

# Coaches Resource



## **Introduction**

Within this booklet is some information about coaching each age group and skill level. There is also basic skills and hockey knowledge each age group should be learning also with some drills to give coaches a good starting point to develop on.

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## Hockey Jargon/Terminology

Some of this terminology may not apply to these age groups but it is always good to know these and for all coaches to not get these mixed up as to confuse the players.

Term/Jargon	Definition
3D Skills	When a player dribbles the ball off the ground by bouncing it on their stick
Attack	When a team moves forward towards their scoring goal
Attacking Side	The right side of the field as that's the players strong side as the ball it on their forehand
Back Pass	Passing the ball back behind themselves
Back Four	Referring to the back 4 players 2x backs and 2x Wing halves
Ball Side	The side of the field the ball is on
Base Line	The line that the goal sits along
Chop/Squeeze	Hitting the back of the ball to make the ball lift up, usually used to beat a player
Closed Dribble	Player dribbles the ball without it leaving their stick and carrying it close to their body to protect it. Usually used when coming into contest with an opposition player
Cover Defence	When a player, usually from the help side, swings around in behind the defender to form another line of defence
Defence	The players when they are trying to stop the ball going near their defending goal
Dribble	Skill where the players walks or runs pushing the ball along closely to their stick
Drive	When a player dribbles with intent or goes alone usually used to get into the circle and get a PC or a goal
Driving Base	When a player dribbles the ball with intent along the base line into the circle
Drag	A sticks skill to beat another player, Left to right drag or right to left drag.
Drag Flick	A shot at goal used as a PC set play where the ball is dragged along the ground before lifted into a flick.
Drifting	Drift away from the player making you
Dummy/Deception	A fake move to trick the opposition
Foot	Penalty when the ball hits or is kicked by players foot
Free Man	A defender who stays free to take the space or ball carrier in a defending situation
Front Marking	Marking in front of your player
G Turn	A move which you turn in a G like movement with the ball on your stick to get away or change direction
Hack	When two players stick's hit each other, usually in a tackle
Help Side	Opposite side of the field to the side in which the ball is on
Hit	A type of pass or shot at goal where the player hits the ball with their stick

Hotline	Similar to Free man where this player holds the line between the ball and the spot in the circle at all times on defence
Indian Dribble	When a player dribbles the ball by moving it side to side, used to get out of contest
Injector	Player who drags the ball out at a PC
Jink/Pop	Dribbling skill where a player jinks/pops the ball up over the oppositions stick to beat them in contest
Juggling	Like 3D skills where the ball is bounced on the players stick repetitively
Lead	Moving into space and away from the opposition or into space to receive the ball or make space for another player
Lengthening the game/field	When you want your strikers to get high, this makes the oppositions defenders follow them making space in the middle for the midfield
Man on Man	Marking players very close and so that every one of your players should then have a player to mark, making it hard for them to receive the ball
Midfield	Insides and Centre Halve/s cover the midfield positions
Obstruction	A penalty simply explained as 'any movement to prevent the playing of the ball'.
Off load	To pass the ball to another member of your team
Open Dribble	Players do their when they have plenty of space, they don't need to carry the ball so close to them and can run at speed
Outlet	Someone the ball carrier can pass to
Over head	A flick which goes high and far over players heads, this is an advanced skill used when a player is congested especially at a free hit in the defending end and needs to get out.
Penalty Corner (PC)	Given when there is a penalty against the defence inside their defensive circle. This is a big advantage to the attacking team.
Point	A name for the player who points the screen to help the other players know where to set up from, usually takes the ball carrier
Post Up	Running to meet the ball to receive it
Press	A defensive pattern set up to deny the attacking team certain space on the pitch or try and force them to play the ball in an area of the field
Push Pass	A pass where the ball is pushed using the stick, the stick makes not sound on the ball as the stick should start touching the ball, pushed along the ground before offloaded. One of the most basic but important skills of hockey
Recycled Lead	When a lead is made but you don't receive the ball so lead again into another area
Reverse	Stick is rolled over to the left side of the body with the flat side of the stick being used still

Roll Out	Player turns around with the ball on their sticks and passes the ball back. Used when there are no other options forward or to create space or time
Screening	A defensive formation to encourage the opposition ball to a particular area and/or prevent the ball being passed to a particular area
Seagull	When a striker sits high and leads around in their attacking end waiting for the pass up to them, doesn't come back to defend
Shootout	Played in some competitions if the end result is a draw.
Short-handed hit	Same movement as a hit except both hands are gripped lower on the sticks grip
Skinned	When the ball is stolen cleanly off another player
Slap Hit	Similar to a hit except the hands are in a push pass position (similar to ice hockey slap hit)
Square	A pass to the side of the player carrying the ball
Straight	A pass straight forward of the player carrying the ball
Stroke	Awarded in the circle for a number of reasons. One player in the attacking team is chosen, they set the ball up with the ball on the spot in the circle, the opposition goalie sets up with their feet on the baseline inside the goal. On the umpires call the player can flick or push (not hit) the ball aiming to get a goal and the goalie tries to stop this. If goes in a goal is awarded, if not it becomes a 16-yard hit.
Sweep Hit	A pass or shot at goal, hands are together at the top of the stick and with the ball further away than what you would for a normal hit the player lunges towards the ball and keeping a low body position sweeps their stick across the ground towards the ball making contact with the ball but continuing that motion of sweeping their stick even after the connection with the ball.
Tackle	Contest with the ball where a player of each team push their sticks together fighting for the ball, there are a number of different types of tackles that can be used. Players need to try and not swing or hit the other players stick or that would be a hack.
The D	The Circle
The Spot	The spot in the circle which strokes are taken from
Through	A pass anywhere diagonal from the player with the ball
Trapdoor	Faking to trap the ball but to let it past to get to another of your players
Trapper	The person who traps the ball at a PC
Tomahawk	A reverse hit is often referred to tomahawk especially if it is lifted
Under Arm	A pass given in the direction of under the arm of the dribbler, often used when a player is dribbling along the baseline
Zonal	Marking a space rather than a player

## **Positions**

In 11 a-side Hockey, traditionally we had a formation that was described as 5-3-2-1. The first 5 were the front line, the next 3 were halves and the last two were the backs and then the goalie.

Then the 3-3-3-1-1 formation came along and that is where the positions were changed into groups, strikers, midfielders, halves, backs, goalie.

It is now universally accepted that the roles, regardless of the formation you use, that players are grouped in these 3 areas:

- Strikers
- Midfielders
- Defenders

These groups of players have attributes that lend themselves to a group of positions. Strikers are fast and decisive with quick reactions. Midfielders have good vision, are composed under pressure and can pass effectively in all directions. Defenders are patient, direct players in front of them and are well mobile.

Now there are so many different ways to structure a team, there is no right or wrong way as long as your players understand their position and role and the team is able to work together and play some good hockey.

### Strikers

As a group called strikers but individually called Left and Right Wing and Centre Forward.

These players are seen as the goal scorers of the team, they are high up the field and hunt for the ball. As they get older and gain more understanding of the game, they will learn that strikers don't only do those two things. They also have a marking role where they are actually responsible of marking the halves and backs in certain situations. They also may find that they have to come back even as far as the defensive circle to help the defenders. They also have a very important role of being the first line of defence especially when setting up screens.

It is good to try and make sure these players play all of these positions as if they only play one side that can hold them back in the future if they cannot move through the positions of the strike line. They should be able to learn to swap around during the game without prompted looking to fill the space as they move in different situations of the game. They need to have a high work rate off the ball making a lot of leads for space for other players and the ball.

### Midfield:

The midfield is made up of the Left and Right Insides and the Centre Half. These players are work horses they move everywhere on the field from right up in the

attacking circle to back deep in the defensive circle. The midfield act as the link between the halves and the strikers. The insides mark their opposite inside and if the centre half is playing its traditional role they mark the other centre half.

Just like the Strikers these players need to be able to play all sides and not just the one, this is because they can find themselves swapping often throughout a game, but generally not as often as the strikers would. These players communicate with the strikers all of the time especially when marking and screening.

The centre half is a very important role and as players get older, they will learn and understand more allowing them to play this role differently where the coach can assist players in learning different ways to play the positions and set up.

### Halves:

Left and Right halves are defenders but they can also find themselves pushing up even as high as the attacking circle. Their main role is marking the strikers that are on their side of the field, they want to deny them the ball at all times. The halves also take most of the side line free hits on their side. They work with the midfielders and the backs linking the two as well as supporting them.

Halves need to communicate with all those around them especially the midfielders. As they grow to understand the game they will understand when they are to push up when to hold back and how to help via cover defending as in some situations the halves can actually find themselves behind the backs.

### Backs:

Normally there are two backs in a 11 aside game of hockey, the backs are defenders and help to communicate and control the game. There are many ways to play the backs as they could be front and deep back, side by side, one could be a marking back and one a free man, the options are endless. The backs work hard on supporting the halves and midfield as well as marking the strikers and sometimes an extra player/ball carrier.

### Goal Keeper:

The goalkeeper is a very specialised role and takes one gutsy person to play it. There are many rules regarding a goal keeper. They mainly stay in the circle and their job is to protect the goal and stop any goals being scored. A goalie also needs to be confident to talk to all of the players around them especially when the ball is near and in their circle, as the circle is the goal keeper's castle.

### Setting up your team:

There are endless ways to set up a team and there are no right and wrong ways. As a coach the best way is to understand your team and play to their strengths. Support them guide them and add things in to help advance their knowledge and skill. There is nothing worse than playing for a team and the coach dictating and directing everything to how they want it not what is best for the players in the team.

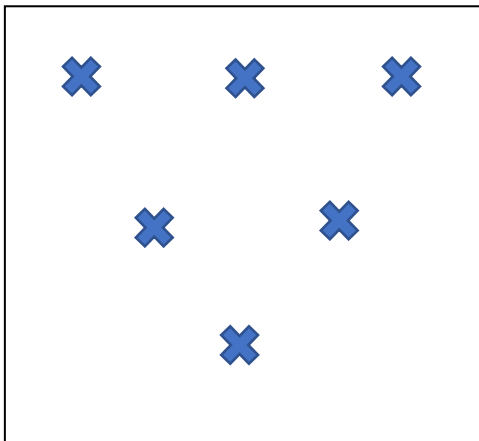
The best way is to get to know your players understand their strengths and weaknesses and then work on everything from there.

Remember when you have a younger team you need to make sure your focus is on developing these players teaching and guiding them, letting them try new things and challenging them. Make sure that all players try all positions at some stage as they don't know until they try and also having an understanding of all positions as a player develops the players understanding of the game!

### 6 a-side hockey Positions

Again, there is no right or wrong way to structure your team as long as you have players in each positional group, Stikers, Midfielders, Defenders.

The standard positional set up for 6 a-side seems to be: 3x strikers, 2x midfielders, 1x defender



Although players will start the game set up like the picture, they will play in the position that is most effective and timely for any given situation.

Eg: When we have the ball, we all attack as a team, when we don't have the ball, we all defend as a team.

When playing in a grade or team that does not have a kitted goalie but rather a deep back, please encourage this player to play as a back not a goalie. They are lost in the game if they stand in the goal!



## Session Plan

Date:	Team:	Training Focus:	Players Attending:
Time	Activity	Description	Notes
Practice Evaluation			
Coach/Self Evaluation			

## **Fun Sticks (School years 1 & 2) & Mini Sticks (School years 3 & 4)**

Children within this age group just love to explore and have fun. Make all your sessions with the main goal of being fun! We want to keep them interested in the sport and to build their passion and motivation to learn.

They learn a lot by teaching themselves by exploring. Starting a session for this age group with a fun game, one they might already know through playing at school, this activity doesn't need to have any equipment and especially no hockey equipment. Use it as a warmup and a way to gain their attention for the session.

Safety rules is something that will need to be regularly gone over for this age group, reminding them about the hard sticks and balls, why we shouldn't be silly with them or swing them around. Try not to overload the kids with information and new skills, have a focus of one skill for the session and use drills and school yard games to practise this skill.

Hockey NZ have a great Fun sticks manual with a 12-week Session plan which you can find here:

<https://hockeynz.co.nz/get-involved/playhockey/small-sticks/>

Recommended time for a practise for this age group would be 30 minutes with an absolute maximum of 40 minutes.

# FUN STICKS RULES (Year 1 & 2)

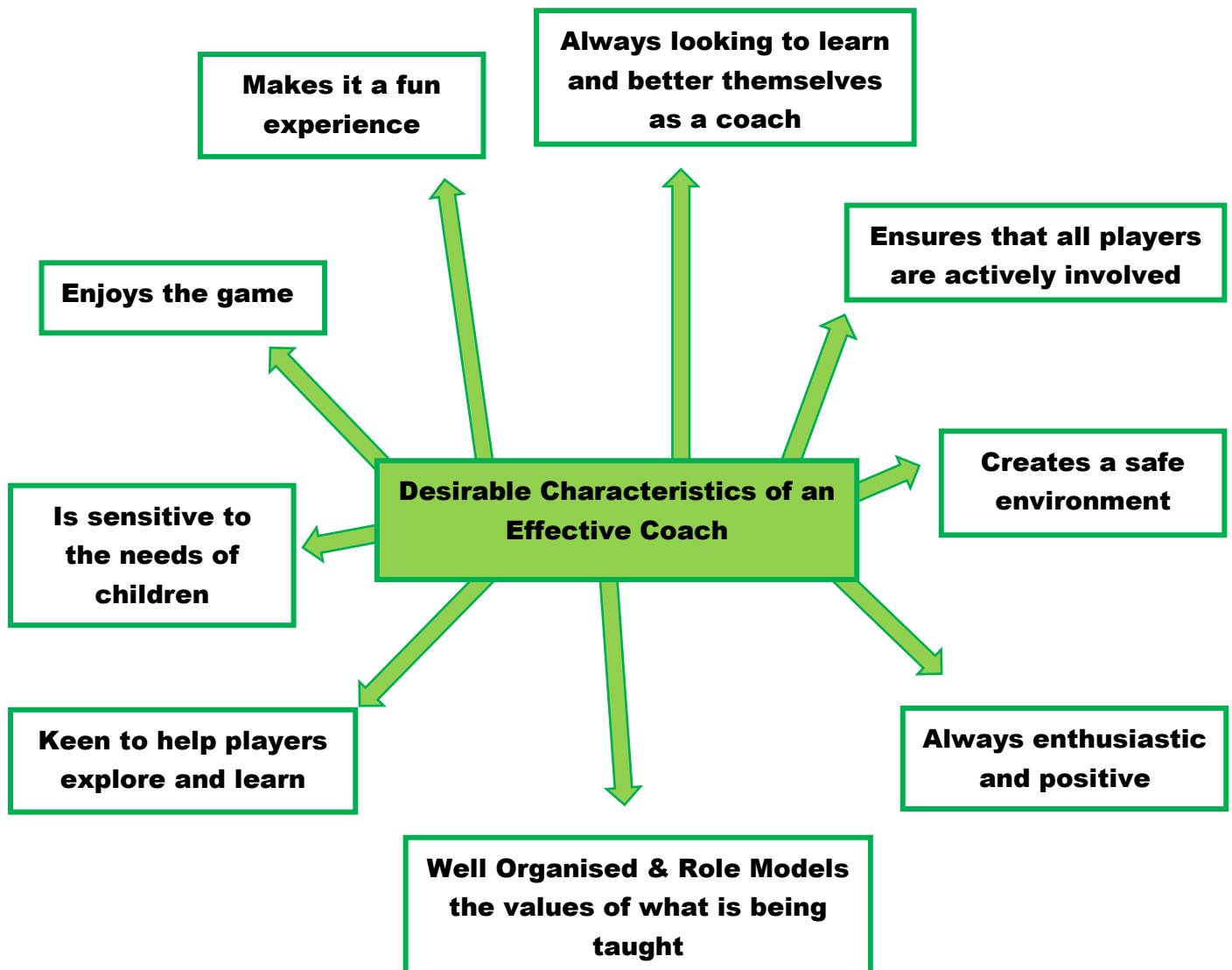
- Games are 4 v 4, on 1/8 fields (approx tennis court)
- Use small “Pop Up” goals & the modified, lighter balls
- PLAY ON! Let the kids play and use their skills!
- The game starts from the middle, with all players on their side of the field
- No deliberately kicking or stopping the ball with the foot, but if the ball just touches the foot, PLAY ON!
- Only play with the flat side of the stick
- Pushes only - no big swings or high sticks
- No “hacking” the other player’s stick
- Keep the ball on the ground
- No physical contact with or blocking other players
- A goal is scored when an attacker pushes the ball into the goal from inside the “scoring zone” (decide an area 5-10m from the goal)
- If the ball goes over the back-line the defender

## **MINI STICKS RULES (Year 3 & 4)**

- Games are 6 versus 6, with two 20 minute halves
- Use “blow up” goals & the modified, lighter balls
- **PLAY ON!** Let the kids play and use their skills!
- The game starts from the middle, with all players on their side of the field
- No deliberately kicking or stopping the ball with the foot, but if the ball just touches the foot, **PLAY ON!**
- No high sticks or raised ball
- No “hacking” or back of the stick
- No physical contact or obstruction
- A goal must be scored by an attacker from inside inside the “scoring zone” (10m from the goal)
- If the ball goes over the back-line the defender starts play again from the top of the scoring zone.
- No Penalty Corners or Long Corners, take a free hit from outside the scoring zone (that must be a pass)

## **Kiwi Sticks (School Years 5 & 6) & Kwik Sticks (School Years 7 & 8)**

Players in this age group play 6 a-side hockey on modified fields, they are still learning the sport and we want to get developing not just their hockey skills but their knowledge of the game. These players are generally keen to learn and are enjoying the sport. Keep them keen, make it fun but challenging for them, keep them busy and involved and ask them plenty of questions. Make sure you act as a coach not a trainer, listen to the players and see if they can come up with answers rather than just telling all of the time!



## KIWI STICKS RULES (Year 5 & 6)

- Games are 6 Versus 6, with two 20-minute halves. Use standard goals and the modified, lighter balls. PLAY ON, Let the kids play and use their skills.
- The game starts from the middle, with all players on their side of the field
- No deliberately kicking or stopping the ball with the foot, but if the ball just touches the foot, PLAY ON.
- No high sticks, raised balls, hacking or playing the ball with the back of the stick. No physical contact or obstruction.
- A goal must be scored by an attacker from the inside of the 'scoring zone' (15m from the goal).
- If an attacker puts the ball over the back-line, a defender starts from the top of the scoring zone. If a defender puts the ball over the back-line, an attacker takes the pass from outside the scoring zone.  
Penalty corners\* are fouls inside the scoring zone
- \*Instead of playing a penalty corner there will be a 1 V 1. This is where a player from the attacking team starts with the ball at the '25m' line and one defender stands in the goal. The remaining players from both teams stand at the defending '25m' line. On the umpires whistle the attacker tries to dribble in and score. At the same time the defender comes out to defend the goal and the rest of the players from both teams run back to help.

## **KWIK STICKS RULES (Year 7 & 8)**

### **Six-a-side Hockey**

Team: 5x Field players + 1x Goal Keeper per team

Game Duration: 2x 20-minute halves

Playing Area: ½ Turf

Team Dynamics, decision making, defensive and attacking concepts, positional understanding and concepts of space

Goals: Standard

Auto Pass: Yes

Goal Keeper: Yes Compulsory

Penalty Corners: Yes see below for clarification

Hitting: Yes

Rules:

- Safety Rules: Only play with the flat side of the stick, ball may be lifted if controlled, no 'raised sticks', no hacking of the stick, no tackling from the left, no physical contact with the opponent.
- The game starts with a pass forward or back. Each team must be behind the centre line and can move after the ball has been played.
- There is to be no obstruction
- The ball cannot be deliberately stopped with the foot or kicked, however when the ball merely touches the foot where no advantage is gained, play should continue.
- Free hit and side line hits all opposition players must be 5m away
- Penalty Corner (Apply as per FIH rules)
- Long corner at 5 meters from the back line where the ball went out (no direct shot at goal allowed must be passed).
- A goal is scored when the ball is played off an attackers stick into the goal from inside the circle.
- Goal Keepers must wear protective equipment

## The Grip

There are no left-handed sticks!

Left hand goes near the top and the right hand near the bottom of the sticks grip.

The left hand holds the stick and the right is there for support. The right hand is loose so that when you go to turn your stick over it turns in your right hand.



Common errors:

- Hands the wrong way around
- Hands too close together

There are different grips for different skills, the left hand usually stays at the top of the stick and the right hand adjusts depending on the skills.

- Pushing/dribbling/slap hit- is the same grip as the pictures above with the left hand near the top and the right hand at the bottom of the grip.
- Hitting/sweeping- the right hand comes up closer to the left giving a longer lever.

### Activity

Set up an obstacle course with all sorts of equipment, using fundamental movement skills. Get players to run through the obstacle course and when they are back get them to pick their sticks up, check their grip and get them to run through holding their sticks.

Learning points:

- Learning to pick stick up in a hurry
- Spatial awareness when carrying a stick
- Safety when carrying a stick

## Dribbling/Ball Carrying

The way you carry the ball in a dribble is very important, too close and you won't be able to see where you are going or who is around you as you will be looking at your feet, there is also the risk of kicking the ball. Too far away and you will lose control.



The 'Indian Dribble' is the next skill to teach once players are able to dribble the ball and move around well with the ball on their stick. The Indian Dribble is where you roll the flat side of your stick over the ball to keep it under control allowing you to get around obstacles like players.



## Key Points:

- Right hand loose as you need to be able to roll your stick over the ball onto your reverse
- Keep looking up
- Ball position not too close and not too far away
- Don't hit/tap the ball in front and chase

## Activity

### Dribbling with control

Start basic, standing still and practising rolling your stick over the ball moving the ball side to side, progress to walking forward while doing it. Can then add obstacles like cones to go around.

Make it more fun or challenging by making it into a relay or race, or setting up an obstacle course.

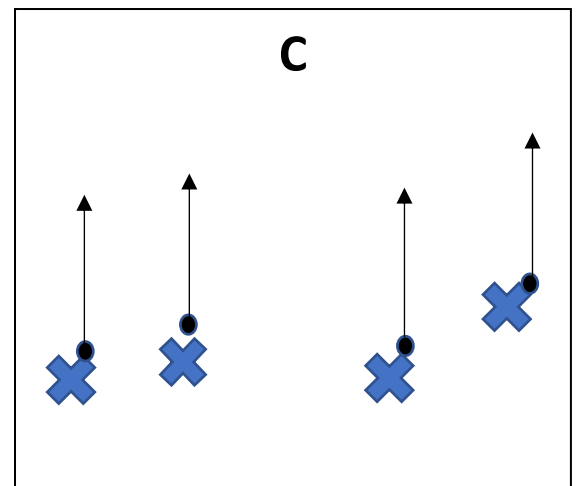
Use popular school yard games and incorporate hockey into it.

Some great ones are:

### What's the time Mr Wolf or Sneak up on Granny

in Sneak up on Granny- All players have a ball except the one marked C (this could be the coach or a player). The players with the ball are trying dribble the ball up to and tag the players marked C without being seen moving. Player marked C has their back to the players and turns to try and catch them moving. If caught players must go back to the starting line.

This works on ball control as well as players keeping their eyes up.

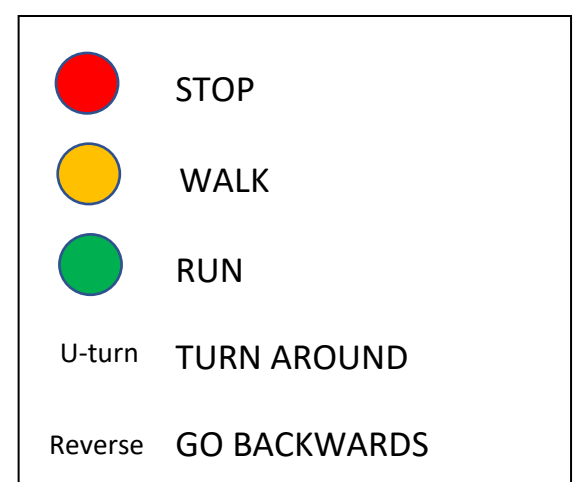


## Activity

### Traffic Lights

Coach sets up an area that players can move around in with their balls dribbling around.

The coach stands in the middle of the area either calling out the lights/movements that the players are to try and do. Next step will get players to be looking and checking the lights. Coach has a different colour cone that can be held up as lights and movements can be used for the extra traffic signs like the coach turns around on the spot to mimic a U-turn and hopping for reverse for examples.



Players work on their vision on the coach as well as other players, players also practising controlling the ball through different movements.

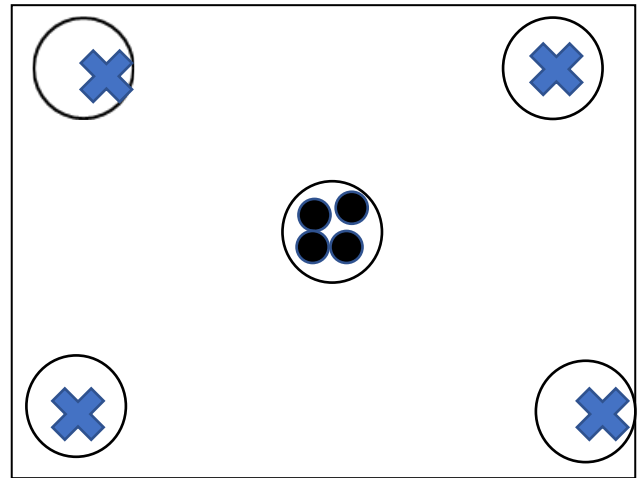
### Game

#### Rob the nest

Always a crowd favourite.

Hoops or cones can be set up as 'nests'. The middle nest is set up with the balls for the game and the players each have a nest surrounding it. When the coach starts the game the players all run in and get a ball and dribble it back to their nest. Once the balls are all gone from the middle nest players can then steal balls from other nests.

Can also have teams or pairs at each nest and they can take turns and support each other.



This is a fun game which can get very competitive, players work on their dribbling skill as well as working as a team.

### **Tackling**

There are many different types of tackling:

- Flat stick tackle (Or called Block tackle)
- Reverse flat stick tackle
- Jab Tackle
- Shave Tackle
- Channelling/Shadowing

The tackles most used are the Flat stick tackle and the jab tackle, but the most basic and first to learn is the flat stick tackle.



Key Points:

- Hands are apart on the stick therefore strong
- Body position is low
- Feet are not 'square' side by side, they are front and back in a lunge like position, this allows you to be stable and strong
- Move your feet/stay mobile
- Watch the ball
- Don't swing as this could cause you to hack the stick

## Jab Tackle



A tackle in which you lunge forward toward player with the ball and aim to knock the ball or disrupt their play with the bottom of the hook.

Key Points:

- Footwork is key, feet cannot be caught square or you will be unstable and slow to turn, players need to work on shuffling/side stepping backwards rotating front and back feet when needed.
- Timing is another big factor for the jab tackle, time the jab for when the player taps the ball or takes their stick off it.
- You don't always have to go for the ball, you can jab just in front or beside the ball to put the player off and slow them down.

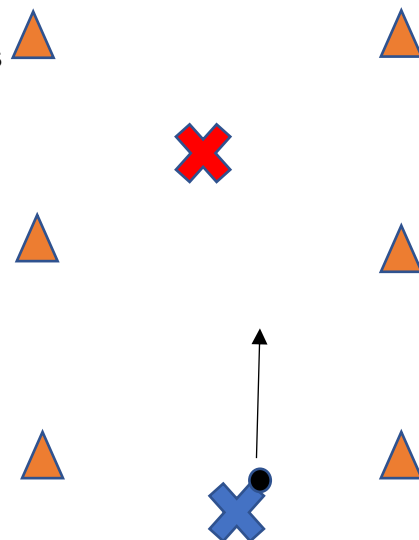
## Activity

### Tackle box

A very common drill which can be done at all ages, you can add in different rules or challenges for each skill level.

Rather than setting up a square you can set up a rectangle/two boxes so that you can have the defender set up a little deeper and let the attacker get 'a run up'.

As develop and improve you can add more to the drill eg:  
Adding in channelling, the defender can come into the front box once the attacker starts but they cannot make the tackle they have to channel and get into a good position to make the tackle.



## Game- King of the square/shark attack

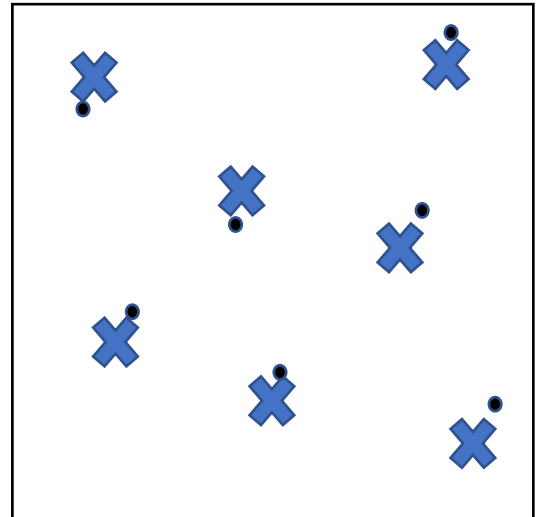
Coach sets up a playing area and all players have a ball. They have to all try and protect their ball but also tackle and knock other players ball out. Last man in the playing area with their ball wins.

Can add different challenges, I like to give players who get knocked out a challenge to complete so they can then go back in.

### Passing

There are many different ways to pass a ball in hockey:

- Push
- Sweep
- Slap
- Hit
- Reverse Hit
- Deceptive Sweep



### Push Pass

The first type of pass we need to teach which is the most used pass in hockey is the Push Pass.

The push pass is very accurate and as kids get older and stronger they will be able to use the push pass to pass further and harder.

1. Start with the ball on your stick and in line with your back foot (right)
2. Step forward with your left foot and follow through with your arms, transferring your weight from your right to left foot as you release the ball.
3. Release the ball in the direction you want it to go and on your follow through your stick should end up pointing where you want the ball to go.

### Key Points:

- Right hand low on sticks grip
- Step into it
- Follow through

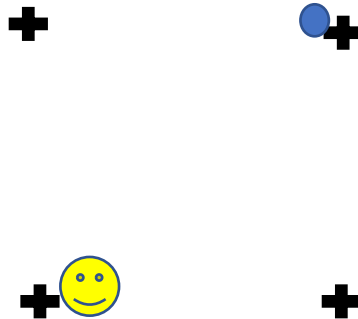
### Activity- 1, 2's

Start in pairs and do push passes to each other, once they have mastered that get them to do it on the move. Can end with a shot on goal.

## Sweep Pass

The sweep is the pass that naturally comes next to kids. This when the technique is right is a strong and very accurate pass.

Use the same set up concepts with the sweep and hit. Do this by setting up a box, the box for a sweep hit is a lot bigger than the hit as when doing a sweep, you are a lot lower to the ground therefore your gait is wider.



Referring to the drawn image

Draw an imaginary large square on the turf.

Player starts with both feet in back left corner of the box (yellow face)

Take a big step forward with left foot with stick starting back and on the ground. Sweep your stick low along the ground until it hits the ball then continue to follow through around the front of the body.

### Key Points:

- Stick needs to stay low and sweep along the ground
- Ball makes contact with the stick just up from the hook
- Body position is low
- Stick continues its follow through around the front of players body

## Hit

Hit is one of the strongest ways to pass and shoot the ball but not always the most accurate, it is a hard skill to get right and involves a lot of practise.

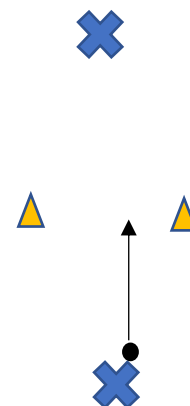


1. Bring right hand up to the left so both of the hands are together near the top of the stick
2. Step forward and set/knock the ball so that it is inline with your front foot
3. As you step forward swing your stick backwards around your body with your front shoulder leaning over your front toe.
4. Swing forward connecting with the ball
5. Follow through by stepping forward following the direction of your hit

You can also set up a box to help players know where to set their feet up and the ball!

## Activity- Accuracy

With players in pairs have them about 10m away and in the middle of them set up a 'gate' where they have to try and get the ball through by hitting and sweeping. Set a competition to make it interesting. No missed traps and accurate passes to a number, first there wins.



## **Trapping and Receiving**

If players are learning to pass, they then obviously need to know how to trap a ball. When learning the push pass, we can learn to trap the ball gently like cradling an egg. Guide the ball in with your stick so that the ball doesn't bounce off your stick. When you have a stiff stick and strong grip the ball can bounce off your stick making it a sloppy trap.

We want to try and teach kids to trap upright, not go down with their stick down across the ground. The reason behind this is we are more mobile when upright and able to be ready to pass or dribble off.

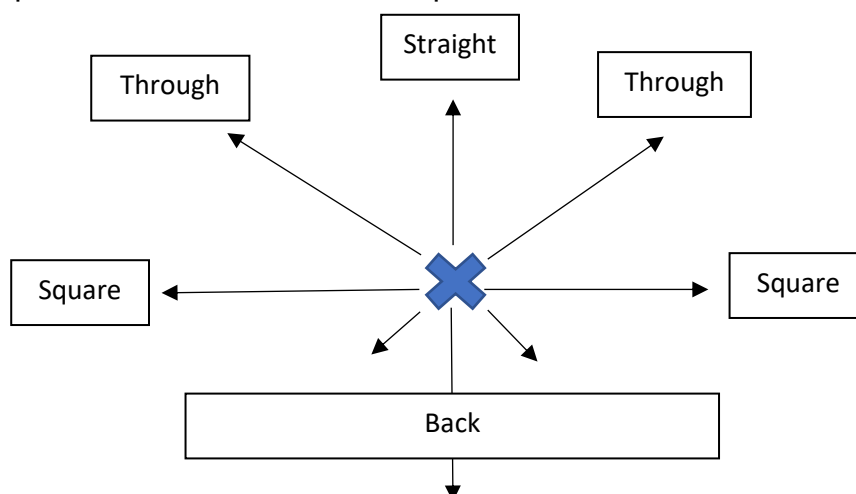
### Key Points:

- Right hand low on the grip
- Move your feet
- Watch the ball
- Soft hands/guide the ball in

## Passing Concepts

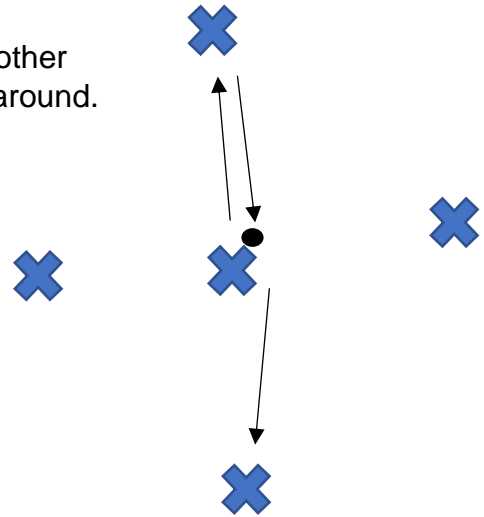
Drill the basics, make sure that players at this level understand the basics of hockey and not just the basic skills. When passing the ball they need to know a few things like:

- Understanding the 4 calls/directions for passing
- Move feet and get in the right position to trap and pass the ball
- Look before you pass
- 2 touch passes one to receive one to pass



### Activity- Open Receive

Middle player is working on their open receive. The ball is always passed to the middle player who receives the ball and using an open receive rolls around and passes to another player. Practise and repeat, change player in the middle around.



### Activity- Left Foot Passing

Another drill that may seem like not much but it is very important. Can do it many different ways but the simplest is in pairs. Push passing to each other 5m away from each other. Their aim is to hit their partners left foot, the player receiving needs to protect their feet. One rule is that the player receiving needs to trap the ball on their forehand therefore moving their feet constantly.

Can make it a competition by getting a point any time you hit your partner's foot.

## Small Games

### Hocktopus

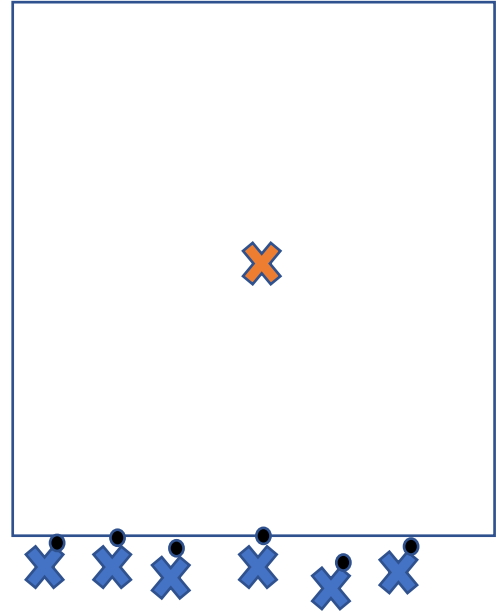
Just like the school yard game octopus, but hockey version.

Coach sets up quite a good size playing area

All players start at one end all with a ball, one player starts in the middle without a ball.

Player in the middle calls out who can go... players wearing red, or players with a T in their name, these players then dribble their balls trying to get to the other end of the playing area without being tackled by the person roaming in the middle. Once the first person from this group gets to the other end they yell 'Hocktopus' and the rest of the players go.

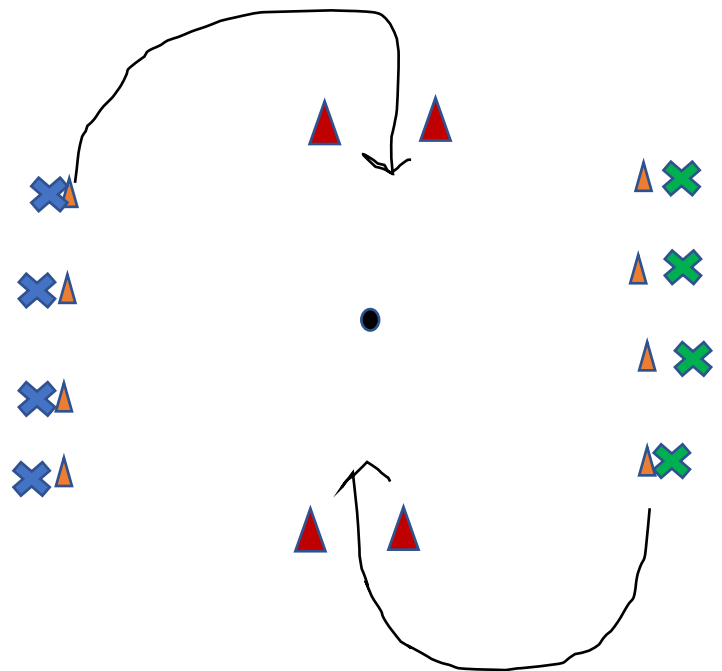
If they do get tackled and their ball is hit out, they then become seaweed where they are not allowed to move from the place they were tackled and have to reach wise with their stick to try and stop and tackle others getting past. Last one still with their ball wins



### Fruit Salad

Players are put into two teams and each have their own cone and name. Each name is a name of a fruit.

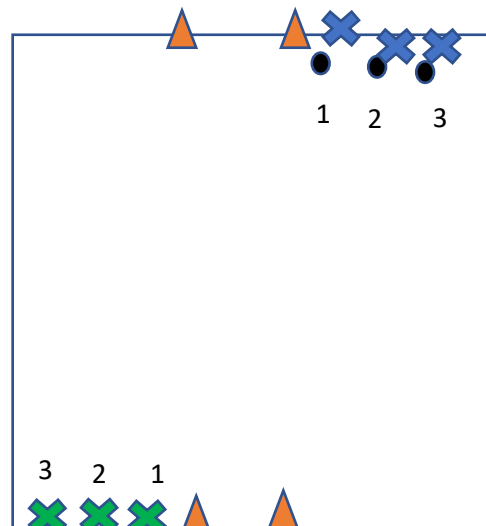
The coach yells a fruit name or two, those players run around through their defending goal to enter the game and play it out. The coach can also call fruit salad where everyone goes in.



### Numbers Hockey

Players are split into two teams and each given a number eg 1,2 & 3 in this case. Stage 1 is where the 1s enter the game. The team with the ball dribbling in and the other trying to get it off them just like in a game and both trying to score.

Once that ball is played out the 1s stay in and the twos come in too making it a 2v2 and so on. Then repeat swapping which team starts with the ball.





## Possession Game

This sort of drill/game can be used with all ages as you can change and add different rules depending what you want the players to focus on.

Coach sets up a playing area and splits the players into two teams (usually). Players work towards so many successful passes rather than working towards a goal to score in. Can add rules like no tackling, no dribbling or only touching the ball twice before passing it.

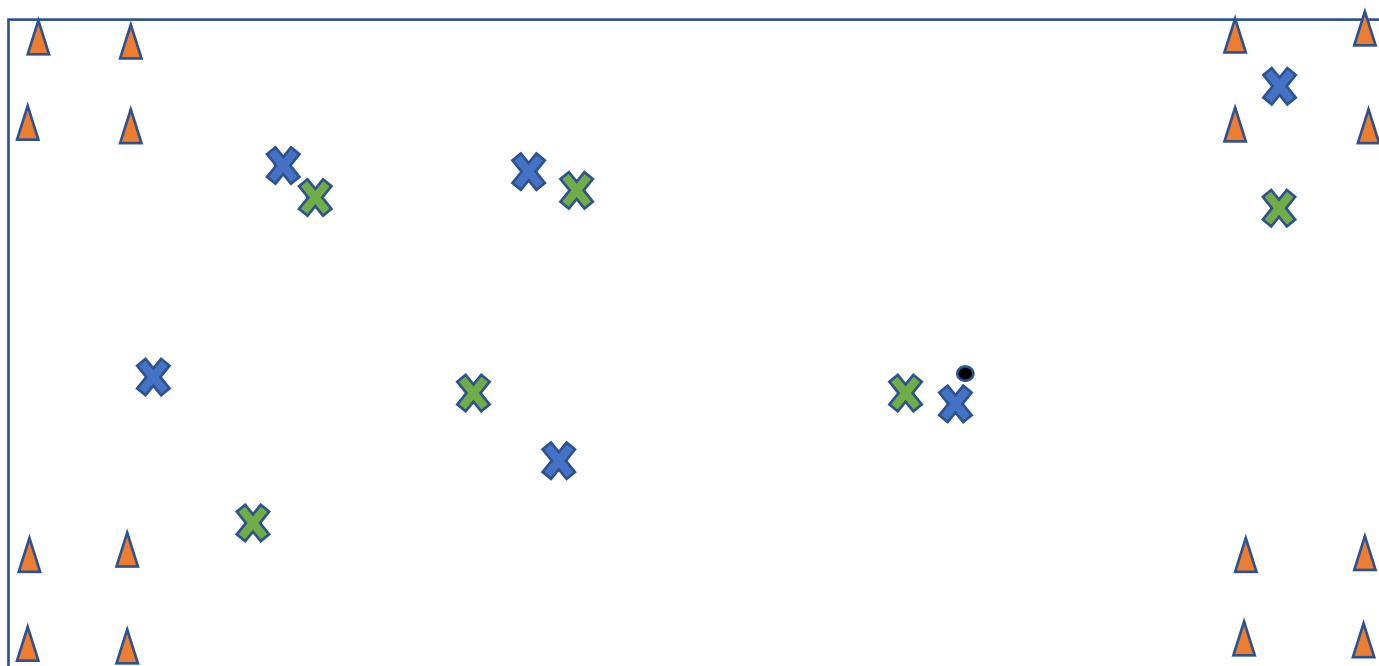
## 4 Goal Game

This game works on players moving the ball and looking in all directions (not just forward) to offload passes.

Players cannot score in the same 'goal' 2x in a row.

To score a goal players must pass the ball to a player from their team to successfully trap in the goal/square. Only the attacking team at the time can stand in the square/goal.

Once scored they don't lose possession they can keep attacking and try and score in another goal.



## Resources

Handy resources to look into:

Hockey New Zealand Coaching Site: <https://hockeynz.brackenlearning.com/>

Online learning, Resources, Training activities and more

You Tube: Ryde Hockey, channel is called coachingdirector  
Awesome how to for skills, also taken through different drills

Facebook: Hiroshima Buena Vista Hockey Club

Lots of really fun different skills and drills activities for little kids! Go into their videos to find them.

The best resource though is each other, talk to other coaches watch other trainings, learn from each other.

There are many more you just need to have a look around