



# STICK2 HOCKEY *Handbook*



# TABLE OF CONTENTS

The Hockey Journey	3
For the Coach	4
8 Focus Skills	5
Stick2Hockey	12
Stick2Hockey quick guide	13
Pitch layout	14
Safe Play	15
For the Umpire	16
Game Formats	17
Club Hockey	20



# THE HOCKEY JOURNEY

## *Come & Try*

LENGTH = 1HR

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

## *Hookin2Hockey*

LENGTH = 8 WEEKS 1 X 1HR SESSION

Hookin2Hockey is the introductory program for new participants, giving them a fun and safe environment to develop and learn the fundamentals of hockey.

## *Stick2Hockey*

LENGTH = UP TO 16 WEEK SEASON

Stick2Hockey is a participant first experience within a modified competition format through modified games, being played at the local venue(s). It is the bridging program from Hookin2Hockey to traditional club hockey or other social forms of the game.

## *Club Hockey*

Club Hockey is a more structured format of the Stick2Hockey program. Club Hockey will allow participants to play in a competitive environment against teams from other clubs at multiple locations in most cases.

## *Social Hockey*

Modified formats of the game, played in a non-competitive environment. These formats are the opportunity for people to play without the competition factors of traditional club hockey.

**FOR MORE INFORMATION VISIT  
[WWW.STICK2HOCKEY.COM.AU](http://WWW.STICK2HOCKEY.COM.AU)**

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

# FOR THE COACH

**STICK2HOCKEY FACILITATES THE INTRODUCTION TO NEW COACHES, IN ADDITION TO EXPERIENCED COACHES, TO A SMALL SIDED GAME FORMAT THAT IS WIDELY USED TO DEVELOP GAME SKILLS AND DECISION MAKING.**

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

## *Game Sense*

TOP 5 QUESTIONS TO ASK YOUR PLAYERS...

### **1: What do you do...?**

Tactical awareness  
e.g.. What do you do when your team turns the ball over?

### **2: How do you...?**

Skill and movement execution  
e.g.. How do you create a two on one opportunity with the ball?

### **3: When is the best time to...?**

Time  
E.g.. When is the best time to transfer the ball laterally?

### **4: Where is...?**

Space  
E.g.. When is the best place for a striker to receive the ball?

### **5: Which is the best choice between...?**

Risk  
E.g.. Which is the best choice between having a shot from the baseline or finding a pass?

Reference: Teaching Sports Concepts and Skills,  
Mitchell, Oslin & Oslin & Griffin, Human Kinetics, 2013

## *What You Say Matters*

WHEN COACHING...

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

You can also have an effect on their quality of life. This effect can be either positive or negative and has much to do with what you say or don't say.





# Stick2Hockey

## 8 Focus Skills

VIDEOS AVAILABLE AT [WWW.HOCKEYAUSTRALIA.NET](http://WWW.HOCKEYAUSTRALIA.NET)

### 1. Pushing

Flat, appropriately weighted pass to stationary and mobile receivers.

### 2. Trapping

Stick in upright position on the forestick, ball out in front of body to enhance better vision. Stick in upright and/or flat stick position on the reverse/backstick side.

The use of feet should prevent this being required in most instances.

### 3. Receiving

Being mobile at the time of receiving. This is moving forward on the forestick side as well as being able to come back to the ball (post-up). Receiving the ball, moving forward on the left side, either allowing the ball to go across the body and receive using the backstick, or receiving on the forestick.

### 4. Slapping

Flat and accurately delivered ball to a targeted area.

### 5. Hitting

Flat and accurately delivered ball to a targeted area. More of a baseball swing action to be used rather than a golf club swing. The stick follow through is around the body rather than over the left shoulder.

### 6. Ball Carry

Ball to be carried on the forestick with the ball positioned on or just outside the right foot (somewhere between 12 & 1 o'clock). Left hand positioned away from the body.

### 7. Elimination

Elimination can be executed via a pass, stick work (skill), the body or ball carry speed. Focusing on the skill component, the player must possess a left to right, and a, right to left drag. As a general rule, if dragging to the left, the ball starts from outside the right foot. If dragging to the right, the ball starts from the outside the left foot.

### 8. Tackling

Technique can either be a jab/poke tackle, flat stick tackle or more recently, a steal, generally from the side whilst moving in the same direction as the ball carrier. In each situation, the feet must always be moving, eliminating the tendency to over commit in the tackle. The defender dictates terms to the ball carrier by channeling them to an area that benefits their team or allows them to execute one of the three tackle techniques.



## FOR THE COACH



The Community Coach Training Program is designed to train coaches in the basic concepts of coaching including group management and organisation, conducting modified games and activities, safety and enjoyment. It is an enjoyable and straight forward training program involving an online learning session, an applied learning quiz and a practical evaluation. The program is directed towards teachers, parents and other new coaches who are involved in Stick2Hockey, Hookin2Hockey and modified versions of the game.

For more information head to [www.hockey.org.au/coachingqualifications](http://www.hockey.org.au/coachingqualifications)



# 8 FOCUS SKILLS

## *Pushing - Rob the nest - Goal Shooting*

### SET-UP

In a 10m – 10m area, at two of the four corners create two team bases, using a couple of cones. On the remaining two corner place two goals, for the teams to shoot into. In the middle of the area place four cones down to make the nest with all the hockey balls in it (The balls start at the nest).

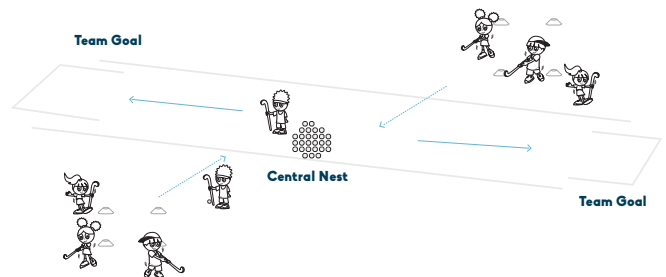
### DESCRIPTION

- Split participants into teams of 3-4. One at a time participants run into the middle and collect a ball, they must then push the ball into their teams designated goal.
- Once all the balls have been collected from the middle, it is the team with the most balls in their goal that wins.

### CHANGE IT

- Add more balls, allowing more opportunity for each player.
- Move the goals further away from the central nest.
- Add protectors who put pressure on the players trying to score a goal.

### DIAGRAM



## *Trapping - Hockey Tennis*

### SET-UP

One ball between four to six players. Set an area that fits two or three players on each side of a centre line (like a tennis net). Mark out a base line that is five to ten meters from the centre line.

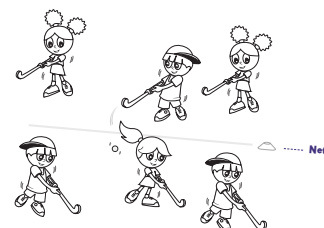
### DESCRIPTION

- 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. 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 five points wins the game.

### CHANGE IT

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

### DIAGRAM





# Slapping - Hockey Bowling

## SET-UP

Split your group into three teams. Each team will line up with three to six witches hats set up in a triangle five to ten metres away from them (should look like a ten-pin bowling alley).

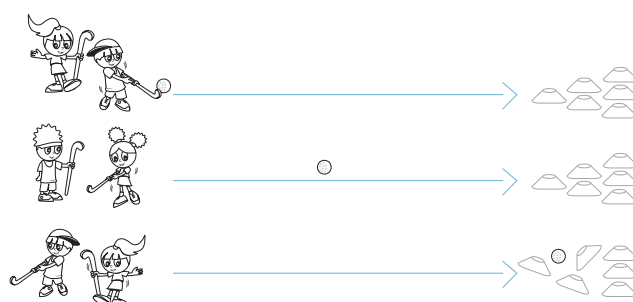
## DESCRIPTION

- Each team member will have 2 attempts to knock down the cones at the other end. Once they have had their two slaps, the cones need to be reset and the next player has their go.

## CHANGE IT

- Make the 'alley' longer (players to slap from further back).
- Add in more cones.
- Create a competition. Have a knockout tournament involving all the players.

## DIAGRAM



# Receiving - End Zone

## SET-UP

- Create a playing area, 15m x 15m.
- Each participant has a ball and stick.

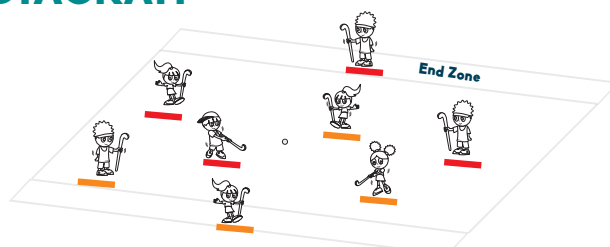
## DESCRIPTION

- There will be two teams (approximately five players per team) Four of those players will be in the middle zone, and one player from each team will be in the end zone.
- Players aim is to pass the ball through to their end zone (where their team mate is placed) Their team mate must trap the ball for them to score.
- The opposing team is trying to stop them in the middle zone and then pass the ball to their zone (where their team mate is placed).

## CHANGE IT

- Increase numbers to make a three on two (attackers with three).
- Have equal numbers of attackers and defenders (Two each).
- Give the defending team a goal so that when they steal the ball they can attack as well.

## DIAGRAM





## Hitting - Horse

### SET-UP

- Players to be placed in groups of four in line with a goal for each group.
- Each player requires a ball.

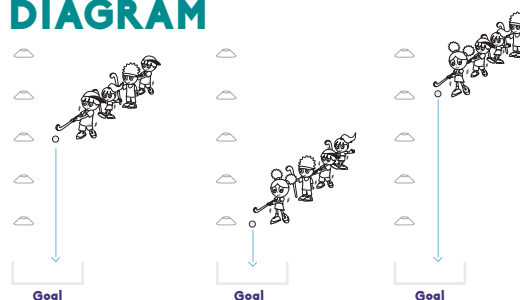
### DESCRIPTION

- Approximately 3m from the goal, place the first cone in a line of 5.
- One metre behind the first cone the second cone will be placed, then the third etc.
- Players take it in turns to try and hit the ball into the goal, their team will go back a cone each time they score.
- The team who scores from each cone first will be the winner.

### CHANGE IT

- Make the distance between the cones and the goal further.
- Add more cones to the game.
- Change the width of the goals to make it more difficult to score.

### DIAGRAM



## Ball Carry - Hocktopus

### SET-UP

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

### DESCRIPTION

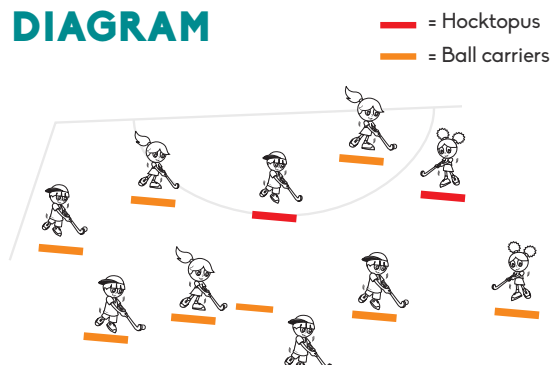
- 2 mobile stealers should be selected from the participants, they are the 'Hocktopus'.
- The rest of the players line up at one end of the field, each of those players have a ball.

- The players must dribble the ball to the other end of the field, while the Hocktopus try and steal the ball from them. Once a player has had their ball stolen they become seaweed.
- Seaweed are stationary stealers, they can try and steal the ball from the players but are not permitted to move in order to do so.
- The last players to have their ball stolen by either the Hocktopus or seaweed is the winner.

### CHANGE IT

- Have only one Hocktopus.
- Make the playing area smaller.
- Include additional Hocktopus.

### DIAGRAM



## Elimination - 2v1

### SET-UP

- In a field that measures five by five meters, have two attackers and one defender.
- Have one goal at one end, the other end is where the attackers will begin with the ball.

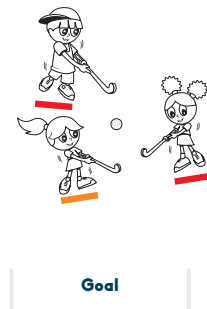
### DESCRIPTION

- The attackers will start with the ball and they will need to eliminate the defender in order to carry the ball over the goal line at the other end of the playing area.
- Attackers can eliminate the defender using any of the skills they possess ie. Stick skills, ball carrying or passing.

### CHANGE IT

- Increase numbers to make a three on two (attackers with three).
- Have equal numbers of attackers and defenders (Two each).
- Give the defending team a goal so that when they steal the ball they can attack as well.

### DIAGRAM



## Tackling - Cops & Robbers

### SET-UP

- Create a small playing area, 10m x 10m (ensure the area is big enough for all players to safely move around).
- Each participant has a ball and stick.

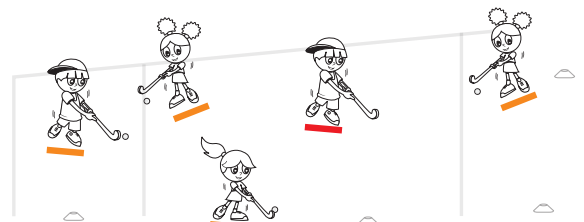
### DESCRIPTION

- All players except two will begin with a ball. The players with a ball are the cops, those players without a ball are the robbers.
- The aim for the robbers is to steal the ball from the cops and pass the ball outside the area.
- Once a cop has lost their ball, they are out of the game and must exit the area.

### CHANGE IT

- Make the area larger, allowing more space and time.
- Create additional robbers.
- Once a player is eliminated. They are allowed to reach into the area with their stick to steal from the remaining cops. Their feet are not allowed to enter the area.

### DIAGRAM





## Fundamental Rules of Hockey

There are very few rules of the game that need to be administered for the activities in this handbook. The two rules outlined below can be officiated as stringently or as leniently as seen fit to suit the age group that is participating in the session and program.



### No feet

Technically the ball is not permitted to touch a player's feet. However, in situations where the ball hits a player's feet but no advantage is gained then play-on can be called. If advantage has been gained then a free hit is awarded to the opposite team.



### Flat side only

Only the flat side of the stick can be used in hockey. This can again be enforced or not enforced depending on the age of the participant. It is recommended that in younger participants this rule is encouraged rather than enforced.

## WHEN COACHING CHILDREN, ALWAYS REMEMBER:

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



# INCLUSIVE COACHING

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

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

## QUALITIES AND SKILLS OF AN INCLUSIVE COACH

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

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





# STICK2HOCKEY

Hockey Australia's Stick2Hockey handbook has been designed for the delivery of an 8-16week program that can be run at any time of the year to give young hockey players an experience in a more formalised competition environment. This program is a natural progression from Hookin2Hockey and will help participants develop their skills further as they move towards traditional club hockey or other social formats of the game.

## PHILOSOPHY

Providing a precursor to traditional club hockey, Stick2Hockey gives participants the opportunity to play modified games with less players on each side ensuring that each player is more involved in the game. Whether a participant has gone through the Hookin2Hockey program or not, Stick2Hockey allows the further development of the fundamental hockey skills, as well as the game based learning that come through the modified matches.

## RECOMMENDED EQUIPMENT

**HOCKEY  
STICK**

**MODIFIED  
BALL**

**SHIN  
GUARDS**

**MOUTH  
GUARD**

For all your equipment needs Hockey Australia retail partner Just Hockey is where you will find it. Head to the website to purchase items such as Modified balls (Mazon Mini Ball or Kookaburra Joey Ball) - [www.jushockey.com.au](http://www.jushockey.com.au)

# STICK2HOCKEY

## 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
AGE	Under 7/8	Under 9/10	Under 11/12
PLAYING AREA	1/8 Field (27m x 22m)	1/4 Field (55m x 22m)	1/2 Field (55m x 55m)
GOALS	Pop up goals or Cones	Cones, modified goals or Regular goals	Cones or regular goals
BALL TYPE	Modified	Modified	Modified or Regular
GOAL KEEPER	Not required	Not required	Optional
SESSION LENGTH	45 min (15 skills 30min game)	45 min (15 skills 30min game)	45 min (15 skills 30min game)
HITTING/ SLAPPING	Pushing only	Pushing and slapping	Pushing, Slapping and Hitting
SHORT CORNERS	Not required	Not required	4v3 (See Short Corner Guide)
UMPIRES	Community umpire	Community umpire	Community 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.



# SAFE PLAY

STICK2HOCKEY FOCUSES ON SAFE PLAY, FUN, INCLUSION AND ENJOYMENT

## 1/8 AND 1/4 FIELD RULES:

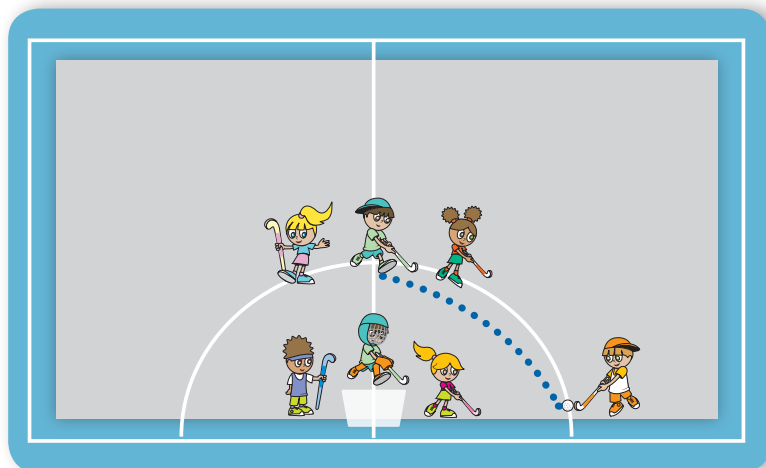


## OPTIONAL ADDITIONS FOR 1/2 FIELD FORMAT:



## PENALTY CORNER GUIDE

4 attackers v 3 defenders





# FOR THE UMPIRE

STICK2HOCKEY 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.

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## 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*

- The focus for a developing umpire in this format is positioning and playing advantage where possible.
- Be in position to ensure a **safe play**

## 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 Stick2Hockey, Hookin2Hockey and modified versions of the game or lower level club hockey.

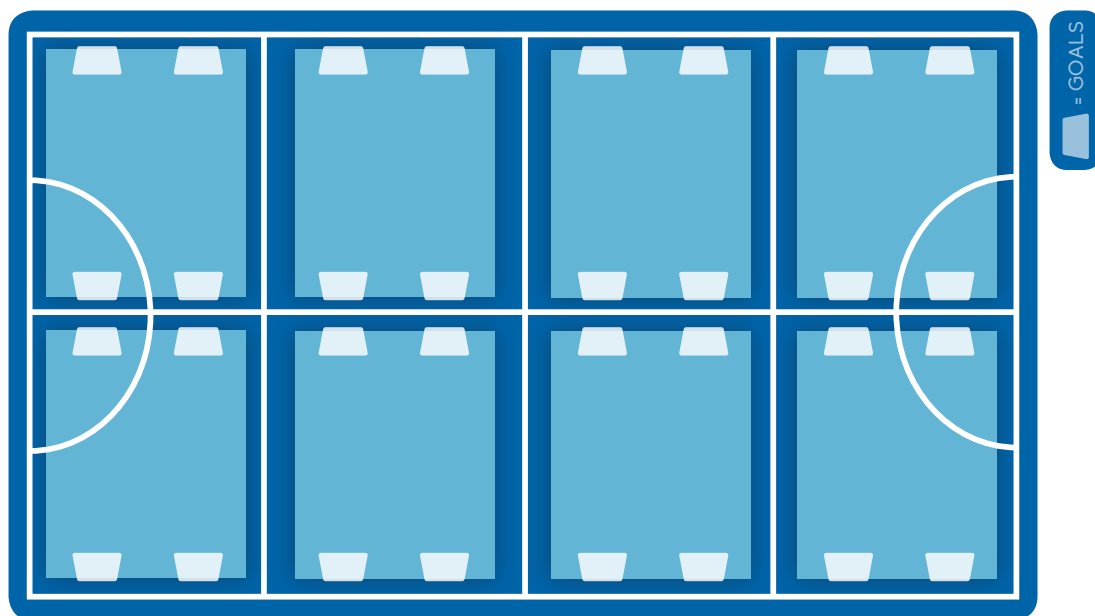
For more information head to [www.hockey.org.au/umpiring](http://www.hockey.org.au/umpiring)





# GAME FORMAT

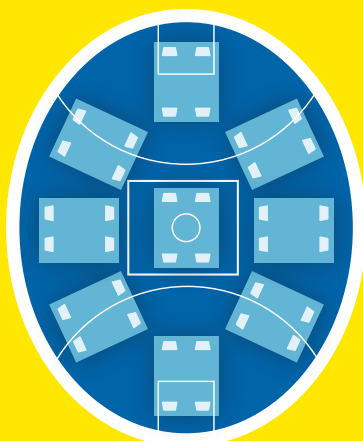
## *1/8 Field*



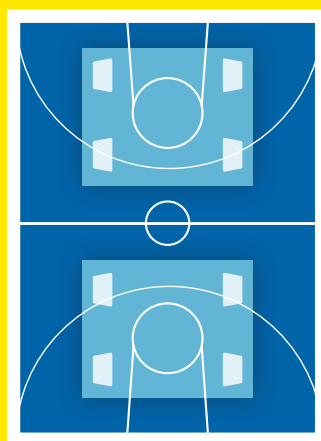
PLAYERS	AGE	BALL
3 - 5 A SIDE	UNDER 7/8	MODIFIED BALL
PITCH SIZE	SESSION LENGTH	GOAL LAYOUT
APPROX. (27M X 22M)	45 MIN (15 MIN SKILL 30 MIN GAME)	2 GOALS AT EACH END

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.

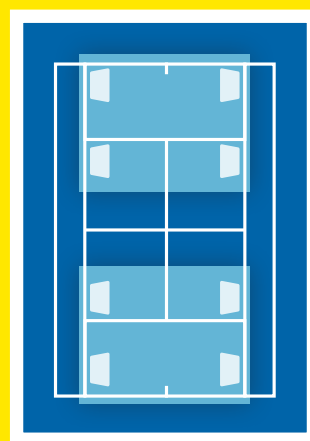
## ALTERNATIVE FIELD OPTIONS — 1/8 FIELD



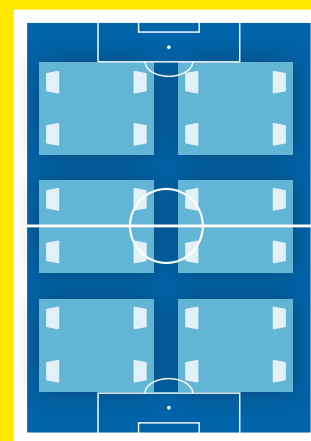
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BASKETBALL / NETBALL



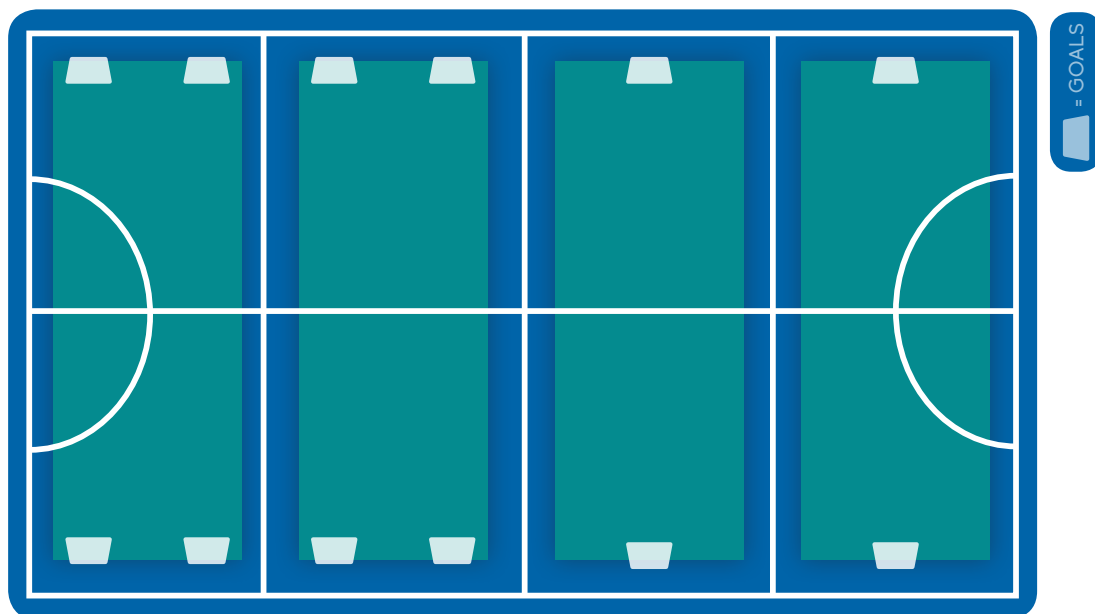
TENNIS



SOCCER / NRL / ARU

# GAME FORMAT

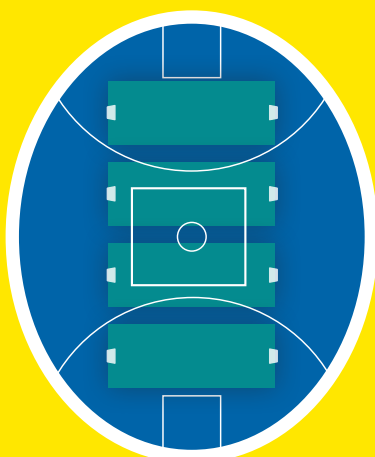
## *1/4 Field*



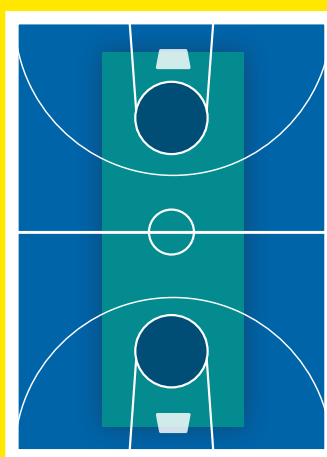
PLAYERS	AGE	BALL
5 - 7 A SIDE	UNDER 9/10	MODIFIED BALL
PITCH SIZE	SESSION LENGTH	GOAL LAYOUT
APPROX. (55M X 22M)	45 MIN (15 MIN SKILL 30 MIN GAME)	2 GOALS AT EACH END OR 1 GOAL AT EACH END

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

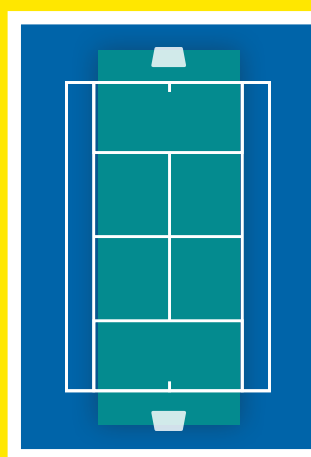
## ALTERNATIVE FIELD OPTIONS – 1/4 FIELD



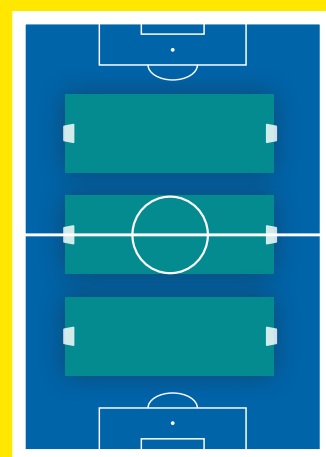
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BASKETBALL / NETBALL



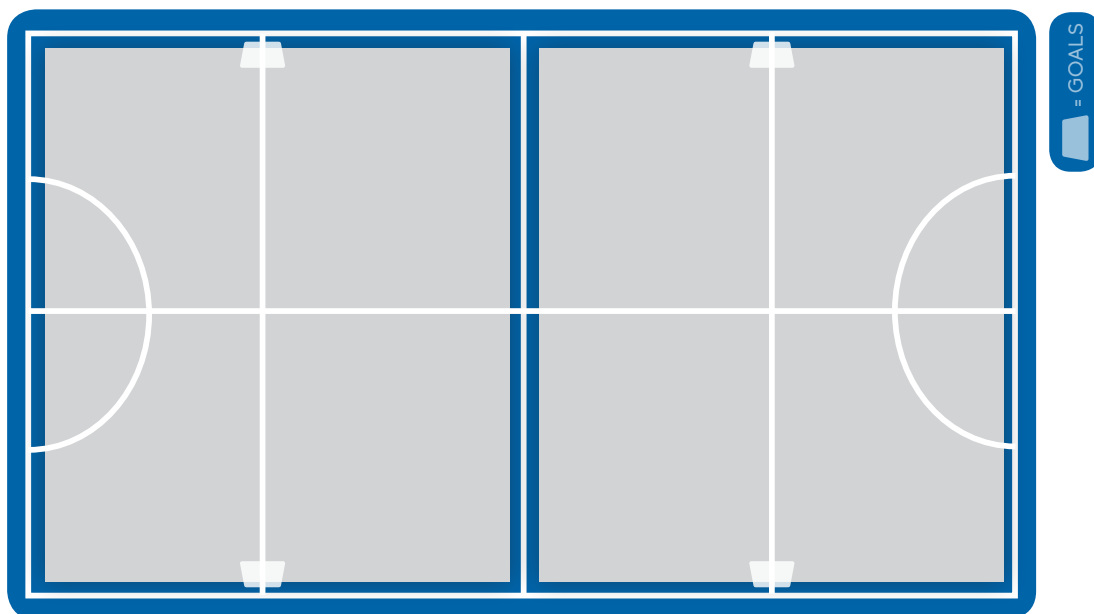
TENNIS



SOCCER / NRL / ARU

# GAME FORMAT

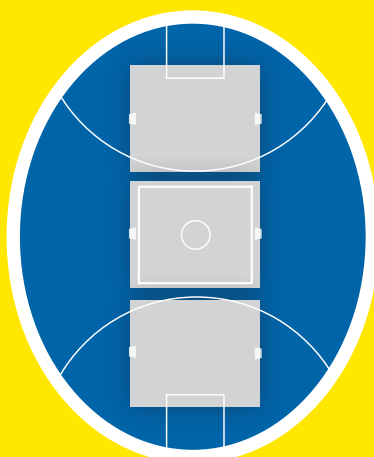
## *1/2 Field*



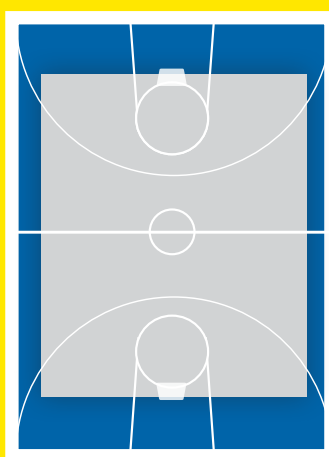
PLAYERS	AGE	BALL
7 - 9 A SIDE	UNDER 11/12	MODIFIED BALL OR REGULAR BALL
PITCH SIZE	SESSION LENGTH	GOAL LAYOUT
APPROX. (55M X 45M)	45 MIN (15 MIN SKILL 30 MIN GAME)	1 GOALS AT EACH END

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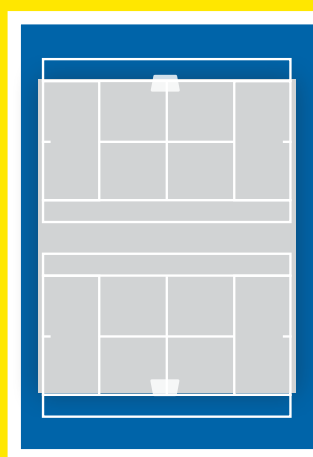
## ALTERNATIVE FIELD OPTIONS – 1/2 FIELD



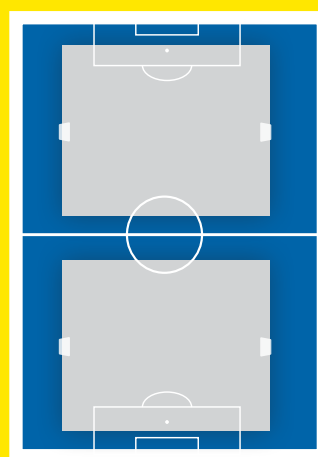
AFL



BASKETBALL / NETBALL



TENNIS



SOCCER / NRL / ARU



# WHAT IS THE *Club Hockey* EXPERIENCE?



Following your entry through Stick2Hockey you will be introduced to the traditional club environment based on a traditional 11 a side game, played on a full field.

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



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