



Sessions Guide

HOOKIN2 HOCKEY Handbook

Eastern Goldfields
Hockey
ASSOCIATION Inc

www.hookin2hockey.com.au



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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

Warm
Up

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

Skill

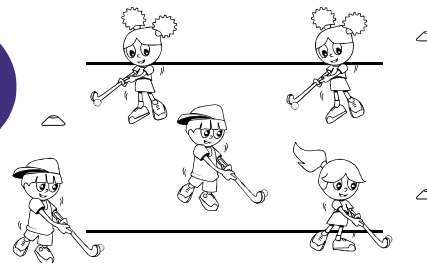
Dribbling

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. 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

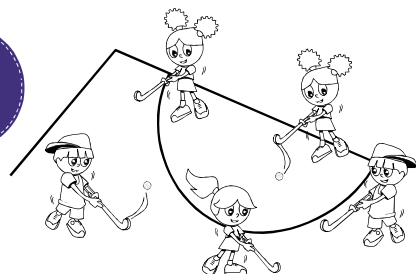
Players to move around an area while dribbling the ball

Get Into It

Players can jog or run while dribbling

Progressive

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

Skill
in
action**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.

STEPS:**CHANGE**

IT:

Start Out

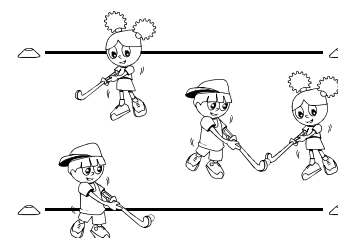
Can be done stationary

Get Into It

Two's change to groups of three

Progressive

Players can jog or run while passing and receiving

Skill
in
action

Step 1

Step 2

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:**CHANGE**

IT:

Start Out

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

Get Into It

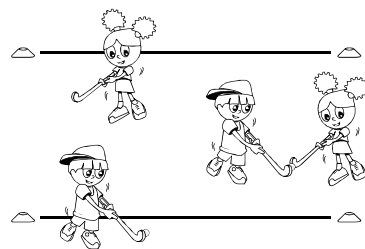
Allow running rather than walking

Progressive

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



Skill
in
action



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:

CHANGE IT.

Start Out

Only practice right side steals, not take over steals

Get Into It

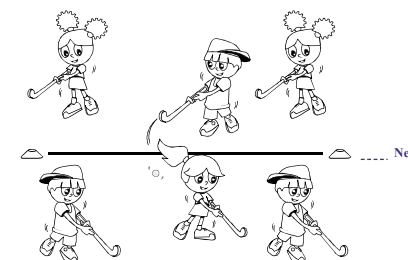
Allow jogging rather than walking

Progressive

Add resistance from the ball carrier



Skill
in
action



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

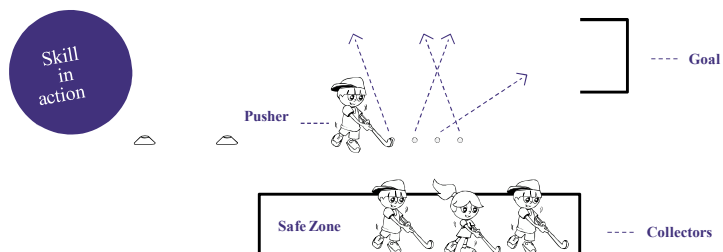
The field can be made bigger or smaller, to ensure there is enough room to receive the ball and for teams to score

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



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

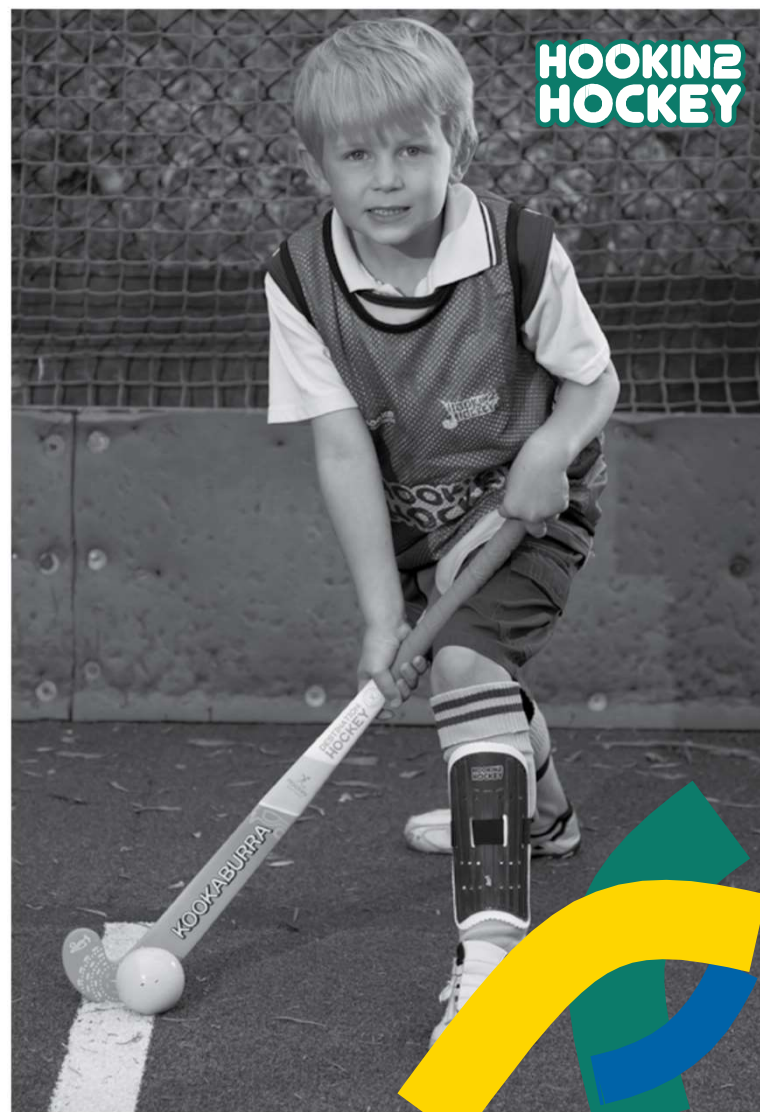
CHANGE IT.

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

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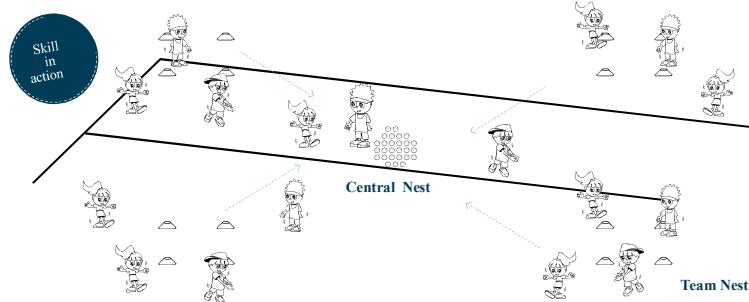


SESSION 2

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.





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 team's 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:

CHANGE IT.

Start Out

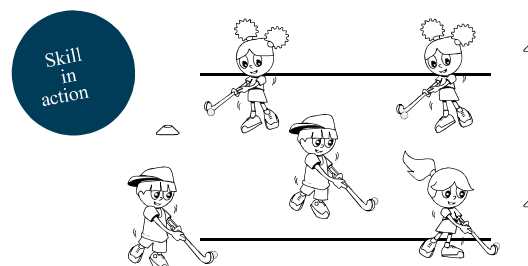
Move team nests closer to the central nest

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 teams nests, still following the rule of one player at a time



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:

CHANGE IT.

Start Out

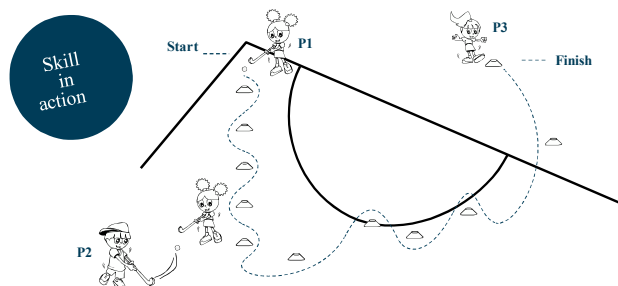
Players to move around an area while dribbling the ball

Get Into It

Players can jog or run while dribbling

Progressive

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

**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

- Players 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.

STEPS:**CHANGE
IT.**

Start Out

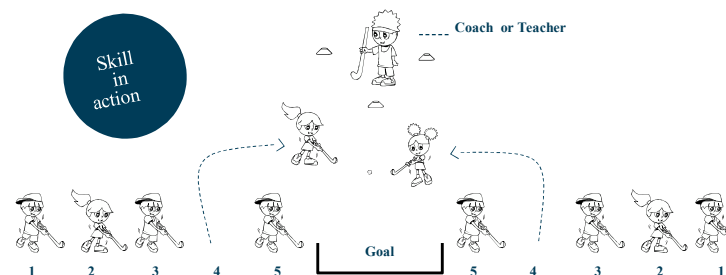
Complete the course without hockey equipment. Balls can be carried and then thrown between players

Get Into It

Add or take out cones/obstacles in the drill

Progressive

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

**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

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.



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 comma nds

Get Into It

Use 6 comma nds

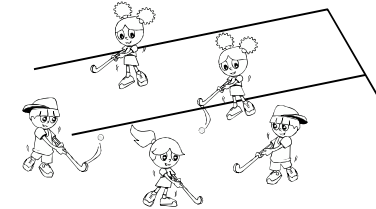
Progressive

Use all 8 comma nds

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

SESSION THREE

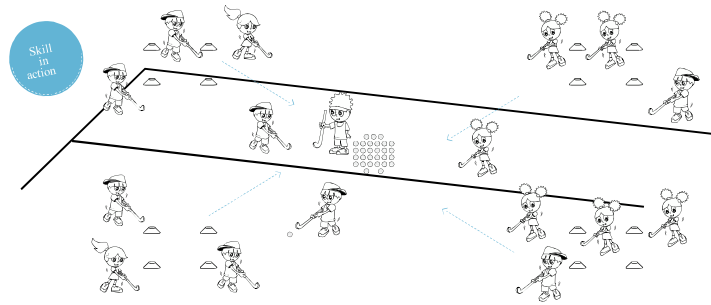
Game

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:

CHANGE IT.

Start Out

Remove protectors

Get Into It

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

Progressive

Add more protectors

SESSION THREE

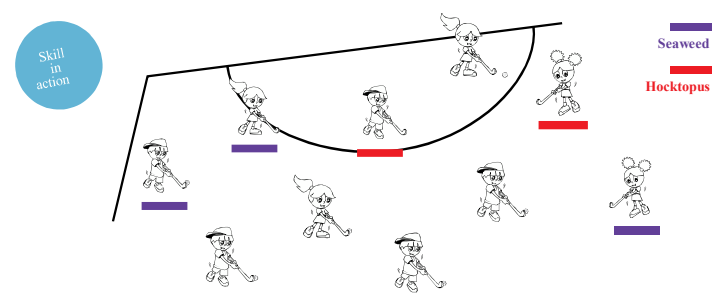
Game

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:

CHANGE IT.

Start Out

Take away Hocktopus

Get Into It

Make the field larger or smaller

Progressive

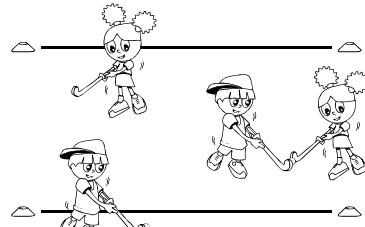
Add extra Hocktopus

Order of activity in this session: #5



Duration of activity: 15 minutes

Skill
in
action



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:

CHANGE IT.

Start Out

Only practice right side steals, not take over steals

Get Into It

Allow jogging rather than walking

Progressive

Add resistance from the ball carrier

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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.

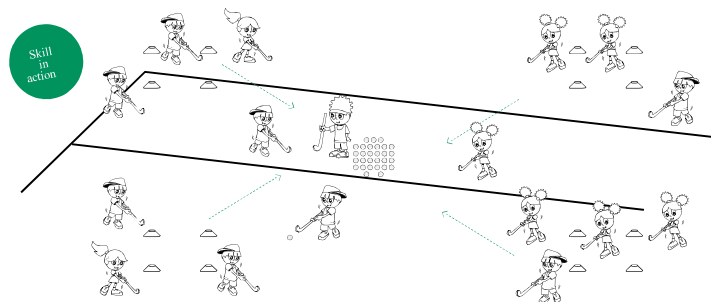


ROB THE NEST (STICKS &

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:

CHANGE IT.

Start Out

Move team nests closer to the central nest

Get Into It

Add more balls to the central nest

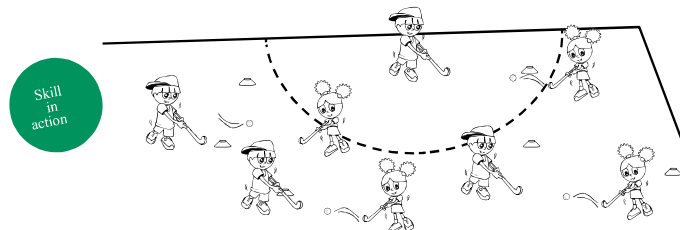
Progressive

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

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:

CHANGE IT.

Start Out

Make the distance between the cones larger

Get Into It

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

Progressive

Change the cone layout to random formation

SESSION
FOUR

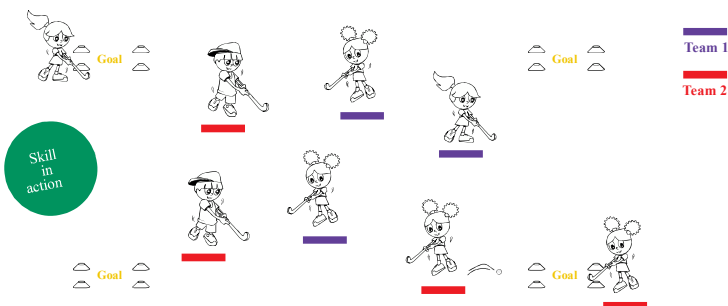
Game

BOX TRAP

Order of activity in this session: #3



Duration of activity: 15 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. 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 is the winner.

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

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

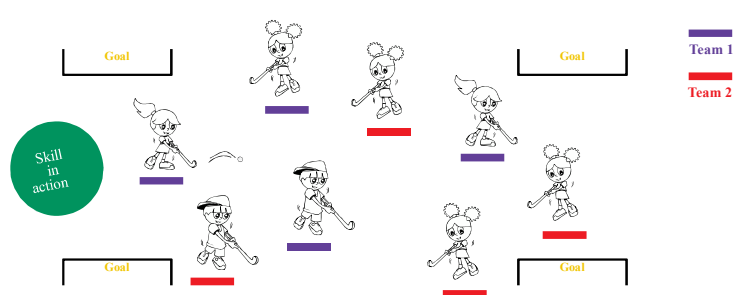
Game

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:

CHANGE IT.

Start Out

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

Get Into It

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

Progressive

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

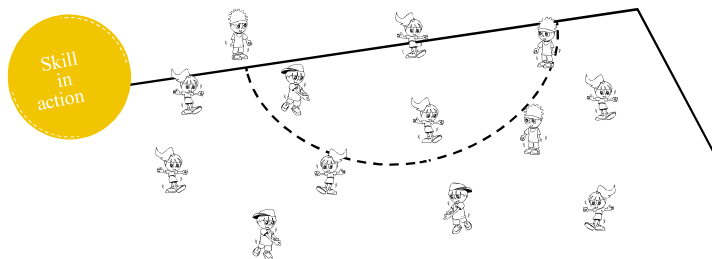
- With a more focused session on dribbling, the time spent playing games should begin to increase to further develop the skills in a game environment



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

CHANGE IT:

N/A

N/A

N/A

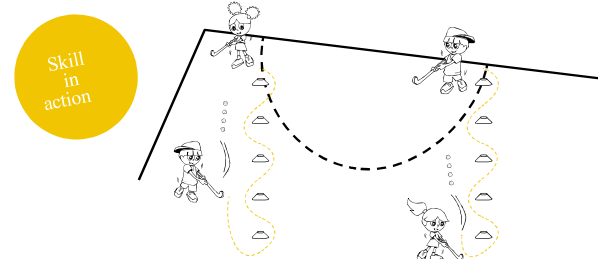
N/A

N/A

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

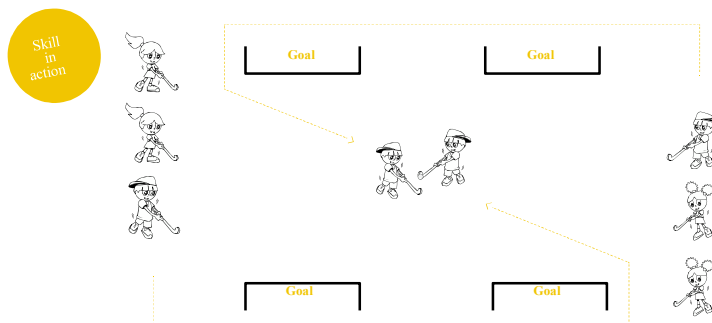
Progressive

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



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:

CHANGE IT.

Start Out

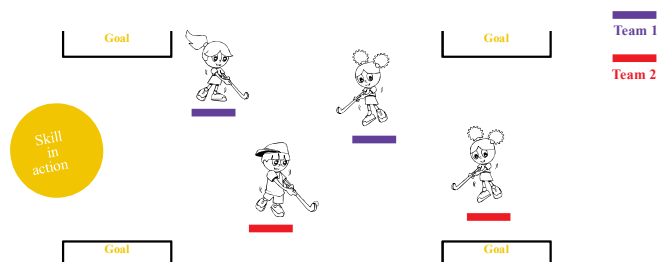
Add an extra ball. Whichever team/player scores first gets the point

Get Into It

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

Progressive

2 goals awarded for stealing the ball from an opposition player



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:

CHANGE IT.

Start Out

Make the playing area larger

Get Into It

Teams get two goals for stealing the ball from an opposition

Progressive

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

SESSION 6

Session 6: Passing

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



SESSION
SIX

Warm
Up

UP DOWN, STOP GO

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.

STEPS:	CHANGE IT.
—	—
—	—
—	—

SESSION
SIX

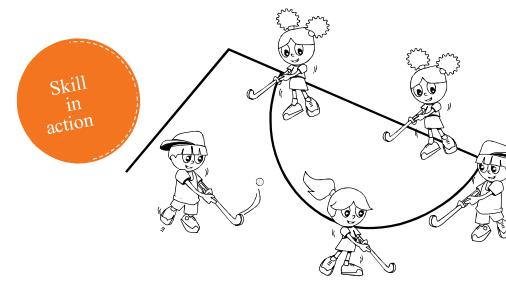
Skill

passing

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

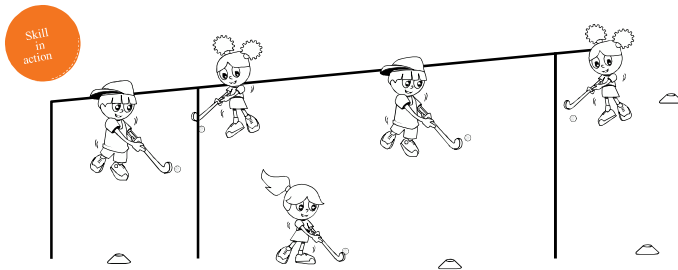
- In a small playing area, 10mx10m start with four attackers and one defender
- The attackers must pass the ball around the field with the defender trying to steal or intercept the ball
- Attackers must see how many passes they can complete before the defender takes possession of the ball
- Once the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

STEPS:	CHANGE IT.
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

**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:

Start Out

Get Into It

Progressive

**CHANGE
IT.**

Make the playing area larger

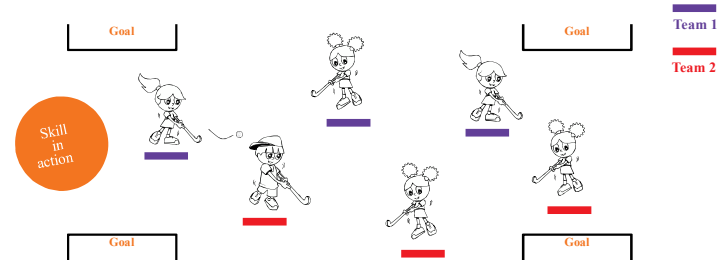
Start the game with designated stealers who stay in for the duration of the game

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

Order of activity in this session: #4



Duration of activity: 15 minutes

**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.**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.



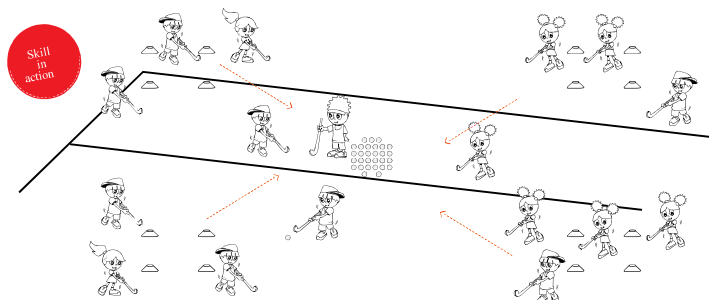
ROB THE NEST (STICKS &

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:

CHANGE IT:

Start Out

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

Get Into It

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

Progressive

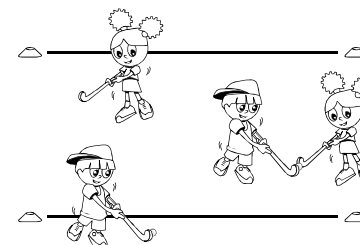
Once all the balls have been collected from the centre nest allow players to steal from other teams' nests.

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:

CHANGE IT:

N/A

N/A

Get Into It

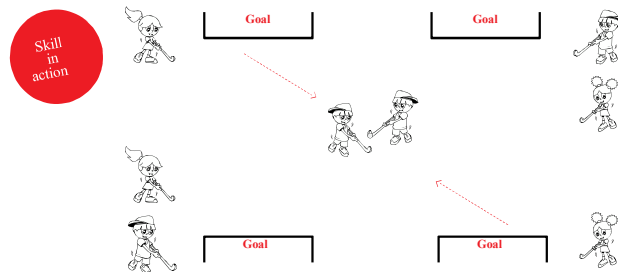
Add resistance from the ball carrier

N/A

N/A

Fact: At the 2012 London Olympic Games, field hockey was the third most spectated sport.

> 35

**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:**CHANGE
IT.**

Start Out

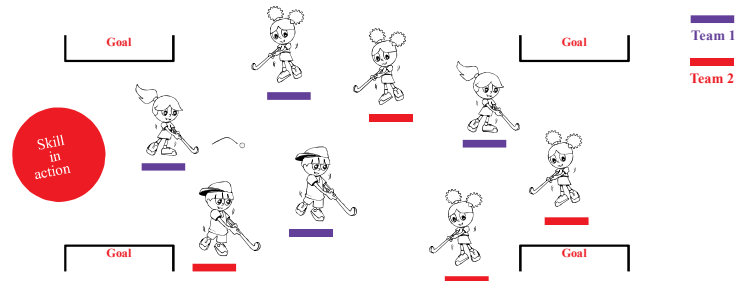
Make the playing area larger (increase the distance from the central nest to the team nests)

Get Into It

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

Progressive

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

**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:**CHANGE
IT.**

Start Out

Reduce the ball carrier from walking pace to not moving

Get Into It

Add resistance from the ball carrier

Progressive

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

Warm
Up

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 comma nds
Get Into It	Use 6 comma nds
Progressive	Use all 8 comma nds

SESSION
EIGHT

Skill

DRIBBLING

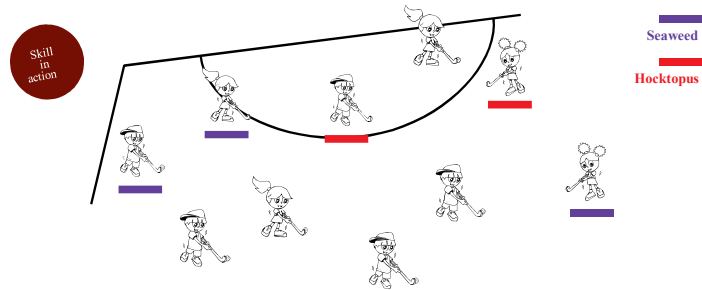
Order of activity in this session: #2

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 <ul style="list-style-type: none"> 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



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

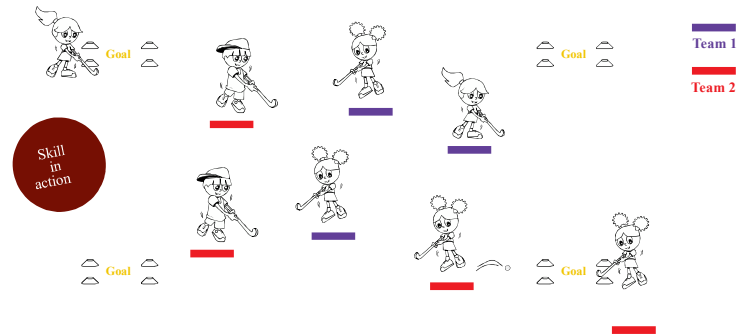
Progressive

CHANGE IT.

Take away Hocktopus

Make the field larger or smaller

Add extra Hocktopus



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 is 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



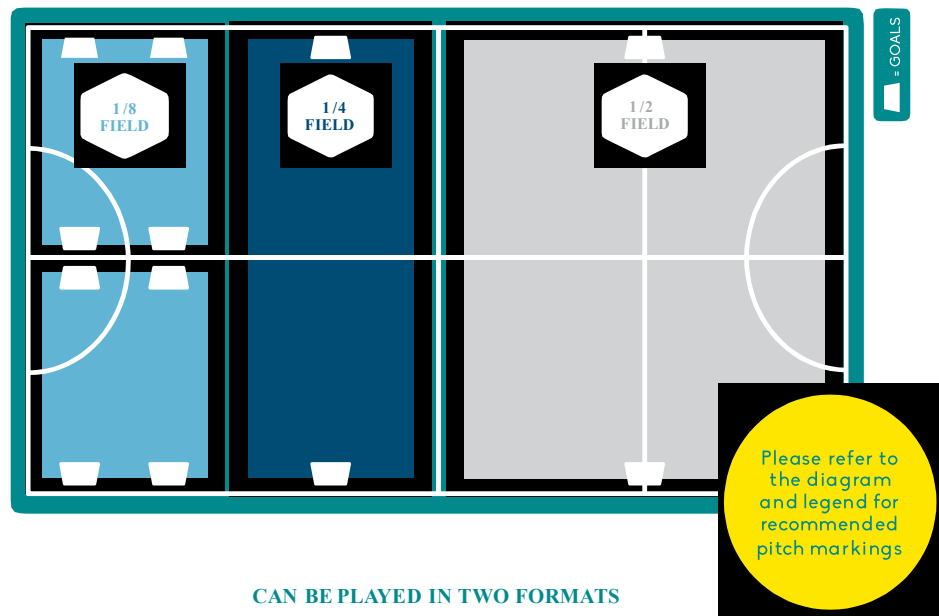
GAME ON!

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.

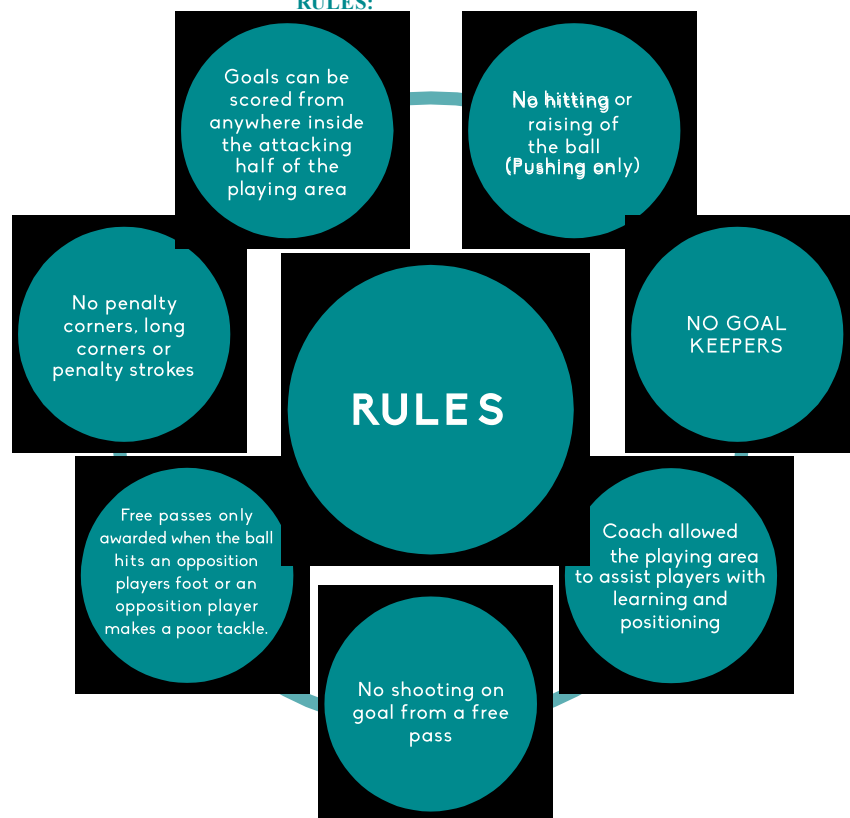




RULES

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



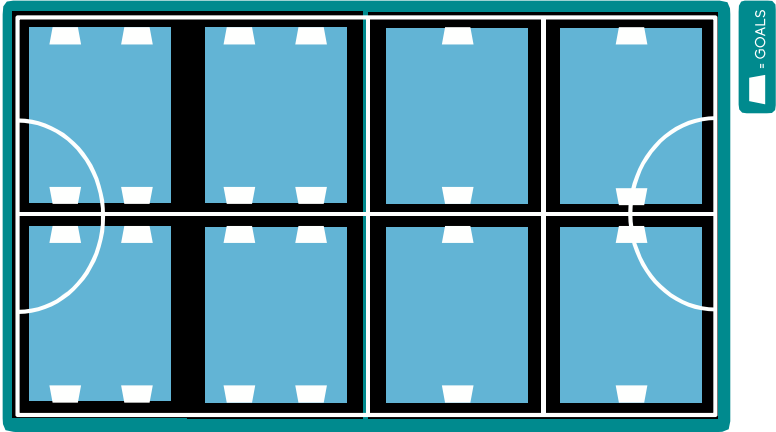
The Community Umpire Training Program is designed to train umpires in the basic concepts of umpiring including umpiring roles and responsibilities; applying the basic hockey rules; safety and enjoyment. It is an enjoyable and straightforward training program involving an online learning session, an applied learning quiz and a practical evaluation. The program is directed towards players, parents, teachers and other new umpires who are involved in Hockey2Hockey, 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	BALL	PITCH SIZE	GAME LENGTH	GOAL LAYOUT
3 - 5 A SIDE	HOOKIN2HOCKEY BALL (LIGHT WEIGHT BALL)	APPROX. (27M X 22M)	2 X 10 - 15 MIN HALVES	2 GOALS AT EACH END OR 1 GOAL AT EACH END

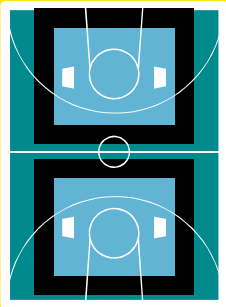
SCORING + LADDERS:

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.

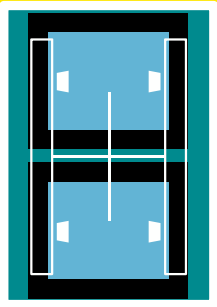
ALTERNATIVE FIELD OPTIONS— 1/8 FIELD



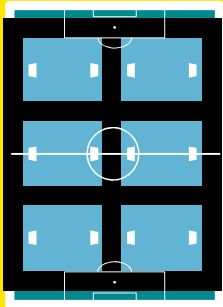
AFL



BASKETBALL / NETBALL



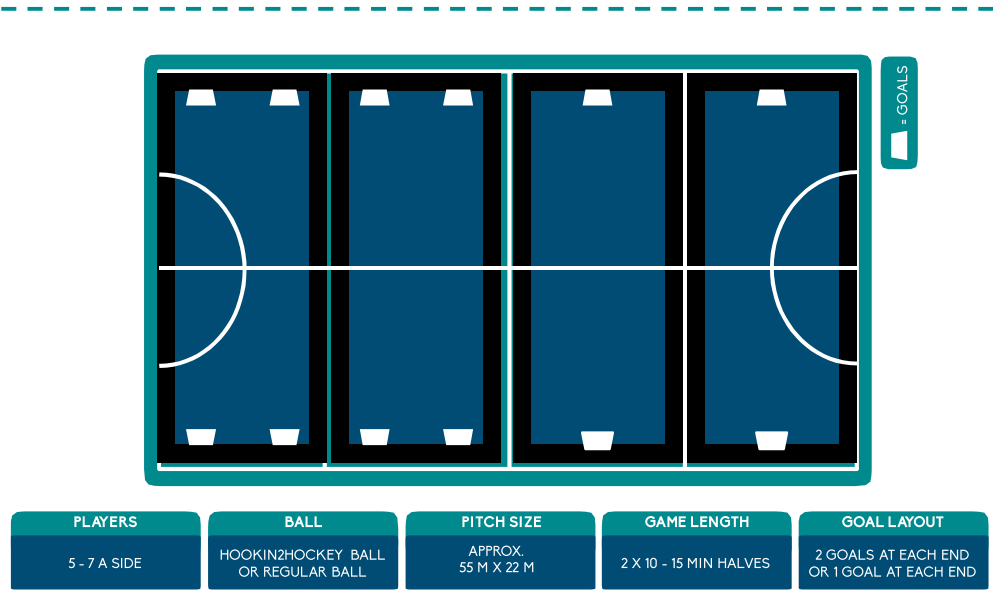
TENNIS



SOCCER / NRL / ARU

GAME FORMAT

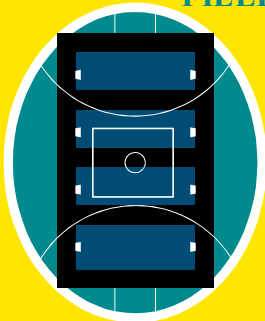
1/4 Field



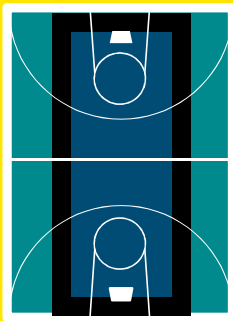
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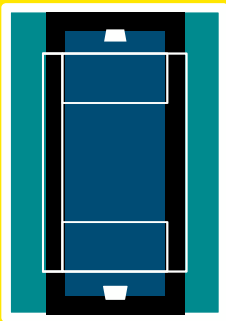
ALTERNATIVE FIELD OPTIONS— 1/4 FIELD



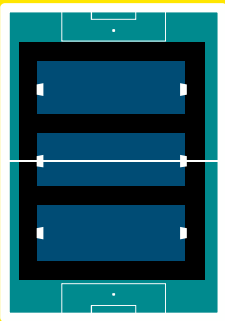
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BASKETBALL / NETBALL



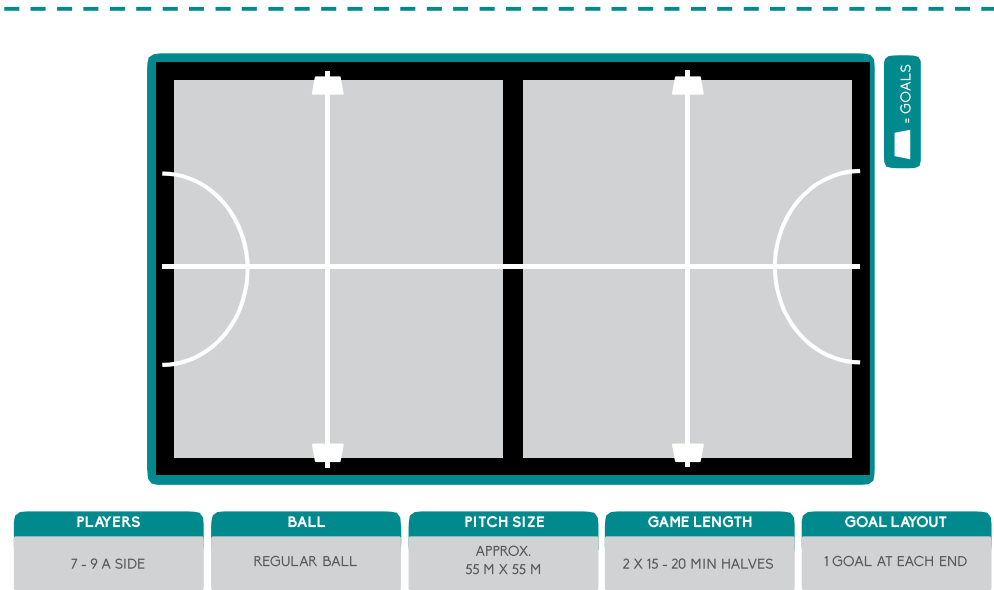
TENNIS



SOCCER / NRL / ARU

GAME FORMAT

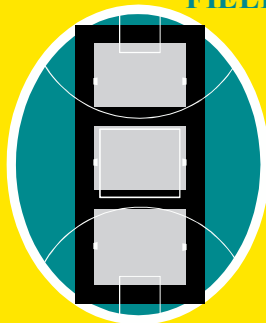
1/2 Field



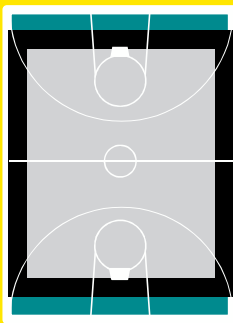
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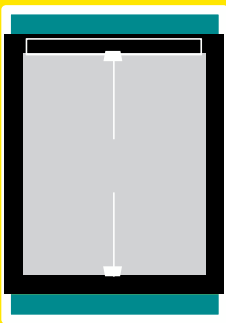
ALTERNATIVE FIELD OPTIONS— 1/2 FIELD



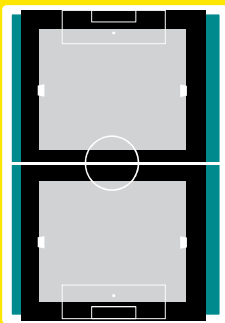
AFL



BASKETBALL / NETBALL



TENNIS



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