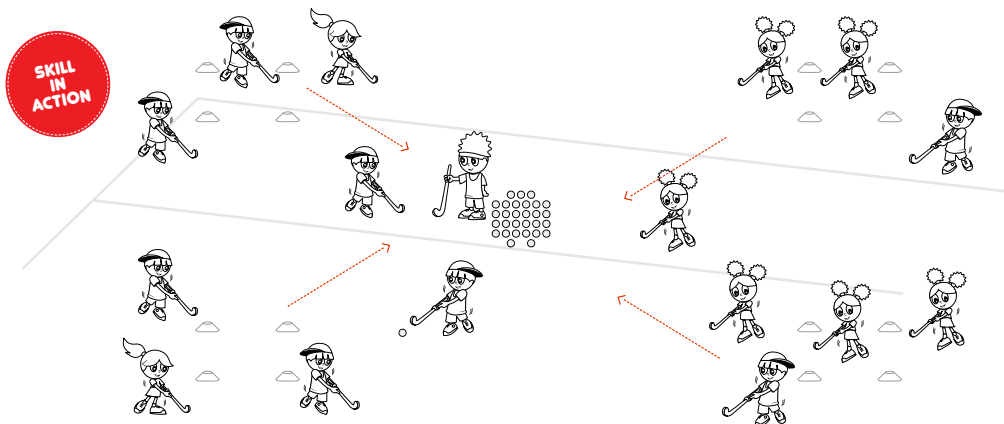


ROB THE NEST [STICKS & BALLS]

Order of activity in this session: #1



Duration of activity: 5 minutes



SET-UP

Set up playing area with 4 – 8 (depending on participant numbers) team nests spaced around a central nest marked out with cones. Team nests are to be placed about 10m – 15m away from the central nest. The central nest should contain around 20–40 balls.

DESCRIPTION

- On each corner of the playing area, form a team of 3–5 players. Create a team nest made of cones that will be each teams home nest.
- One player from each group runs to the central nest to collect a ball. They then dribble the ball back to their team nest before the next person from their team can go and collect a ball
- Once all the balls are gone, the team with the most balls in their team nest is the winner.
- STEALERS:** Stealers are players who protect balls leaving the central nest. They are permitted to steal the ball from a player attempting to return a ball to their team nest. Once a stealer has a ball they must return it to the central nest, the player from whom the ball was stolen returns to their team nest and the game continues.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Make the playing area larger (increase the distance from the central nest to the team nests)

Start the game with designated stealers who stay in for the duration of the game

Once all the balls have been collected from the centre nest allow players to steal from other teams' nests.

SESSION SEVEN

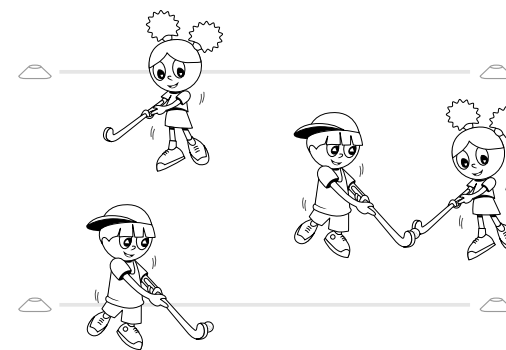


STEALING FROM AN OPPONENT

Order of activity in this session: #2



Duration of activity: 10 minutes



Step 1

Step 2

SET-UP

Have one ball between two players with each participant to have a stick. Ensure a large flat space for all participant to practise stealing from an opponent.

DESCRIPTION

- Players will learn how to steal the ball from an opponent. This is an important skill to learn so they can steal the ball without swinging the stick dangerously. The rules do not allow the opponent's stick or the opponent to be touched when tackling.
- While a player is dribbling forward with the ball an opponent steals it by keeping two hands on the stick and taking the ball by reaching in without hitting the opponents stick or body.
- This should be done at walking pace with no resistance from the player dribbling the ball at first.
- For this activity, both players should be moving in the same direction. The stealer will be coming from behind the ball carrier.

There are two basic steals;

- From the right side of the opponent
- Takeover steal (from the left side of the opponent)

STEPS:

N/A

Get Into It

N/A

CHANGE IT:

N/A

Add resistance from the ball carrier

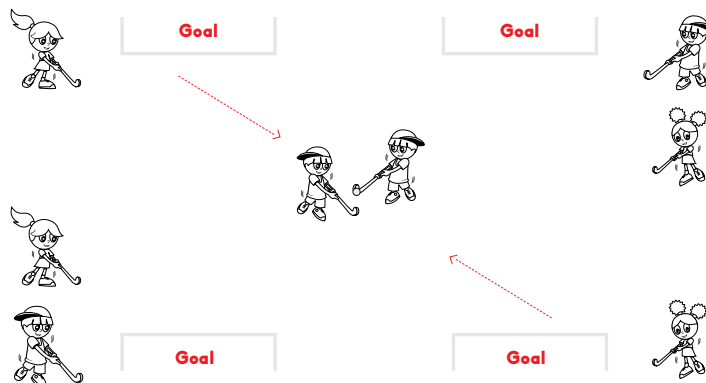
N/A



Order of activity in this session: #3



Duration of activity: 15 minutes



SET-UP

Set up playing area with 4 – 8 (depending on participant numbers) team nests spaced around a central nest marked out with cones. Team nests are to be placed about 10m – 15m away from the central nest. The central nest should contain around 20-40 balls.

DESCRIPTION

- On each corner of the playing area, form a team of 3-5 players. Create a team nest made of cones that will be each teams home nest.
- One player from each group runs to the central nest to collect a ball. They then dribble the ball back to their team nest before the next person from their team can go and collect a ball
- Once all the balls are gone, the team with the most balls in their team nest is the winner.
- Stealers: Stealers are players who protect balls leaving the central nest. They are permitted to steal the ball from a player attempting to return a ball to their team nest. Once a stealer has a ball they must return it to the central nest, the player from whom the ball was stolen returns to their team nest and the game continues.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Make the playing area larger (increase the distance from the central nest to the team nests)

Start the game with designated stealers who stay in for the duration of the game

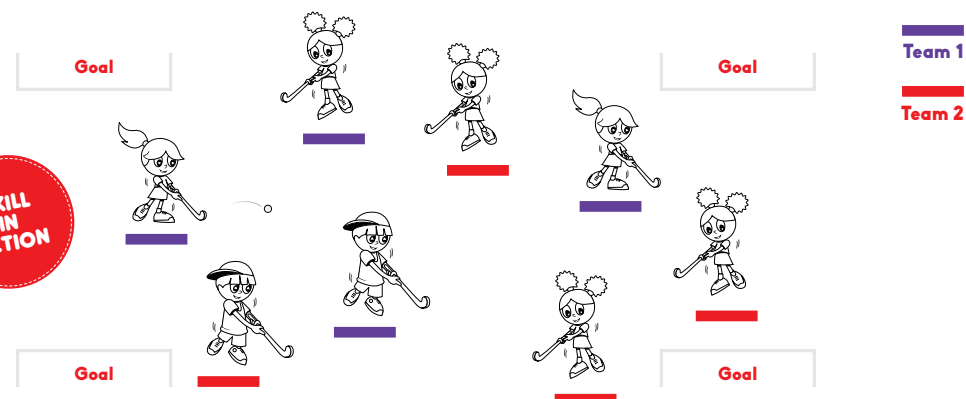
Once all the balls have been collected from the centre nest allow players to steal from other teams' nests.



Order of activity in this session: #4



Duration of activity: 20 minutes



SET-UP

Have one ball between two players with each participant to have a stick. Ensure a large flat space for all participant to practise stealing from an opponent.

DESCRIPTION

- Skill – Stealing from an opponent
- Players will learn how to steal the ball from an opponent. This is an important skill to learn so they can steal the ball without swinging the stick dangerously. The rules do not allow the opponent's stick or the opponent to be touched when tackling.
- For this activity, both players should be moving in the same direction. The stealer will be coming from behind or to the side of the ball carrier.
- While a player is dribbling forward with the ball an opponent steals it by keeping two hands on the stick and taking the ball by reaching in without hitting the opponents stick or body.
- At first this should be done at walking pace with no resistance from the player dribbling the ball.
- There are two basic steals: From the right side of the opponent, and takeover steal (from the left side of the opponent)

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Reduce the ball carrier from walking pace to not moving

Add resistance from the ball carrier

Add boundaries for the 1v1; give the ball carrier a goal to dribble the ball through



SESSION 8

Session 8: Game Focus

- This session should be all about playing games and utilising the skills that have been taught and learned through the program.

SESSION EIGHT



PIRATE SHIP

Order of activity in this session: #1



Duration of activity: 5 minutes

SET-UP

Mark out a 25m – 25m area with 4 cones. Depending on the number of participants you may set up multiple games.

DESCRIPTION

Players are to stand in the centre of the playing area in a straight line. The coach (Captain) calls out a command and the players (Crew) must follow the command.

COMMAND

ACTION

MAN THE LIFE BOATS

Call out a number (eg. 4) and the children have to get into groups of four and 'row' their lifeboat.

SCRUB THE DECKS

Children crouch down and pretend to clean the floor with their hands.

CAPTAINS COMING

Children salute

WALK THE PLANK

Children walk in a perfectly straight line one foot exactly in front of the other with arms outstretched to the sides.

BOOM COMING OVER

Teacher makes action of boom moving across the deck. Children must duck down to avoid being hit.

HIT THE DECK

Children lie down on their stomachs as quickly as possible.

DIRECTIONS

Children all run in the direction that is called by the Captain.

PEG LEG JAM

The children all have to walk with one leg straight and the other normally.

STEPS:

CHANGE IT:

Start Out

Use 4 commands

Get Into It

Use 6 commands

Progressive

Use all 8 commands

SESSION EIGHT



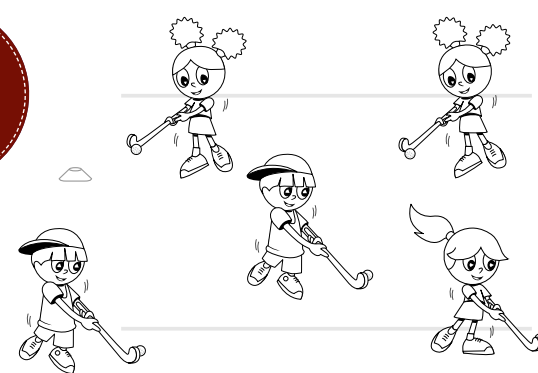
DRIBBLING

Order of activity in this session: #2



Duration of activity: 10 minutes

SKILL IN ACTION



SET-UP

Each player is to have a stick and ball. Ensure a large flat space for participants to practise dribbling.

DESCRIPTION

Skill: Left to right drag

- Right hand 1/3 down the stick, left hand at the top of the stick with the hand held so the player can tell the time on their left wrist with the stick facing forward.
- With the ball in front and outside the right foot, the player drags the ball across their body at a 45-degree angle until it is outside their left foot. To stop the ball and begin to drag it back to outside their right foot, the player turns the stick head over the ball with their left and while loosening the grip of their right hand. The player drags the ball at a 45-degree angle across their body until it's outside their right foot. To stop the ball the player returns the stick to the normal dribbling position.

STEPS:

CHANGE IT:

Start Out

Players to move around an area while dribbling the ball

Get Into It

Players can jog or run while dribbling

Progressive

Add stealers to try and take the ball from the dribbling players

Question: Who did the Hockeyroos play in the gold medal match at the Sydney 2000 Olympic Games?

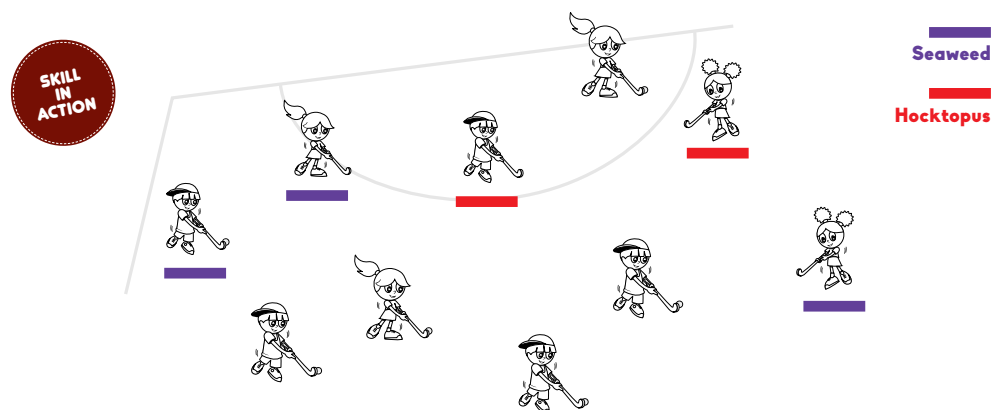
Answer: Argentina



Order of activity in this session: #3



Duration of activity: 15 minutes



SET-UP

All players require a stick, but only two players require a ball. A long narrow field should be marked out 15m x 25m.

DESCRIPTION

- 2 mobile stealers should be selected from the participants, they are the "Hocktopus"
- The rest of the players (up to 30 players per game) line up at one end of the field, each of those players have a ball
- The players must dribble the ball to the other end of the field, while the Hocktopus try to steal the ball from them. Once a player has had their ball stolen they become seaweed
- Seaweed are stationary stealers, they can try and steal the ball from the players dribbling but are not permitted to move in order to do so
- The last players to have their ball stolen by either the Hocktopus or seaweed is the winner.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Take away Hocktopus

Make the field larger or smaller

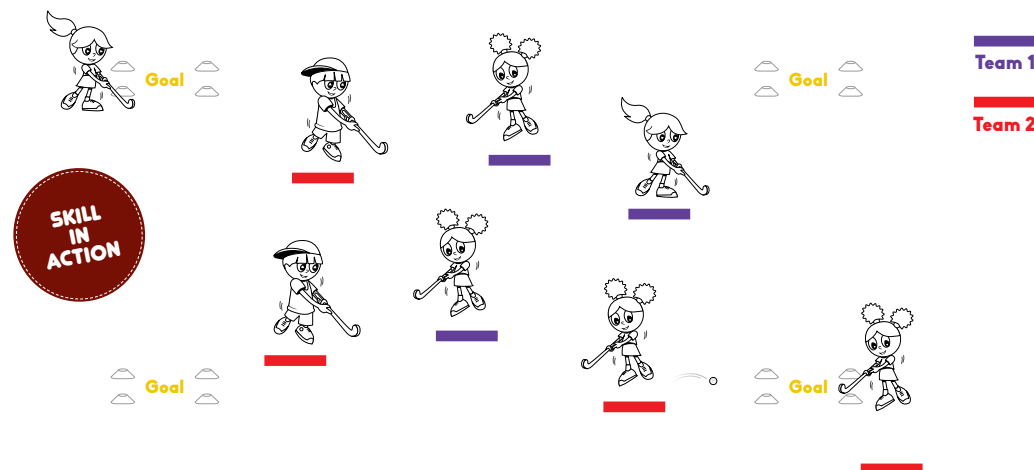
Add extra Hocktopus



Order of activity in this session: #4



Duration of activity: 20 minutes



SET-UP

Have a playing area that is 15m x 15m with two goals at each end, a goal is made up of four cones creating a box, 2m x 2m. The field should be large enough to allow space for all the players.

DESCRIPTION

- A team scores a goal by passing the ball to a teammate who receives the ball in a box
- A defender cannot enter the box
- Once the ball has been received in a box, that box is eliminated for that team, first team to receive the ball in all four boxes in the winner.

STEPS:

Start Out

Get Into It

Progressive

CHANGE IT:

Teams score points by successfully receiving the ball anywhere on the field

Vary the size of the boxes

Change the number of players on each team, one team can have more players than the other for a period of time and then swap the numerical advantage

Question: How many times can you sub players on and off during a match?

Answer: Unlimited



HOOKIN2HOCKEY

Game On!

Hockey Australia's Hookin2Hockey – Game On! has been designed to give parents/ volunteers the outline of an 8-week block that can be run at any time of the year to give young hockey players an experience in a more formalised competition environment. This program is a natural progression from Hookin2Hockey – Skills in Action and will help participants develop their skills further as they move towards traditional club hockey or other social formats of the game.

PHILOSOPHY

Providing a precursor to traditional club hockey, Hookin2Hockey – Game On! gives participants the opportunity to play modified games with less players on each side ensuring that each player is more involved in the game. Whether a participant has gone through other Hookin2Hockey programs, Game On! allows the further development of the fundamental hockey skills, as well as the game based learning that come through the modified matches.

REQUIRED EQUIPMENT

**HIN2H
PARTICIPANT
PACK**

**CONES OR
REGULAR
GOALS**

**HIN2H OR
REGULAR
BALLS**

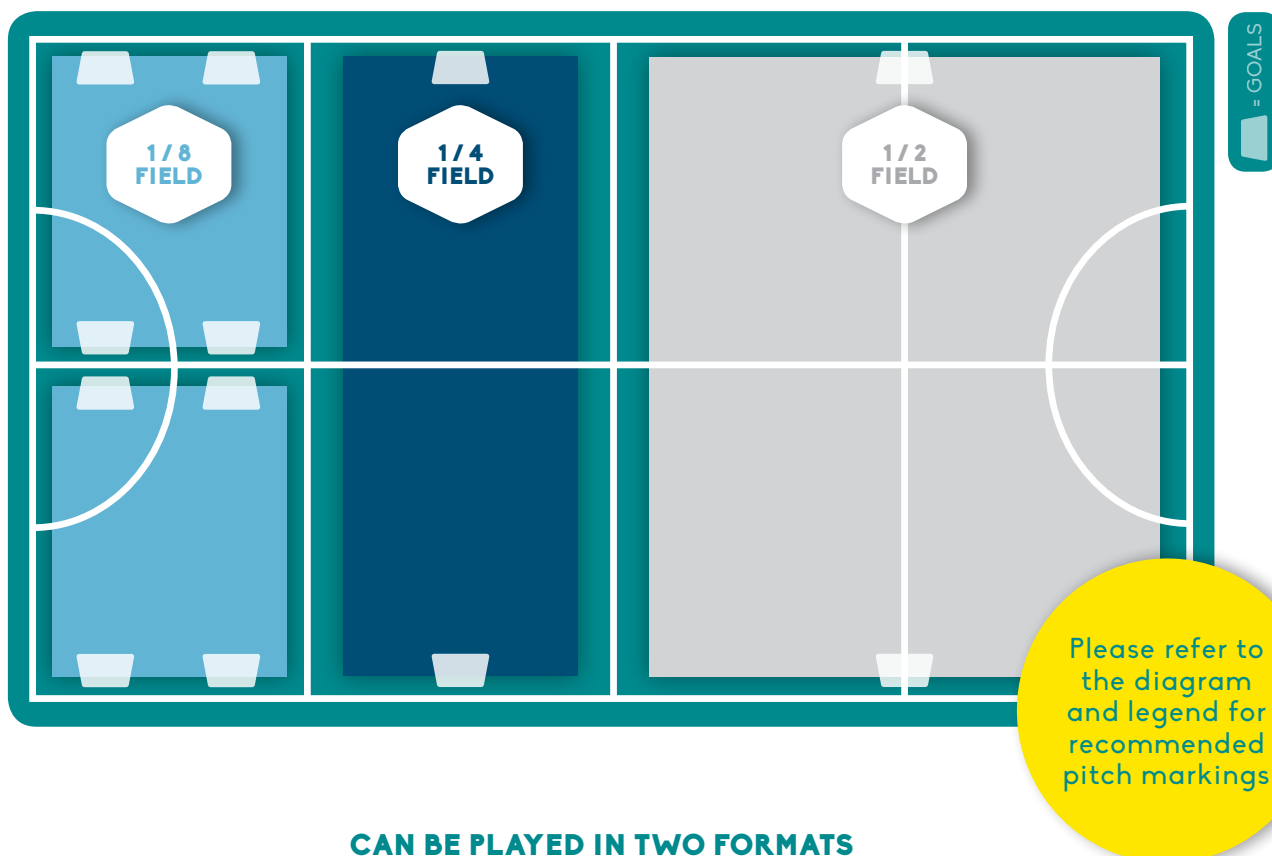
GAME ON!

Quick Guide

PLAYING FORMATS	1/8 FIELD	1/4 FIELD	1/2 FIELD
PLAYERS	3 – 5 a side	5 – 7 a side	7 – 9 a side
PLAYING AREA	1/8 Field (27m x 22m)	1/4 Field (55m x 22m)	1/2 Field (55m x 55m)
GOALS	Cones	Cones or Regular Goals	Cones or Regular Goals
BALL TYPE	Hin2H Ball	Hin2H Ball or regular Hockey Ball	Regular Hockey Ball
GOAL KEEPER	Not required	Not required	Optional
MATCH TIME	2 x 10-15 min halves	2 x 10-15 min halves	2 x 15-20 min halves
HITTING/SLAP HITTING	Not required	Not required	Optional
SHORT CORNERS	Not required	Not required	Optional
UMPIRES	Coach + Umpire	Coach + Umpire	Coach + Umpire

PITCH LAYOUT

THE FIELD OF PLAY CAN BE ON A RANGE OF SURFACES AND SIZES TO WORK WITH AVAILABLE AREAS AT YOUR CENTRE, LOCAL SCHOOLS OR PUBLIC SPACES.



CAN BE PLAYED IN TWO FORMATS

1. Traditional format with one goal at either end placed in the central position.
2. Recommended format of the four goal game with two goals placed at either end of the field. See below for more information regarding this format.

WHY TWO GOALS?

Playing with two goals allows player to recognise space and use lateral thinking.

Players learn to attack and defend in a triangular formation which allows the development of better communication and collaboration. Positioning in the field is easy.

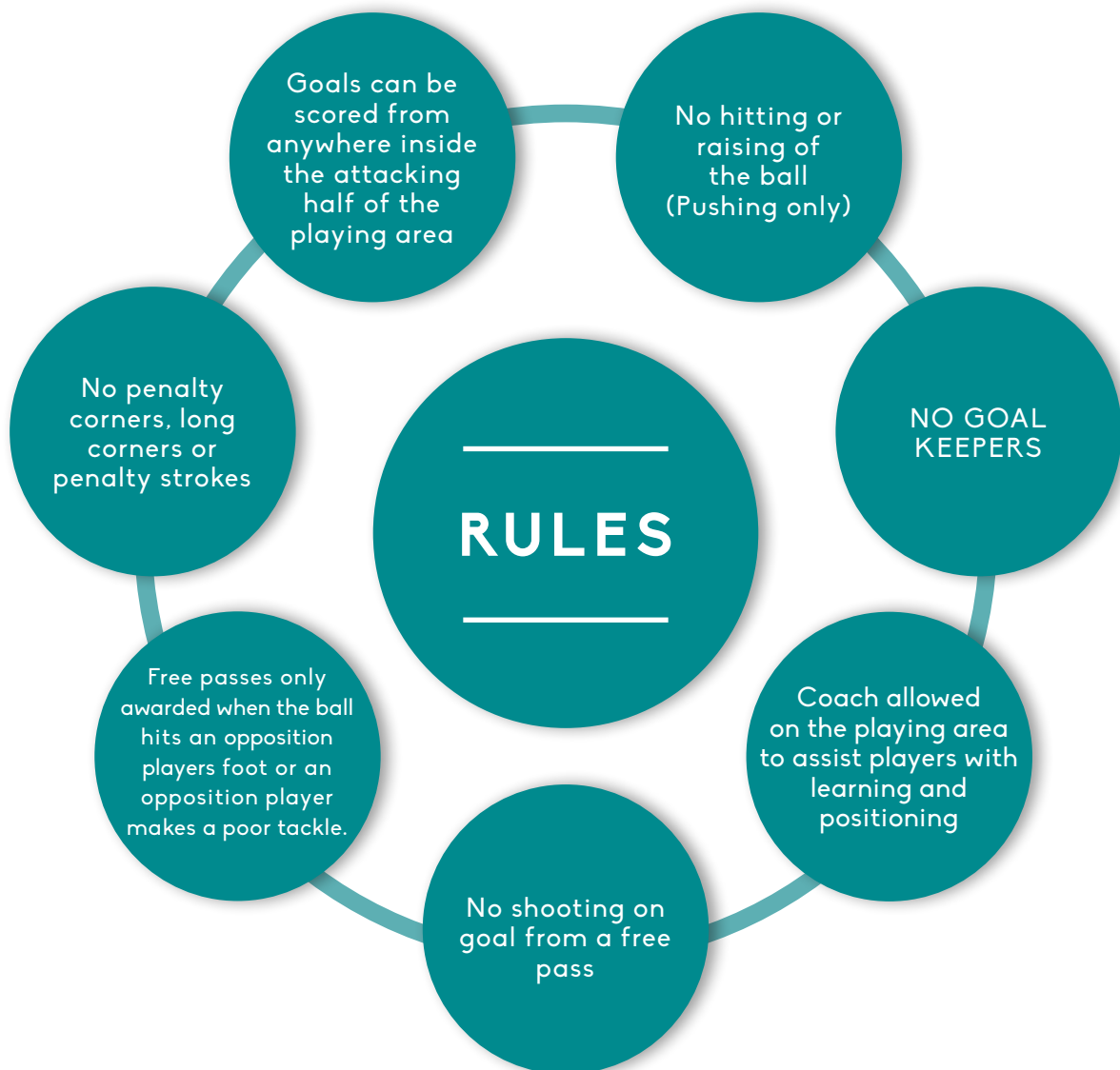
.....



RULES

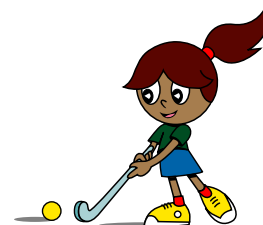
GAME ON! HAS EASY-TO-LEARN RULES. FOLLOW NORMAL HOCKEY RULES WITH THE FOLLOWING EXCEPTIONS:

1/8 AND 1/4 FIELD RULES:



OPTIONAL ADDITIONS FOR 1/2 FIELD FORMAT:





FOR THE UMPIRE

GAME ON! IS A GREAT OPPORTUNITY FOR NEW UMPIRES TO GRAB A WHISTLE AND GIVE UMPIRING A GO. WITH THE CORRECT MENTORING AND GUIDANCE THE PROGRAM CAN GIVE NEW UMPIRES A START IN THEIR OFFICIATING CAREERS.

.....

SIMPLE RULES AND HELPFUL TIPS FOR NEW UMPIRES

STARTING AND RESTARTING THE GAME

The ball is placed in the centre of the field, teams start in their half (defensive side) of the field and the ball is brought back to the middle after a goal.

During the Game

- Only the flat side of the stick can be used to move the ball.
- There are no left-handed sticks in hockey. A strong left hand on the top of the stick will work to your advantage.
 - The ball cannot be played with either the feet or the hand.
 - The ball can be dribbled by running with it on the end of the stick.
- Sticks cannot be used to hit other players and should not be swung dangerously.
 - There is no body checking in field hockey, and no stick-checking.
- The ball may not be raised or lifted into another player and there is no off-side rule.

FOR THE UMPIRE



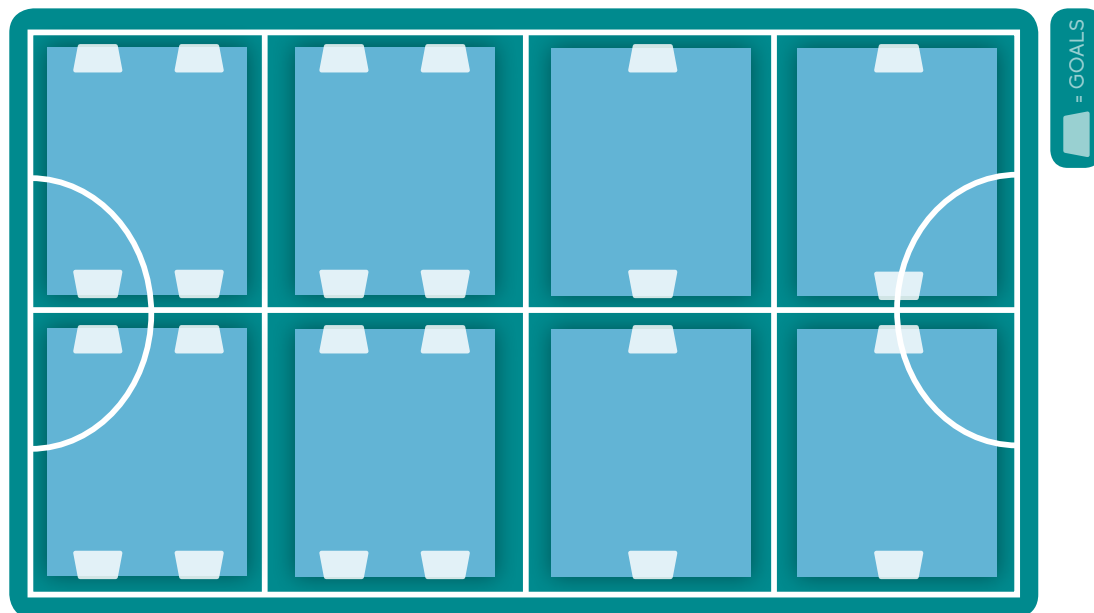
The Community Umpire Training Program is designed to train umpires in the basic concepts of umpiring including umpiring roles and responsibilities; applying the basic hockey rules; safety and enjoyment. It is an enjoyable and straightforward training program involving an online learning session, an applied learning quiz and a practical evaluation. The program is directed towards players, parents, teachers and other new umpires who are involved in Hookin2Hockey, modified versions of the game or lower level club hockey.

For more information head to www.hockey.org.au/coachingqualifications



GAME FORMAT

1/8 Field



PLAYERS

3 - 5 A SIDE

BALL

HOOKIN2HOCKEY BALL
(LIGHT WEIGHT BALL)

PITCH SIZE

APPROX.
(27M X 22M)

GAME LENGTH

2 X 10 - 15 MIN HALVES

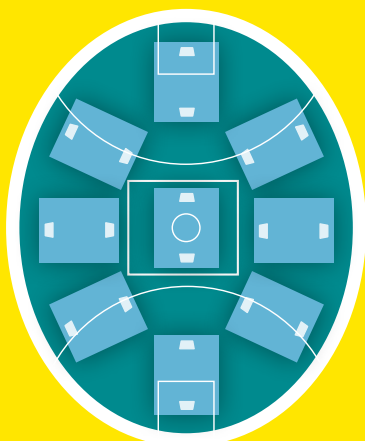
GOAL LAYOUT

2 GOALS AT EACH END
OR 1 GOAL AT EACH END

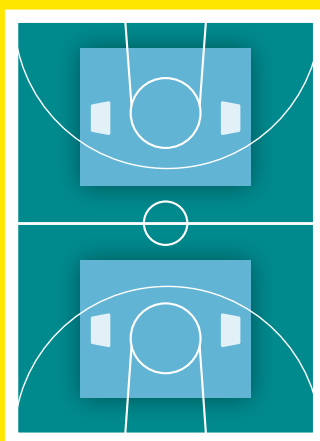
SCORING + LADDERS:

The option of playing a formal competition lays solely with the centre/club. Success of small sided games is based on having teams of equal ability. This may mean that teams are randomly selected each week to ensure teams of even ability.

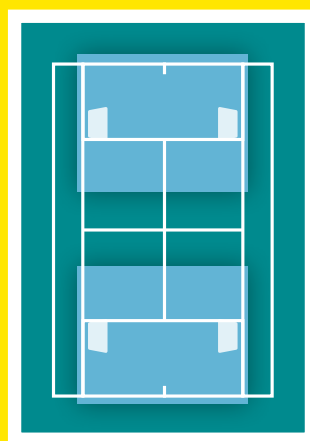
ALTERNATIVE FIELD OPTIONS — 1/8 FIELD



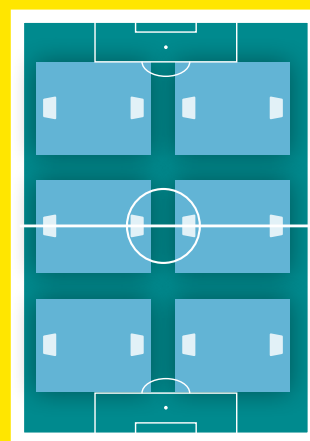
AFL



BASKETBALL / NETBALL



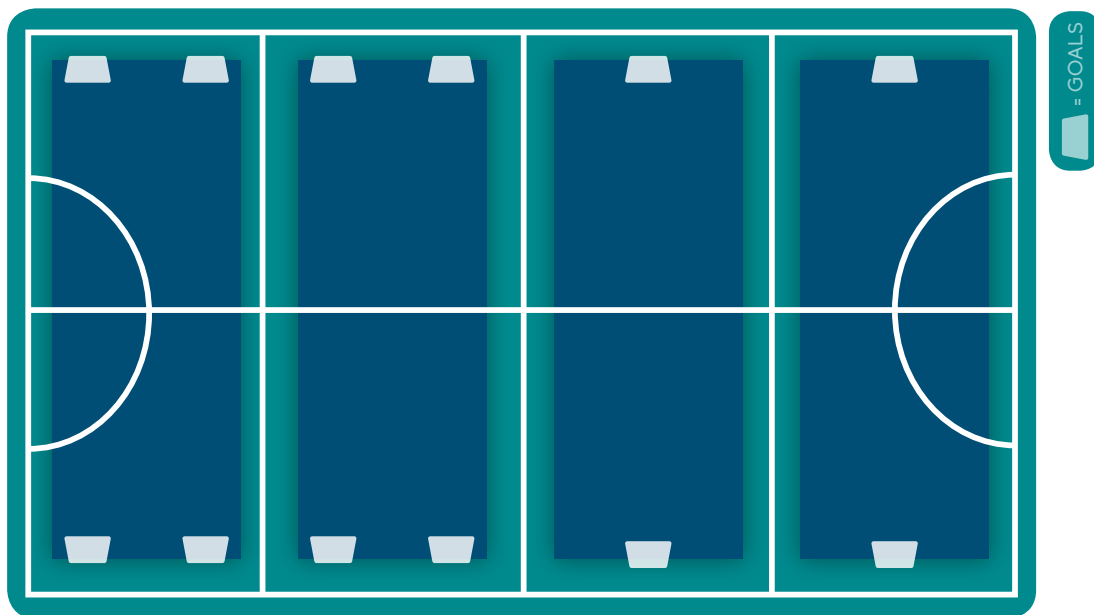
TENNIS



SOCCER / NRL / ARU

GAME FORMAT

1/4 Field



PLAYERS

5 - 7 A SIDE

BALL

HOOKIN2HOCKEY BALL
OR REGULAR BALL

PITCH SIZE

APPROX.
55 M X 22 M

GAME LENGTH

2 X 10 - 15 MIN HALVES

GOAL LAYOUT

2 GOALS AT EACH END
OR 1 GOAL AT EACH END

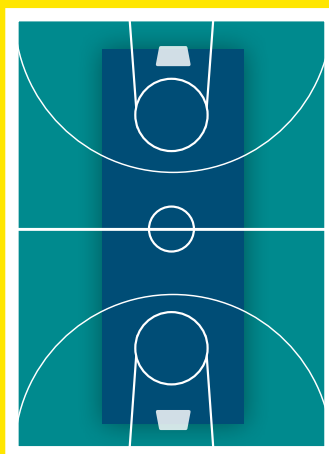
SCORING + LADDERS:

The option of playing a formal competition lays solely with the centre/club. Success of small sided games is based on having teams of equal ability. This may mean that teams are randomly selected each week to ensure teams of even ability.

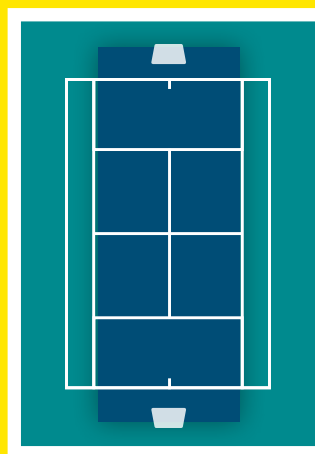
ALTERNATIVE FIELD OPTIONS – 1/4 FIELD



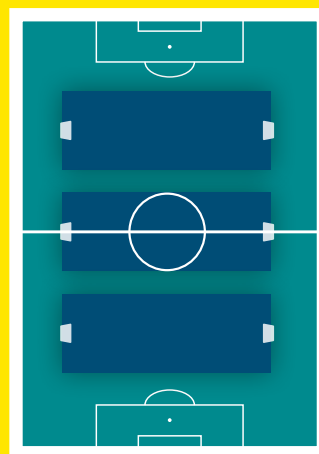
AFL



BASKETBALL / NETBALL



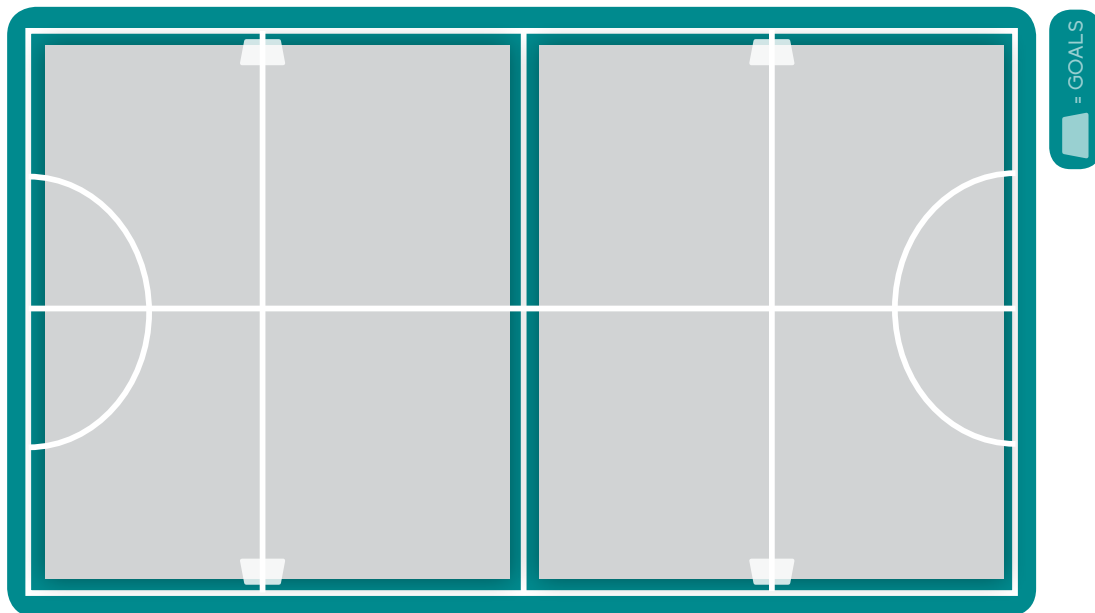
TENNIS



SOCCER / NRL / ARU

GAME FORMAT

1/2 Field



PLAYERS

7 - 9 A SIDE

BALL

REGULAR BALL

PITCH SIZE

APPROX.
55 M X 55 M

GAME LENGTH

2 X 15 - 20 MIN HALVES

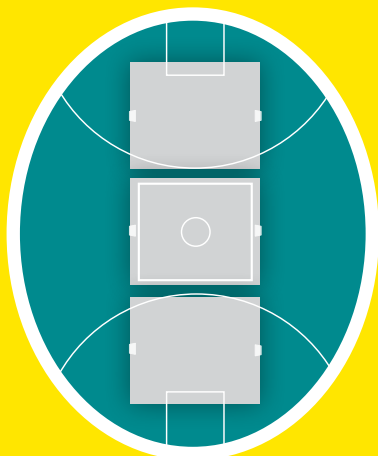
GOAL LAYOUT

1 GOAL AT EACH END

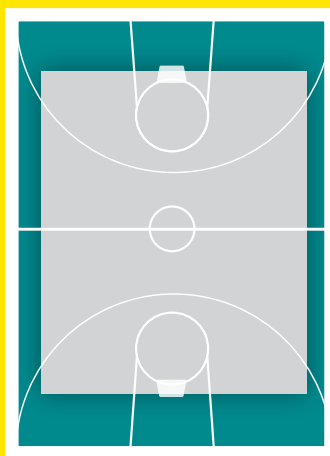
SCORING + LADDERS:

The option of playing a formal competition lays solely with the centre/club. Success of small sided games is based on having teams of equal ability. This may mean that teams are randomly selected each week to ensure teams of even ability.

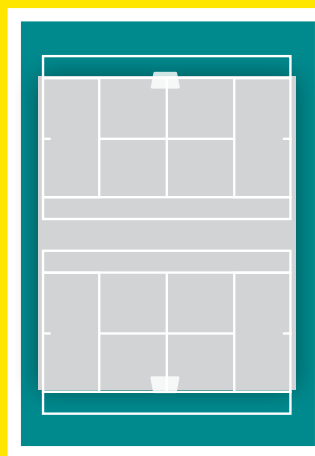
ALTERNATIVE FIELD OPTIONS – 1/2 FIELD



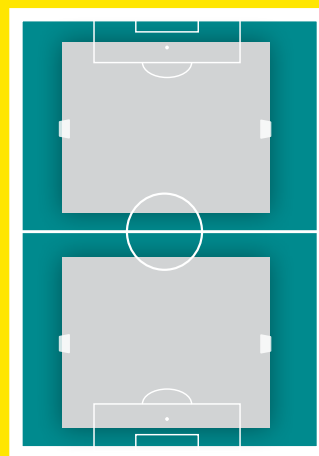
AFL



BASKETBALL / NETBALL



TENNIS



SOCCER / NRL / ARU

WHAT IS THE *Club Hockey* EXPERIENCE?



Following your entry through Hookin2Hockey you will be introduced to the traditional club environment based on a traditional 11 a side game, played on a full field.

The club environment is a friendly environment with opportunities for the whole family to be involved in many aspects of a club, as a player, coach, umpire or administrator. Hockey is a game that can be played by males and females of any age making it a great sport for the whole family!



HOOKIN2 HOCKEY *Handbook*

www.hookin2hockey.com.au
hookin2hockey@hockey.org.au

