



Handbook



Department of
Local Government, Sport
and Cultural Industries



INTRODUCTION

Hockey WA are delighted to be able to provide a resource to assist and support coaches and teachers to implement and develop grassroots participation programs in communities, clubs and schools.

The objectives of this resource are to provide

- 'Core 4': 4 x 1 hour session plans to start players on their hockey journey.
- 4 Essential Skills with technical cues for coaches, teachers, parents and players.
- A number of skill targeted activities and small sided games to support long term participation and engagement
- Future ideas and concepts to support a Safe, Fun and Engaging Learning Environment for Hockey.



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WHY HOCKEY IS SAFE IN SCHOOLS

The Use of Coaching Principles To Promote Safety and Development

Hockey is an extremely safe sport and additional measures are taken by Hockey WA to ensure this through:

1. Strict rules regarding the responsibility of using a hockey stick.
2. No hitting or swinging of the stick – pushing only which ensures the stick does not go above waist height.
3. When tackling, a large amount of time is focused on the correct technique to ensure safety.



Stick on Ball (SOB) No Hitting / Swinging of the Stick

- We educate the term 'Stick on Ball' SOB in all grassroots programs for both passing and dribbling to enhance technical development and safety.
- The key coaching point within SOB is that there is no noise between the ball and the stick.



Tackling Stealing / Dispossessing the Ball

- When tackling from the front we educate players to offset themselves away from the opponent with no swinging of the stick. The art of tackling is good footwork to move to the correct position to win the ball.
- When tackling from the side we educate the skill as 'stealing' or 'dispossessing' the ball from the opponent. We educate the safe techniques to reduce the risk of stick or body contact being made.

ESSENTIAL SKILLS AREAS

To Play Small Sided Games

A. PREPARATION / SET UP

- I. How to hold a stick
- II. How to assume the correct body position
- III. How to change grip for dribbling, passing and receiving

B. DRIBBLING

- I. Stick on ball forestick carry
- II. How to change grip: Stopping and 'Dragging' / Changing direction
- III. Elimination through dribbling

C. PASSING AND RECEIVING

- I. Stick on Ball passing
- II. Stick on Ball trapping and receiving
- III. Elimination through passing
- IV. Elimination through receiving

D. TACKLING AND STEALING

- I. Block Tackling from the front
- II. Tackling from the left hand side
- III. Tackling from the right hand side

In order to create a safe, fun and engaging learning environment we believe there are 4 essential skill areas which must be taught. These skill areas are key skills required in order to be able to play small sided games.

Throughout the 'Core 4' these skills will be progressively introduced. Please use the following technical information and apply this during the program.



ESSENTIALS SKILLS
Preparation / Set Up



How To Hold a Stick

- 2 v's down the spine, LH at top of stick, RH 1/3 way up the grip

How to assume the correct
body and stick position



Body position

- Knees bent, neutral spine 'sitting on a toilet'

Ready position

- Tell the time with left wrist / chicken wing parallel to the stick
- Stick space away from feet, stick face pointing forwards

Stick Length

It is important that a participant has a stick that is the correct size in relation to their height. This is so that they are able to learn and perform skills and techniques. A stick too long or too short will prevent this.

The general principle is that the stick is in between the hip joint and the belly button. The additional sizing guide to the side is simply an approximate measure.



| Height Of Player | Stick Length |
|-------------------|--------------|
| 5ft 9in + | 36.5+ |
| 5ft 4in - 5ft 9in | 36.5" |
| 5ft - 5ft 4in | 35" |
| 4ft 9in - 5ft | 34" |
| 4ft 6in - 4ft 9in | 33" |
| 4ft 3in - 4ft 6in | 32" |
| 4ft - 4ft 3in | 30" |
| 4ft and under | 26" - 28" |

ESSENTIALS SKILLS
Dribbling



OPEN FACE DRIBBLE

- SOB in the ready position
- Ball 1 O'Clock outside the right foot
- Ball superglued to the stick

STOP / GO

- Ball is stopped at 1 'o' clock outside the right foot
- Aim is for your feet not to overtake the ball so that the ball is in a good position to execute next decision

CHANGE OF GRIP

- Left hand turns over similar to imagining you are 'revving a motorbike'
- Right hand loosens to allow the stick to move through the hand



INDIAN DRIBBLE

- The aim is to move the ball from the forehand to the backhand and back again with 'Stick on Ball'
- Keep your knees bent and right hand 1/3 of the way down the stick
- Left hand to rotates the stick fully over the ball and use your right hand to guide the stick
- Right hand is loose so that the stick slides through the hand to get the ball onto the 'reverse stick'
- Turn the stick over the ball from the right hand side of your body to the left hand side and back again
- The ball should be out in front of the body and dragged outside your body line

ESSENTIALS SKILLS
Passing & Receiving



PASSING

- Left hand at the top of the stick and bottom hand 1/3 way down the stick for power / control
- SOB, no noise
- Encourage to pass off of both feet not just left for long term development
- Encourage to explore different ways and angles to pass the ball

TRAPPING

- Stick on the ground in line with the ball direction - the stick face should be at 90°
- Try to 'catch' the ball with a soft bottom hand so that the ball doesn't bounce off the stick

RECEIVING

- Receiving is a focus on receiving on the move
- The idea is to 'catch the ball' on the stick from left to right or right to left on the forestick preferably but sometimes the reverse



ESSENTIALS SKILLS
Tackling & Elimination Skills

TACKLING

- Encourage players to reach in and steal the ball from the opposition from the side.
- When tackling hands stay apart and we do not swing the stick or tackle through the line of the body
- No body contact should be made at any time

WHEN TACKLING FROM FRONT ON PLAYERS NEED TO

1. Move left to move their body away from the line of the opponents body on a 45° angle / run an arc
2. Move towards the player and as they player is about to pass you, place the stick in front of the ball
3. Stay low in a strong position and move your feet and push forward with the bottom hand if you require additional force to win the ball



WHEN TACKLING FROM BEHIND OR THE SIDE ON THE RIGHT-HAND SIDE OF THE PLAYER EITHER

1. Overtake the player and use your forestick to steal the ball with a block tackle or...
2. Use your reverse stick and drag the ball to your forestick



WHEN TACKLING FROM BEHIND OR THE SIDE ON THE LEFT-HAND SIDE OF THE PLAYER EITHER

1. Slide your forestick in between their stick and the ball to steal the ball from the side



ELIMINATION SKILLS

Elimination can be executed via a pass, stick work (skill), the body or ball carry speed. These skills are something that are encouraged through dribbling, passing, tackling / invasion games and especially small sided games and games are focused on / can be adapted to focus on specific types of eliminations.

1. TALK AND RULES - SAFETY CHECKLIST (SEE SAFETY ADVICE PAGE 3)

- *Reinforce key points of SOB, using the flat side of the stick only, no use of the feet or hands

2. HOW TO HOLD A STICK AND BODY POSITION (SEE ESSENTIAL SKILLS PAGE 6)

WARM UP GAME

In groups of 3-4 the aim of the game is to tap each other on the back of the knee in a coned box of 10m x 10m. The technical objective is to maintain the 'ready position' posture with no 'yo-yo's' (up and down) or bent backs. If you are tapped on the back of the knee you have to do a forfeit (e.g. 5 squats / push ups / jumping jacks) and then re-join the game.

3. BALL CARRY RELAY WITH RECEIVING POSITION

Participants learn how to dribble through a basic dribble relay. The next in line bends their knees and lays their stick on the floor (still holding it) for the player to dribble into.

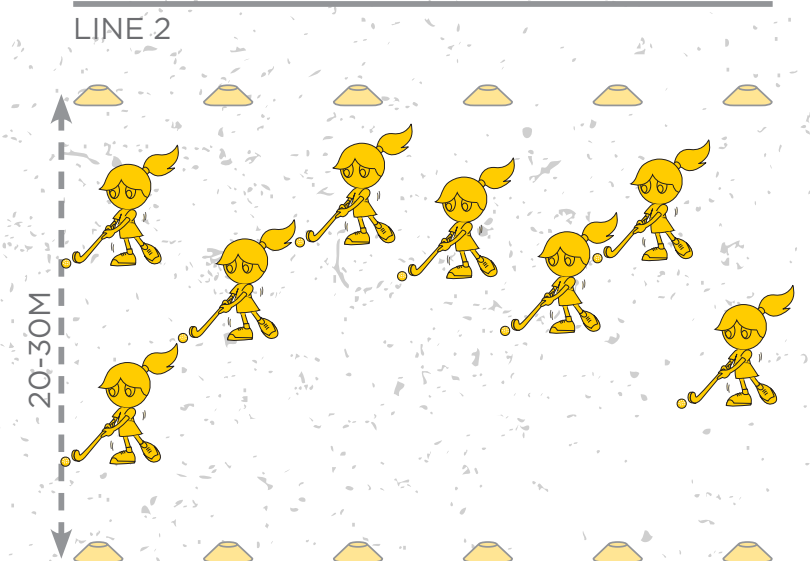
Focus on keeping SOB and the ball in front at 1 'o' clock.

MAKE IT A GAME / CHANGE IT

- How many points can you get in 1 minute per team
- (1 length = 1 pt)
- Add cones / gates to weave in and out of (forestick ball carry only, encourage foot movement to change direction)
- Encourage going faster and making mistakes to push their boundaries



LINE 1



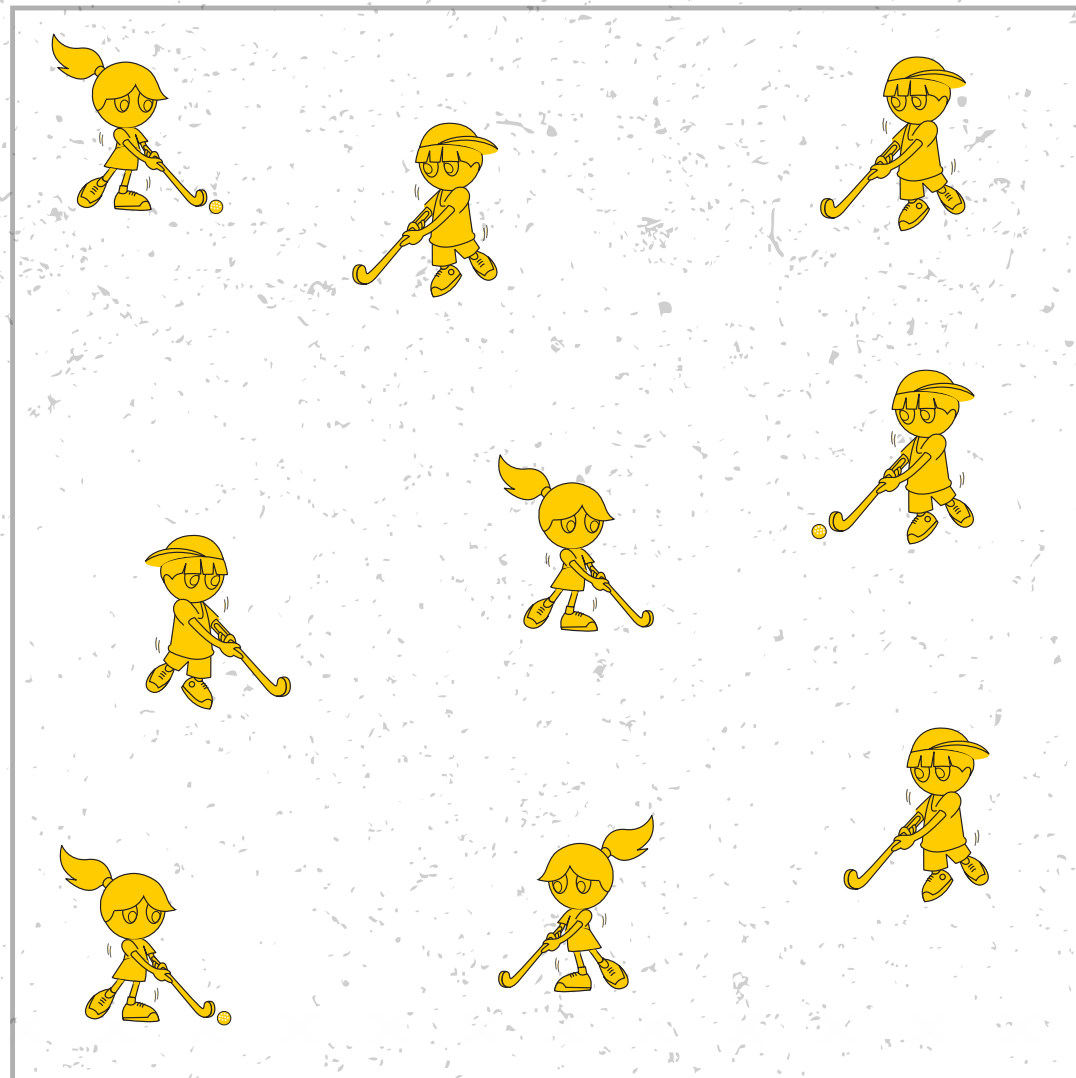
LINE 2

20-30M

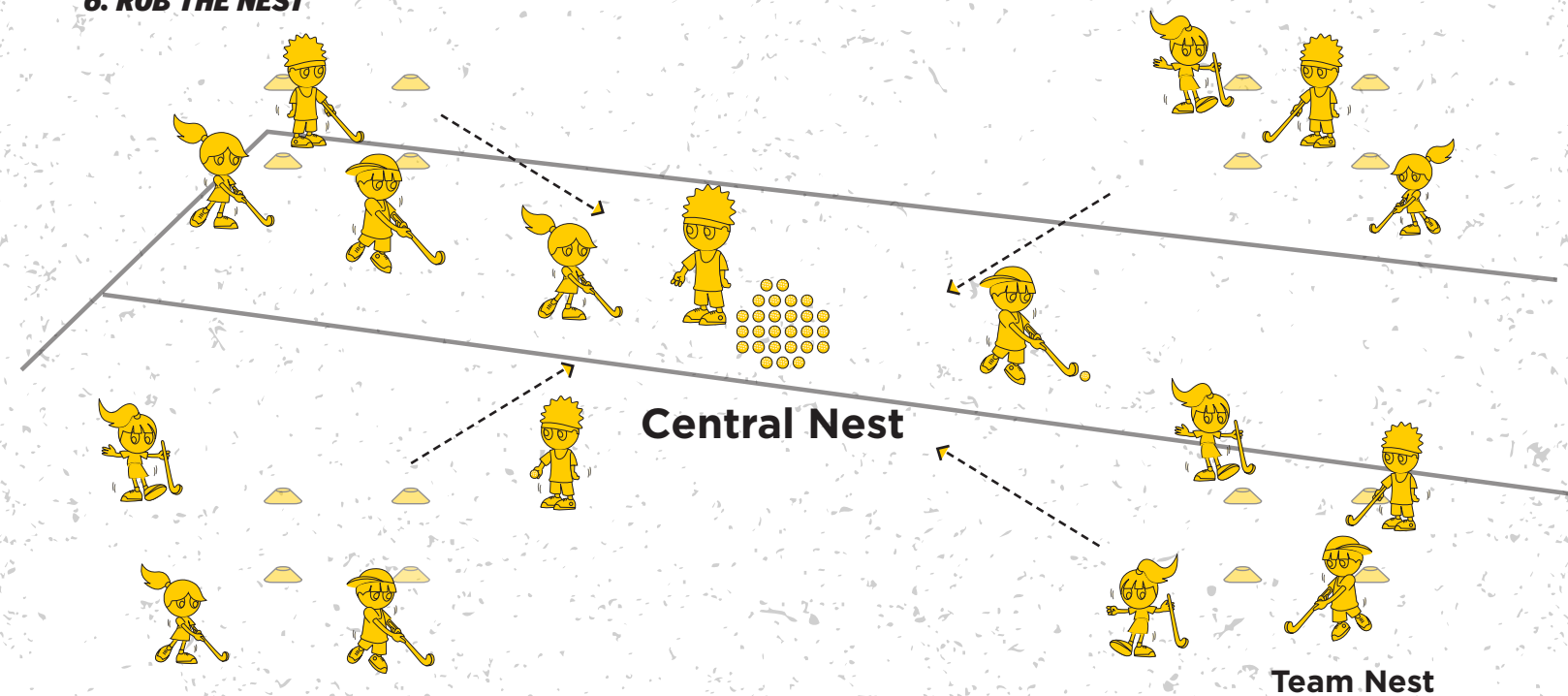
| V1. VOCAL | | COACHING POINTS |
|----------------------|---|---|
| STOP | Grip change & ball in front | |
| GO | <ul style="list-style-type: none"> Stick on ball | |
| BACKWARDS | <ul style="list-style-type: none"> Ball in front at 1 'o' clock | |
| SIDE TO SIDE | <ul style="list-style-type: none"> Body position with ability to look forward whilst dribbling | |
| ZIG ZAG | | |
| V2. VISUAL | | COACHING POINTS |
| STOP | Hand up in stop sign | Grip change & ball in front |
| GO | Hands by side | <ul style="list-style-type: none"> Stick on ball |
| BACKWARDS | Hands on head | <ul style="list-style-type: none"> Ball in front at 1 'o' clock |
| SIDE TO SIDE | Both arms to the side | <ul style="list-style-type: none"> Body position with ability to look forward whilst dribbling |
| ZIG ZAG | Both arms up | |
| V3. COGNITIVE | | |
| STOP | Red Cone | Grip change & ball in front |
| GO | Green Cone | <ul style="list-style-type: none"> Stick on ball |
| BACKWARDS | Blue Cone | <ul style="list-style-type: none"> Ball in front at 1 'o' clock |
| SIDE TO SIDE | Yellow Cone | <ul style="list-style-type: none"> Body position with ability to look forward whilst dribbling |
| ZIG ZAG | Pink Cone | |

5. PASSING AND RECEIVING BOX ACTIVITY

- Requirements: Approximately 33% ball to player ratio e.g 9 players would have 3 balls in the box.
- Part A:**
Practice passing the ball with SOB in the space. All players must be moving (at least walking) with and without the ball
- Part B:**
Timed exercise: How many times can you pass/receive the ball on the forestick SOB in 2 minutes
- 1 point for each, no point if there is a large noise between the stick and the ball
- Part C:**
Timed exercise: Same exercise as Part B except you cannot talk and need to make mutual eye contact before passing
- Part D:**
Creative opportunity: Find as many different ways to pass to teams mates with SOB as possible.
- Suggest concepts such as off your left / right foot, through your legs, passing behind / to the side



6. ROB THE NEST



DESCRIPTION

On each corner of the playing area form a team of 3-4 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.

- No protecting the eggs in your own nest, sharing is caring!

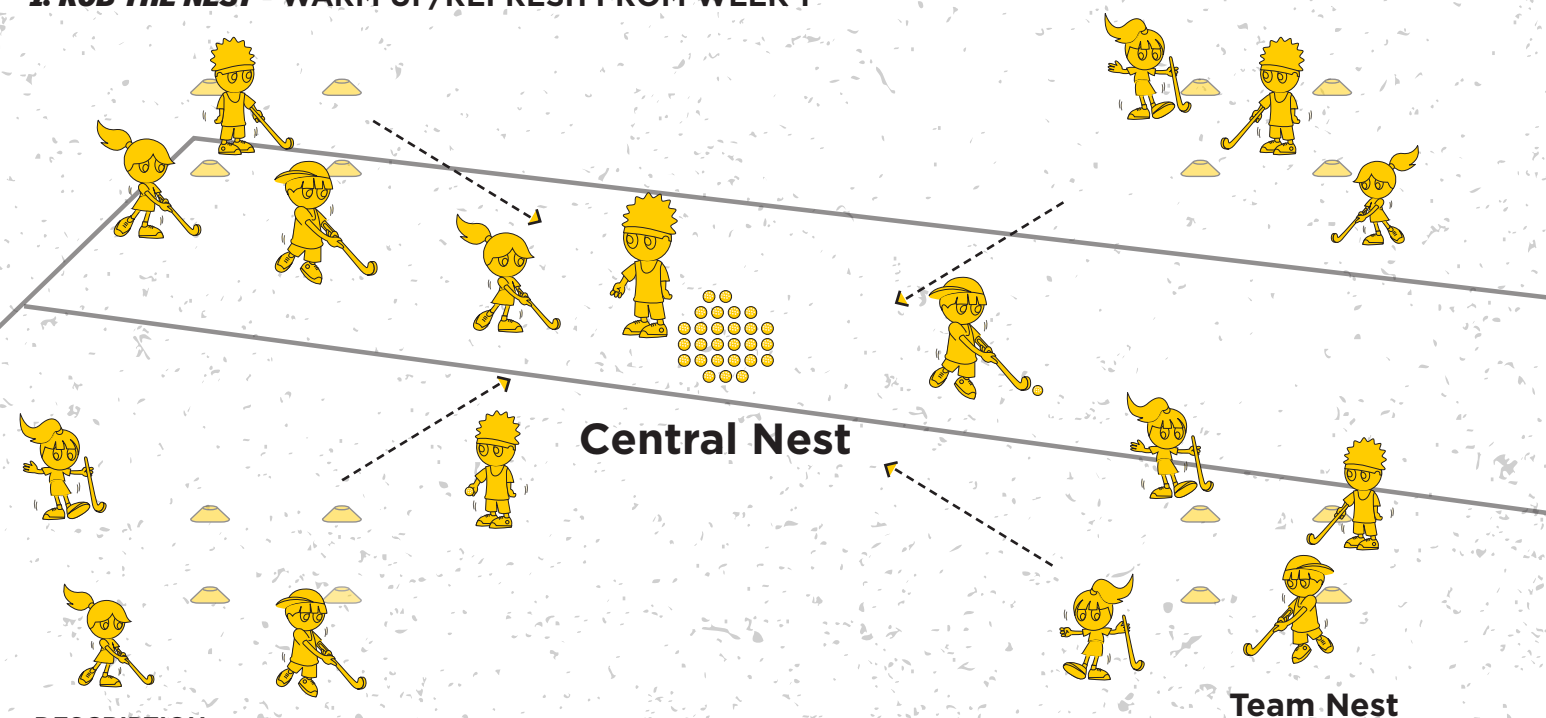
SET-UP

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.

| STEPS | CHANGE IT |
|-------------|--|
| START OUT | 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. |



1. ROB THE NEST - WARM UP/REFRESH FROM WEEK 1



DESCRIPTION

On each corner of the playing area form a team of 3-4 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.

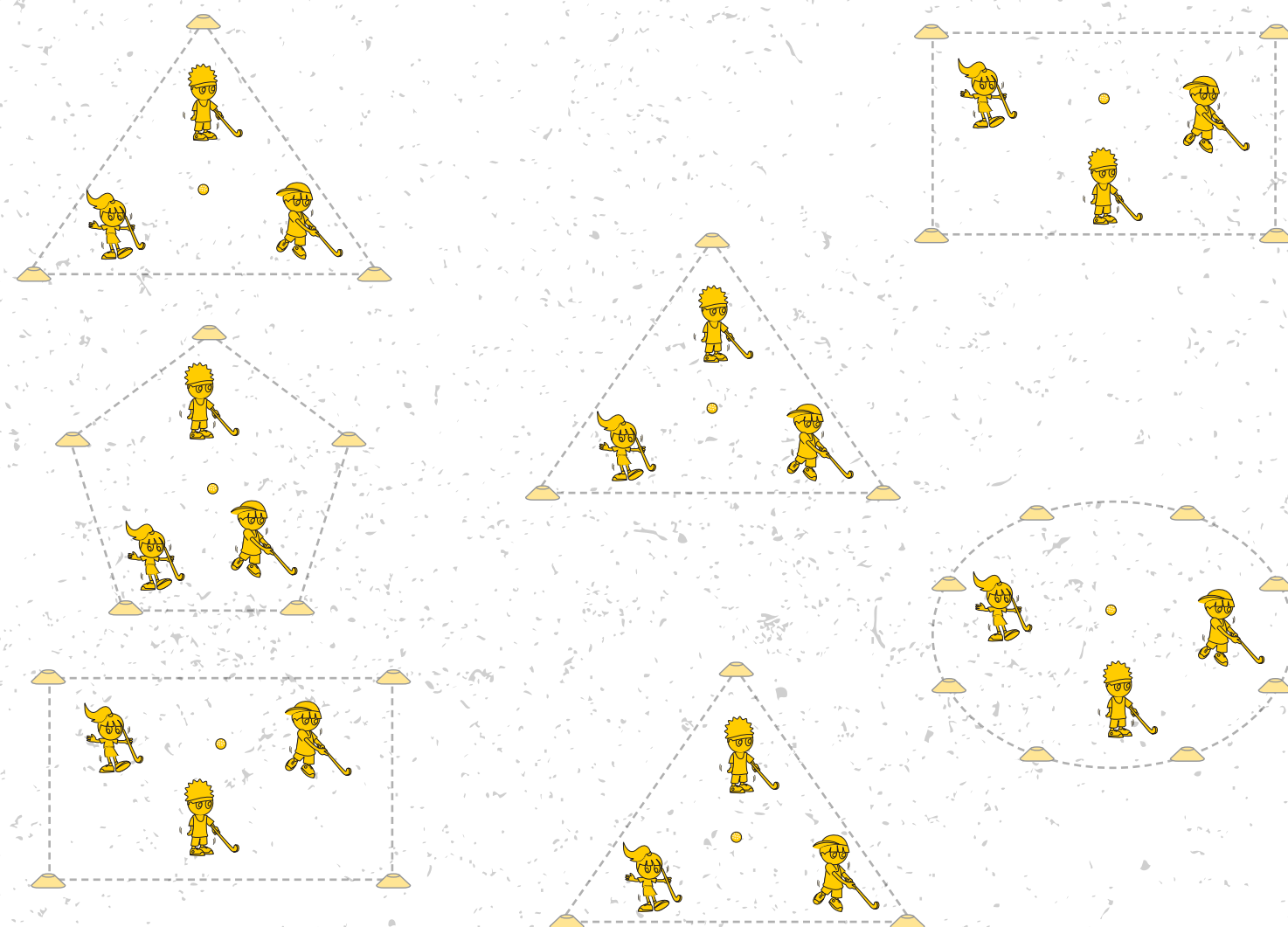
- No protecting the eggs in your own nest, sharing is caring!

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.

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2. SHAPE ESCAPE



SET-UP

In 3's, get 3/4/5 cones and make a shape in a space. Then inside your shape practice passing and receiving the ball both clockwise and anti-clockwise with SOB. Passing in 3's is important as it enables you pass different angles, not just straight

DESCRIPTION

The objective of the game is for the team to pass / receive the ball in every shape and then return to the shape they first started in. Each player in the team must receive the ball once before you can go to the next shape.

CHANGE IT

- How many points can you get in 1 minute per team (1 pass with a successful receive on forestick = 1 pt)
- Add cones / gates to pass through
- Encourage trying to push further distances / harder with SOB



TACKLING

- ## WHEN TACKLING FROM FRONT ON PLAYERS NEED TO

-

1 ball between 2

In 2's players must start in a good low tackling position with bent knees and a neutral back position (see 4 essential skills). The aim of the game is to push the ball against the opponents stick and win the ball through good footwork and stick strength to manoeuvre into a position of strength over the opponent. We must ensure heads stay away from the ball and there is no swinging of the stick (SOB).

1. Players can change their grip to try and drag the ball off of the opponents stick and explore different ways to steal the ball
2. After a player wins the ball, they have to try and keep the ball for 5 seconds whilst the other player has to try and win it back through safe tackles from the correct position
 - Play best of 3 then swap partners against someone else

The diagram illustrates three soccer drills:

- Game 1:** A rectangular field with a dashed line from the top-left corner to the center. A ball is in the center. A coach stands near a pile of balls. A group of five players is at the top-left corner, and another group of five is at the bottom-right corner.
- Game 2:** A rectangular field with red cones at the top and bottom corners and yellow cones at the left and right corners. A group of three players is at the top-left corner, and another group of three is at the bottom-right corner.
- Game 3:** A large rectangular field divided into four quadrants by a horizontal and vertical line. A coach stands near a pile of balls in the center. A group of three players is at the top-left corner, and another group of three is at the bottom-right corner.

Divide the players into 2 groups (maximum groups of 8, if higher then make 2 games at once).

The objective is to push or dribble the ball in to the opposition goal on the opposite side. The coach shouts 'GO' and the 2 players at the front of the line run out to complete. The play continues until a goal is scored or the ball goes out of play. You are encouraged to roll more than 1 ball into the game so that 2 / 3 1v1 games are taking place. This creates awareness and having players to move around spaces

- Increase the numbers- 2 V 2 / 3 V 3 / 4 V 4
Add the rule that only one player from each team can tackle for safety
- Certain number of passes before scoring
- If the ball hits a players foot they must touch the opposite sideline before they can join back in
**This rule discourages feet near the ball and also flow to the game so that you do not need to stop / start regularly*

| GAME 1 (SINGLE GOAL) | GAME 2 (MULTI GOAL) | GAME 3 (ZONAL) |
|---|--|---|
| The single goal game is generally for new people to be able to execute skills in a game environment | The multi goal format creates decisions and asks questions for the attacking and defensive teams | The aim of the zonal game is to pass the ball to a player on your team in the end zone. No opposition players are allowed in the end zone. You can still play the same rules in this format |

1. HOW TO TACKLE SAFELY

SET-UP

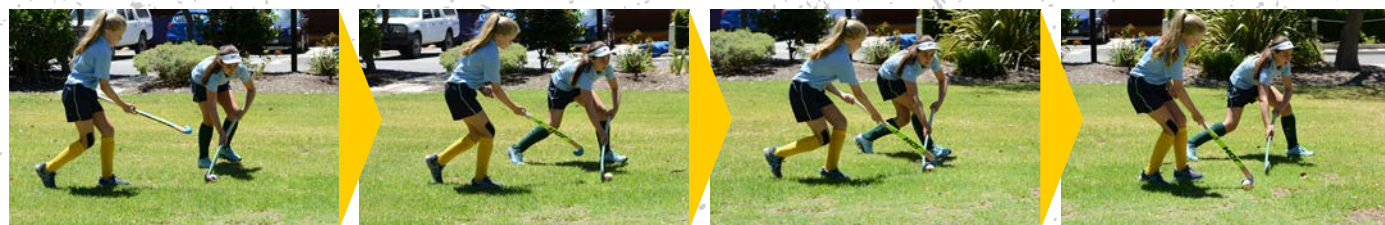
1 ball between 2

DESCRIPTION

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CHANGE IT

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WHEN TACKLING FROM BEHIND OR THE SIDE ON THE RIGHT-HAND SIDE OF THE PLAYER EITHER

1. Overtake the player and use your forestick to steal the ball with a block tackle or...
2. Use your reverse stick and drag the ball to your forestick



WHEN TACKLING FROM BEHIND OR THE SIDE ON THE LEFT-HAND SIDE OF THE PLAYER EITHER

1. Slide your forestick in between their stick and the ball to steal the ball from the side



2. HOW TO TACKLE SAFELY FROM THE SIDE (STEALING THE BALL)

WALKTHROUGH PRACTICE

See *Essential Skills Tackling from the side component* - page

- Player A (Blue stick) with the ball dribbles with the ball in a straight line at walking pace.
- Player B (Red Stick) then jogs up from behind and practices stealing the ball from the side on both the left and right hand sides.

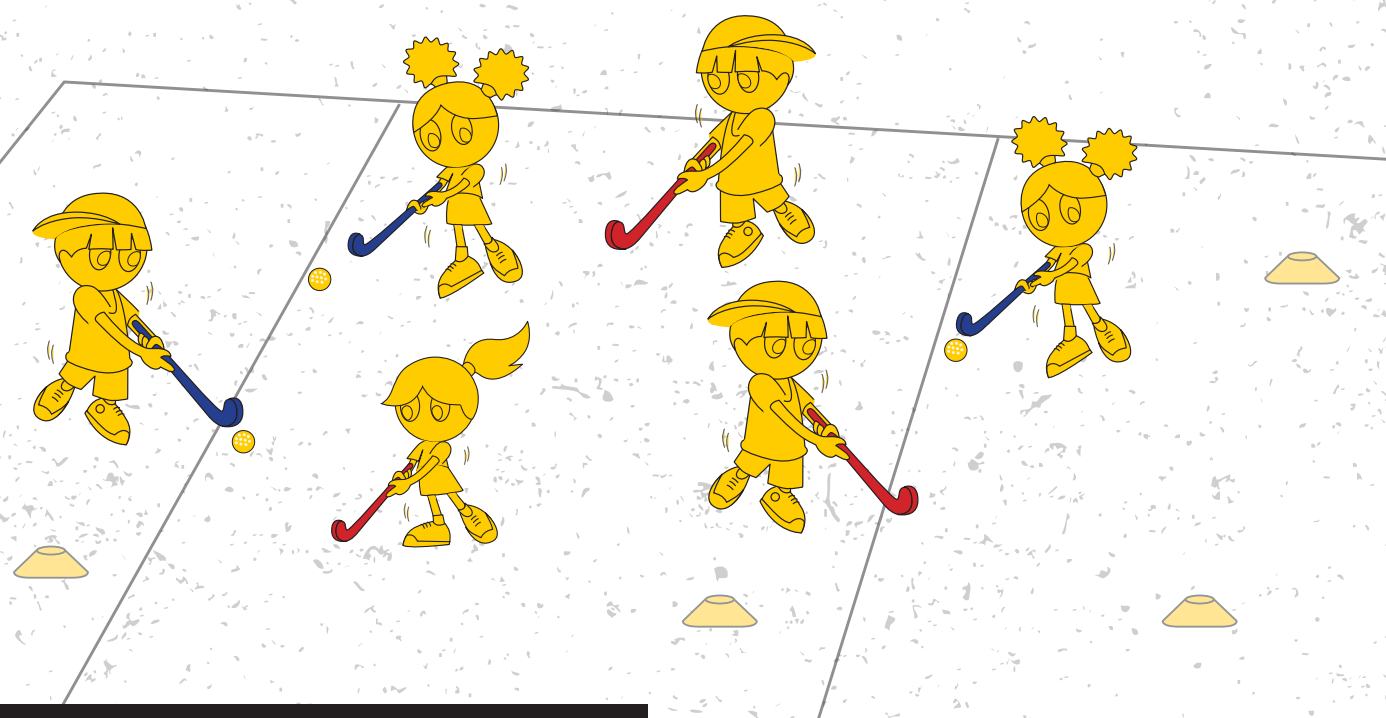
TACKLE FROM RIGHT



TACKLE FROM LEFT



4. COPS & ROBBERS



SET-UP

Create a small playing area, 20m x 20m (ensure the area is big enough for all players to safely move around).

Half of the participants have a ball (starting as cops) and half do not and start on the sideline (starting as robbers)

If you have lots of players
make 2 boxes

DESCRIPTION

½ of the group (cops) start with a ball in the box and the other ½ start on the sideline with no ball (robbers). When the coach shouts go the robbers must try to steal the ball of any cop and dribble the ball outside the box. The cop can try and win the ball back off the robber in the process. If the robber successfully dribbles the ball outside they get a point and must then go steal from a different cop. The dispossessed cop does a fun small forfeit and then joins back in (e.g 5 squats). Games can last for 2-3 minutes and then swap roles.



CHANGE IT

- Make the area smaller / larger to make it easier / harder
- Keep score of individual or team 'robber points' and have 3 rounds
- If a cop can put the ball on a robbers foot, the robber has to go tackle someone else
- Have extra 'savers' on the sideline, if a robber passes to a 'saver' on the outside the robber gets 2 points

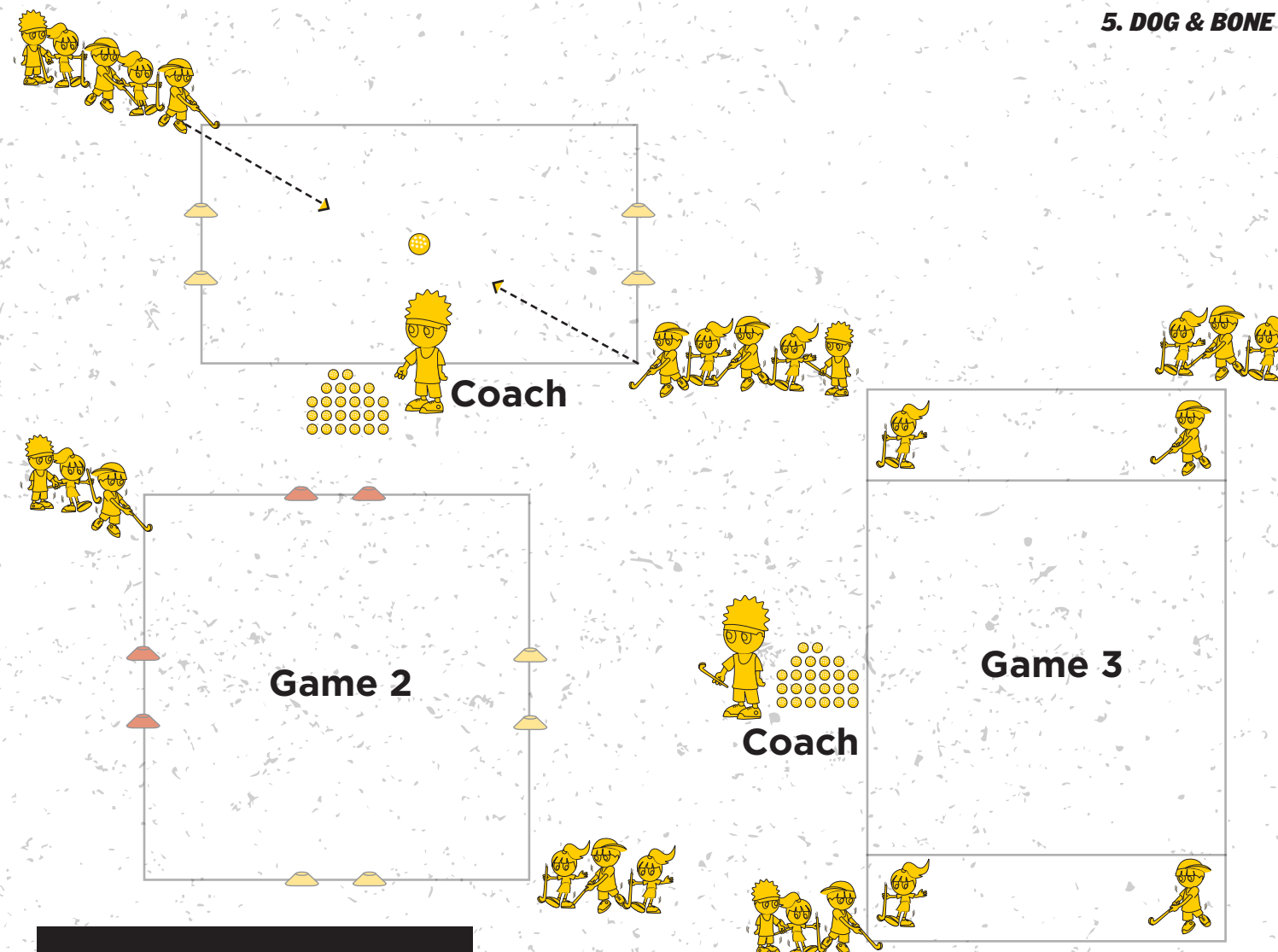
SET-UP

Divide the players into 2 groups (maximum groups of 8, if higher then make 2 games at once).

DESCRIPTION

The objective is to push or dribble the ball in to the opposition goal on the opposite side. The coach shouts 'GO' and the 2 players at the front of the line run out to complete. The play continues until a goal is scored or the ball goes out of play. You are encouraged to roll more than 1 ball into the game so that 2 / 3 1v1 games are taking place. This creates awareness and having players to move around spaces

5. DOG & BONE

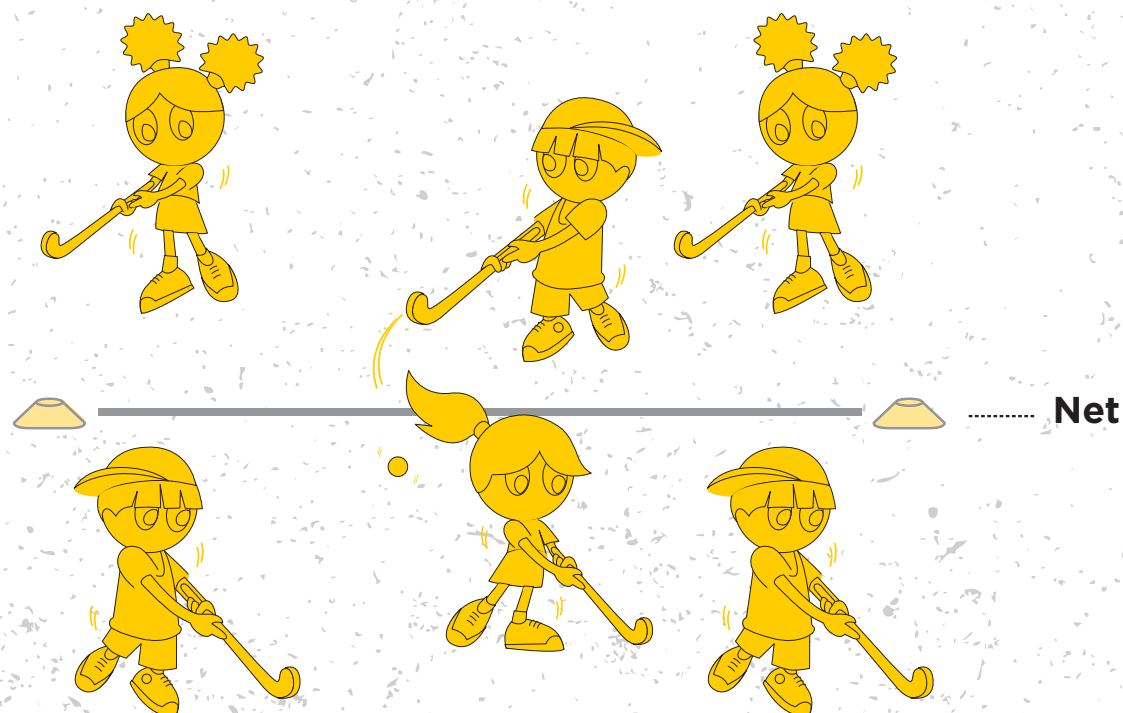


CHANGE IT - Choose a Game variation in the table below.

- Increase the numbers- 2 V 2 / 3 V 3 / 4 V 4
Add the rule that only one player from each team can tackle for safety
- Certain number of passes before scoring
- If the ball hits a players foot they must touch the opposite sideline before they can join back in
**This rule discourages feet near the ball and also flow to the game so that you do not need to stop / start regularly*

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1. HOCKEY TENNIS



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

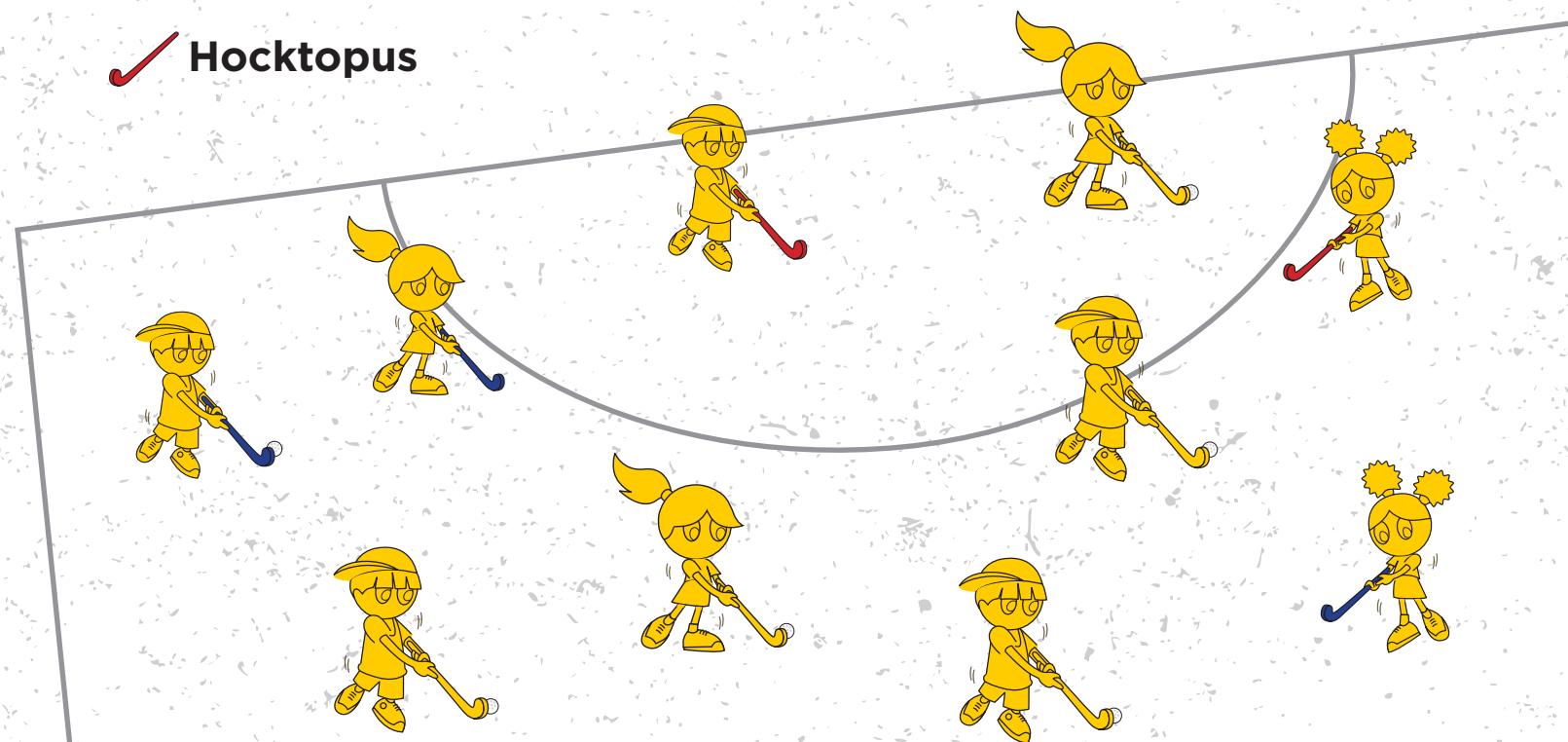
Skill: Hockey Tennis

- 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 | CHANGE IT |
|-------------|--|
| START OUT | The field can be made bigger or smaller, to ensure there is enough room to receive the ball and for teams to score |
| GET INTO IT | Players can be put into zones to spread them out, making it harder/easier to score points |
| PROGRESSIVE | There can be more players added to each team Add 2 balls at once |



2. HOCKTOPUS



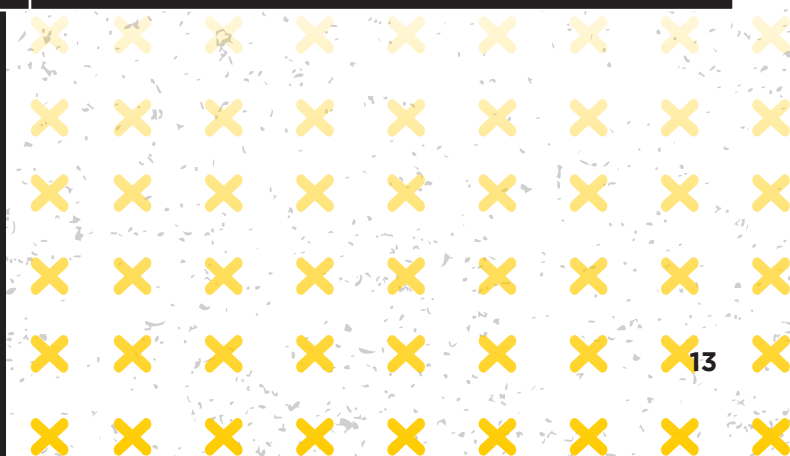
SET-UP

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

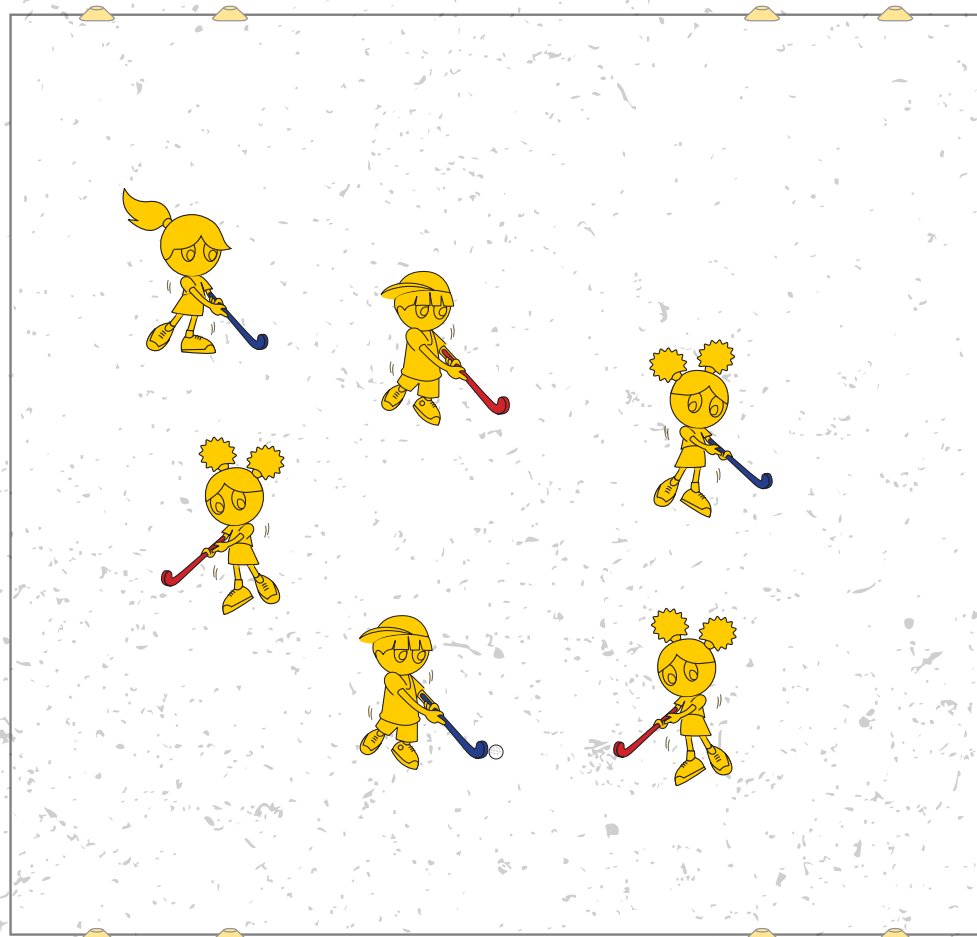
DESCRIPTION

- 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 are the winners.

| STEPS | CHANGE IT |
|-------------|---|
| START OUT | Take away Hocktopus |
| GET INTO IT | Make the field larger or smaller |
| PROGRESSIVE | Add extra Hocktopus Seaweed can become crabs who can move laterally and tackle |



3. SMALL SIDED GAMES - 3V3



SET-UP

Mark out a playing area that is 15m x 15m with 2 goals up each end.

DESCRIPTION

- Each team will be given two goals to attack and two goals to defend
- A goal can be scored through pushing the ball through one of the goals
- If a team pushes or dribbles the ball off the field, the opposing team gets a 'free-push' from where the ball went off
- If a goal is scored the defending team restart the game with a 'free-push' from their baseline

| STEPS | CHANGE IT |
|-------------|---|
| START OUT | Award two goals for executing a nominated skill eg. two passes in a row or, a steal |
| GET INTO IT | Award an extra goal for dribbling the ball over the goal line |
| PROGRESSIVE | Add an extra hockey ball |



CORE 4 COMPLETE



So, the 'Core 4' sessions have been completed and the '4 Essential Skills' have been taught and adopted in a safe, fun and engaging learning environment... What's next?

We believe that the best way to engage and develop participants is through small sided games and skill specific decision making activities which mirrors current trends in international sport and peer reviewed research from groups including Australian Sports Commission, FIFA, AFL and Cricket to name just a few.

Key Benefits of Small Sided Games include:

1. More touches and off the ball involvement
2. Easier to make decisions due to less options
3. More scoring opportunities
4. More passes and opportunity for teamwork
5. Involves all players
6. Breaks the game down into chunks
7. Eliminate presses and zones
8. Teaches players when to use a skill

Types of Small Sided Games:

1. Goal Based: The objective is to score a goal
2. Zone Based: The objective is to get into a zone (via passing / receiving or ball carry)
3. Possession Based: The objective is to retain the ball

As well as implementing small sided games and skill specific decision making activities, it is important that we change the game to continually offer new challenges, different decisions in a variety of inclusive hockey environments. This will be explored on the next page.

SMALL SIDED GAMES / CHANGE IT

In order to provide a variety of inclusive hockey environments we change the game to continually offer new challenges, tasks and decisions making activities to engage participants.

For a more detailed approach please refer to the Australian Sports Commission 'Change It' concept.

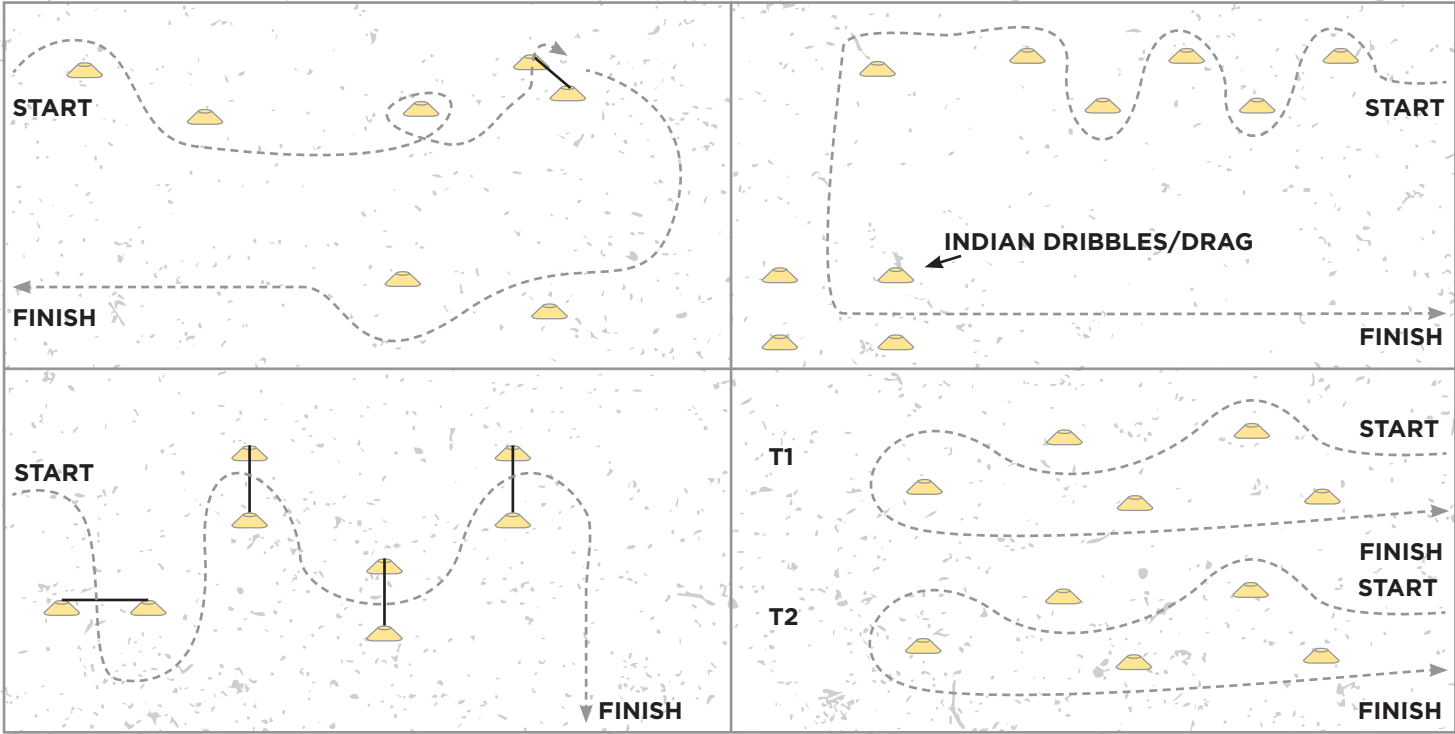
<https://sportingschools.gov.au/resources-and-pd/schools/playing-for-life-resources/change-it>

| | Examples of ways to change small sided games |
|-----------------------|---|
| Coaching Style | Use / No of verbal instructions / demonstrations – Guided discovery – Use of questions |
| How to Score | Possession: Make 3 passes as a team – Keep the ball for 10 seconds Zonal: -Dribble into a zone - Receive a pass in a box / zone – Get the ball into through a zone Goals: 2+ goals to score from – Location of these goals / gates – Where you can score from |
| Area | Increase / Decrease the size of the area – Change the shape of the area |
| Numbers | Increase numbers of players – Decrease number of players – Add one extra to one team |
| Game Rules | '2 passes before you can score' – 'Push passing only' – '2 points if you make an interception' |
| Equipment | With or without hockey equipment – Playing with larger / softer balls |
| Inclusion | Everyone must touch it before you can score – Same person can't score twice in a row |
| Time | 'As many as you can in 1 minute' – 'Each team gets to be cops on 2 minute rotations' |

OTHER DRIBBLING GAMES / ACTIVITIES

1. SKILLS CHALLENGE

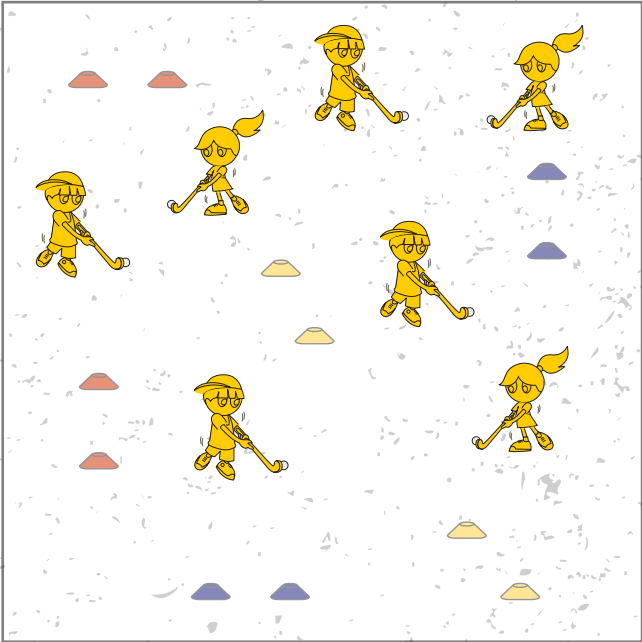
In groups of 4-5 teams need to create a skills challenge with a start and a finish line and obstacles. All groups require 10-12 cones each. Individuals are timed on their own course then teams rotate and have a go at each groups skills challenge.



2. SIMON SAYS

In a large coned box proportionate to the number of players, all participants have a ball each. The concept is similar to 'Stop / Go / Backwards'

Stop Red Gate
Go Blue Gate
Dragging on the spot Yellow Gate

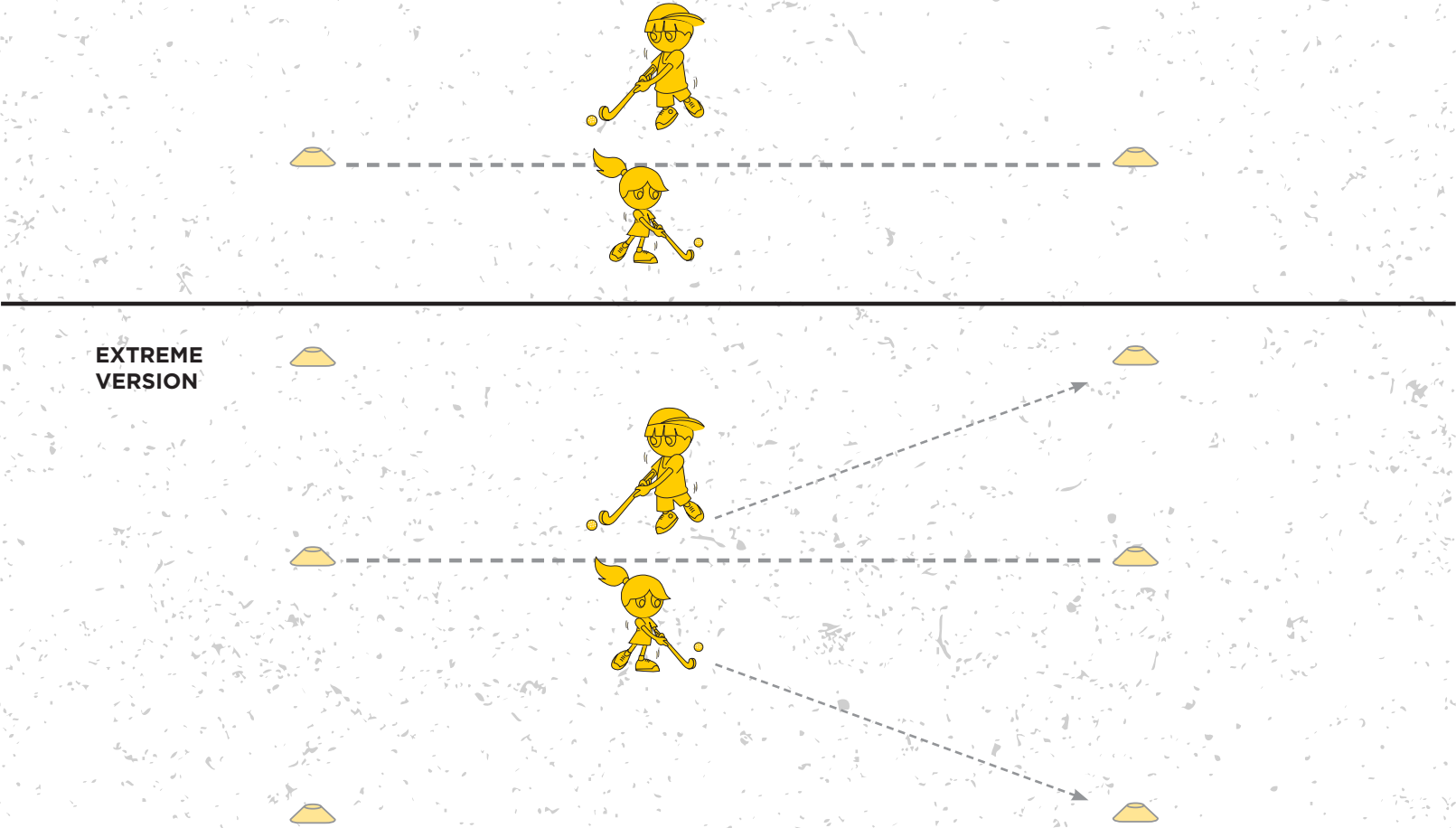


Swap Balls
Groups of 2/3/4
Sharks are coming

Add passing options to use
passing skills

Add walking tacklers to make it an
invasion game/tackling

3. FOLLOW THE LEADER



SET-UP

1 ball each in pairs with 2 cones per pair.
Set up 2 cones between 5-10 metres apart
(5 metres for younger newer players,
increase length as they get more able)

DESCRIPTION

Both players start with a ball each and one of them is named the 'leader' and one the 'follower'. The objective of the game is for the leader to dribble up and down the line between the two cones and get to a cone before the follower can get within a sticks length of a cone. After 90 seconds swap roles and play again. Encourage both players to have SOB and to look / be aware of not only their ball but where the follower / leader is moving.

CHANGE IT

- The follower doesn't need a ball (Makes it easier).
- The leader can try to add 'dummies' and 'body feints' to make the follower go the wrong way.
- Rather than following the leader the follower has to go the opposite direction as opposed to mirroring them.

EXTREME FOLLOW THE LEADER

Set Up: 1 ball each in pairs with 2 cones per pair. Set up 6 cones between 5-10 metres apart wide and 3-5metres depth.

Description: Same as Follow The Leader except it is 3D and you can carry the ball vertically as well as horizontally. The main goal is still the same for the follower to mirror the movement of the leader.

OTHER PASSING GAMES / ACTIVITIES

BEAT THE BALL

SET-UP

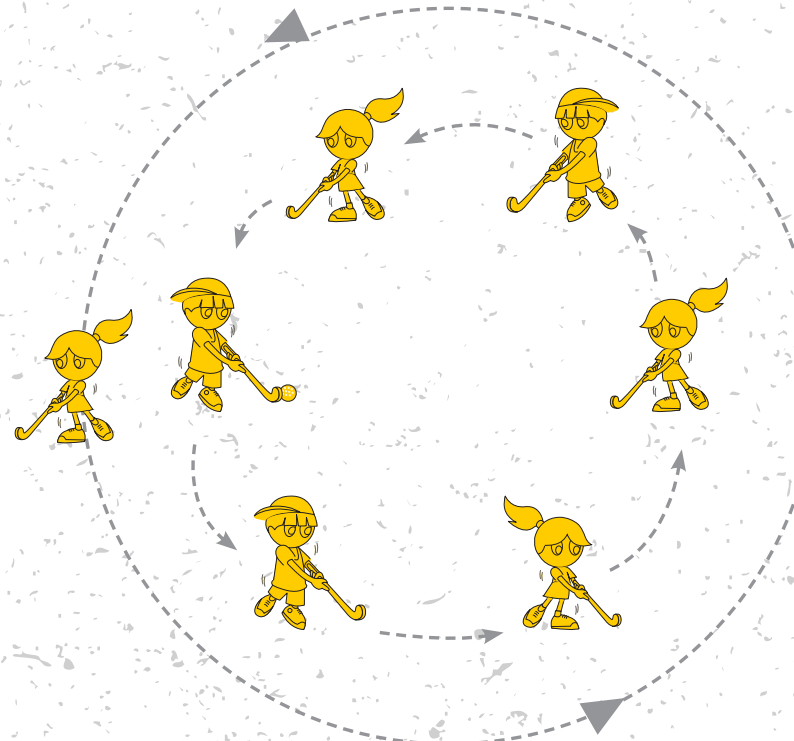
Make a circle with 5-8 people and one person on the outside. One person in the circle starts with the ball. The outside person is the 'runner'.

DESCRIPTION

The ball must travel around the circle with each player trapping + passing. The runner must try and 'beat the ball'. Each full rotation is 1 point and each person is 0.1 of a point. *eg. In a group of 6, running 1 and a half times = 1.3 points.*

CHANGE IT

- Number of hockey balls
- Direction of passing
- Adding a skill *eg. indian dribble*
- Runner has to hop/dribble a hockey ball
- Ball can't go to your next door neighbour



BATTLESHIPS

SET-UP

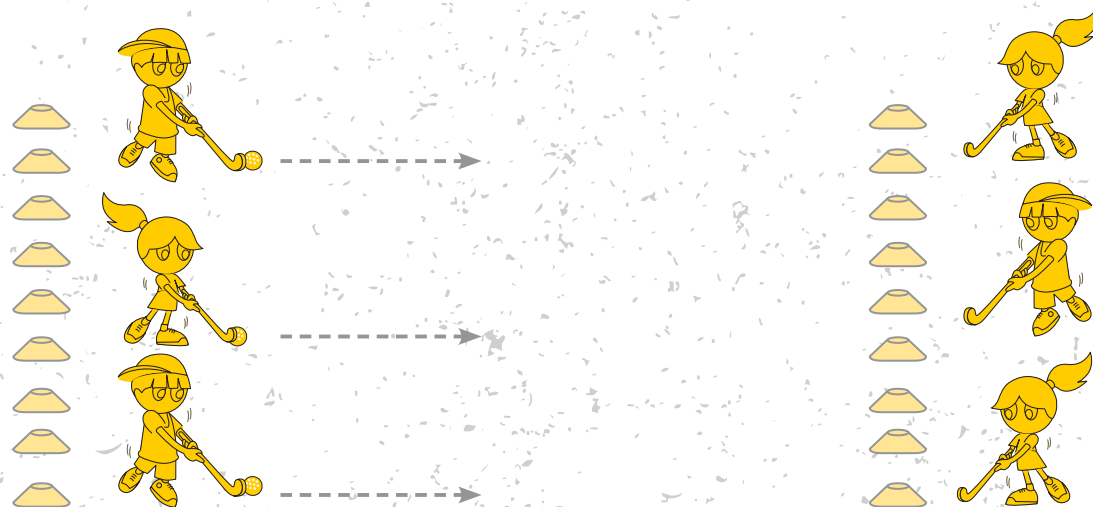
5-8 Cones in a line with spaces between them and 2 teams of 2-5 opposite each other. Each player at one and requires a ball each

DESCRIPTION

1 team starts with the balls + the coach shouts 'fire'. The players must push the balls and 'sink the battleship', through hitting the opponent's cones. Any cone hit is taken away. The balls are then collected + the other team gets to try & hit the opposition battleship.

CHANGE IT

- Distance to push
- Different coloured cones = different points
- Pushers need to pass on the move
- Bigger/smaller gaps between cones



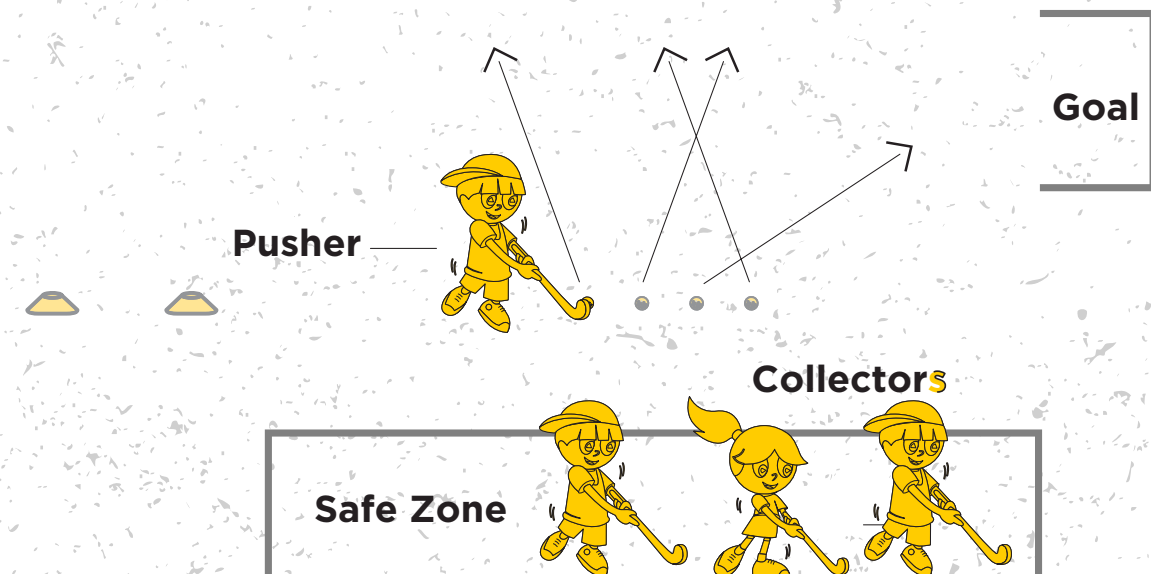
RAPID FIRE

SET-UP

4 balls are placed in a line a safe distance in front of the collectors. Beside the 4 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.

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



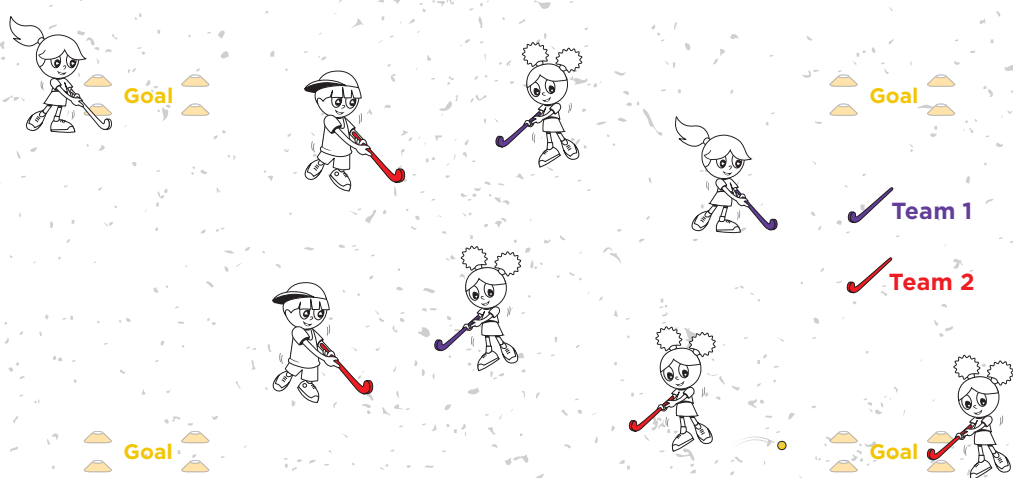
DESCRIPTION

- Set up 4 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 4 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.



OTHER INVASION GAMES / TACKLING ACTIVITIES

BOX TRAP - ZONAL



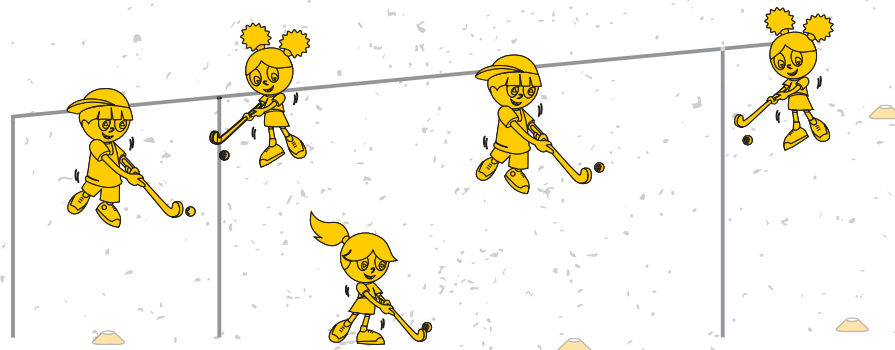
SET-UP

Have a playing area that is 15mx15m with 4 zone goals at each end. A goal is made up of 4 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
- The player who knocks out a ball gets a point
- The player who had their ball knocked out does a minor forfeit (e.g 3 x jumping jacks) and then joins back in

KNOCKOUT - POSSESSION GAME



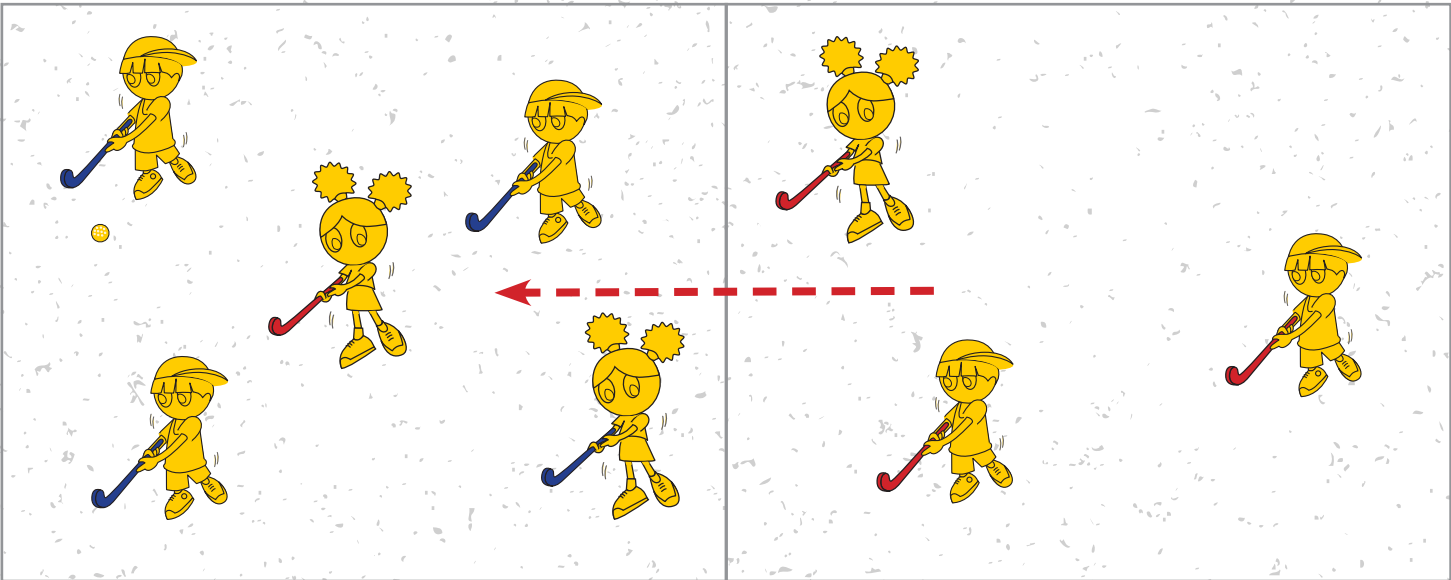
DESCRIPTION

- 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.

| STEPS | CHANGE IT |
|-------------|---|
| START OUT | Teams score points by successfully receiving the ball anywhere on the field |
| GET INTO IT | Vary the size of the boxes |
| PROGRESSIVE | Knockout teams: Put players into teams of 2/3/4 and their objective is to knockout / eliminate opposition teams. In this case if you are 'knocked out' you stand on the outside and you are eliminated. The eliminated players are allowed to reach in and steal balls from opposition teams. |

| STEPS | CHANGE IT |
|-------------|--|
| START OUT | Make the playing area larger |
| GET INTO IT | Start the game with designated stealers who stay in for the duration of the game |
| PROGRESSIVE | 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 |

ZONE BALL GAME



SET-UP

2 Boxes which are approximately 10 x 10 metres with 2 teams of 3 or 4 in each box.

DESCRIPTION

The objective of the possession team is to keep the ball and attempt to make 10 passes in total. In this case, every time the possession team (A) make 3 passes, an extra player from the opposition (D) enter their zone to press / dispossess the ball. When dispossessed they must pass or dribble the ball into their own zone to become the possession team.

- When the ball is won by the opposition, the team dispossessed can try and win back the ball before it is passed or carried into the opposition zone
- As the ball enters the opposition zone, the roles are reversed, and the opposition must add an extra player to press / dispossess the ball



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