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THE HOOKIN2HOCKEY JOURNEY

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

Skills in Action
LENGTH = 8 WEEKS 1 X 1HR SESSION
Skills in Action is the introductory program for new participants, giving them a fun and safe environment to develop and learn the fundamentals of hockey.

Game On!
LENGTH = 8 - 16 WEEK SEASON
Game On! is a participant first experience within a modified competition format through intra-club games, being played at the local venue(s). It is the bridging program from Hookin2Hockey to traditional club hockey or other social forms of the game.

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

FOR MORE INFORMATION VISIT WWW.HOOKIN2HOCKEY.COM.AU
The Hookin2Hockey 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

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

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

Game Sense

TOP 5 QUESTIONS TO ASK YOUR PLAYERS...

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

What You Say Matters

WHEN COACHING...

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

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

FOR THE COACH

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

For more information head to www.hockey.org.au/coachingqualifications
Fundamental Rules of Hockey

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

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

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

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

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<tr>
<td>RESPECT</td>
<td>ACKNOWLEDGING DIFFERENCE AND TREATING ALL PARTICIPANTS AS INDIVIDUALS</td>
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<td>ADAPTABILITY</td>
<td>HAVING A FLEXIBLE APPROACH TO COACHING AND COMMUNICATION THAT RECOGNISES INDIVIDUAL DIFFERENCES</td>
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<th>ATTRIBUTES</th>
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<td>ORGANISATION</td>
<td>RECOGNISING THE IMPORTANCE OF PREPARATION AND PLANNING</td>
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<tr>
<td>SAFE PRACTICES</td>
<td>ENSURING EVERY SESSION, WHETHER WITH GROUPS OR INDIVIDUALS, IS CARRIED OUT WITH THE PARTICIPANTS: SAFETY IN MIND</td>
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<tr>
<td>KNOWLEDGE</td>
<td>UTILISING KNOWLEDGE OF TRAINING ACTIVITIES AND HOW TO MODIFY THEM IN ORDER TO MAXIMISE THE POTENTIAL OF EVERY PARTICIPANT</td>
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CHANGE IT EXAMPLE

<table>
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<tr>
<th>C</th>
<th>COACHING STYLE</th>
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<td>SIZE, SHAPE OR SURFACE OF THE PLAYING ENVIRONMENT</td>
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<td>NUMBER OF PARTICIPANTS INVOLVED IN THE ACTIVITY</td>
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This is the first experience most children will have with hockey. It is an action packed, fun filled one-hour session that will show participants how exciting hockey can be through a number of simple yet engaging games!

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

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

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

**THE AIM**

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

**REQUIRED EQUIPMENT**

- **HIN2H BATS**
- **CONES**
- **BIBS**
- **STICKS**
- **SHIN GUARDS**
- **Hocktopus**
- **Fruit Salad**
- **Roll the Nest**
- **Scarecrow Tiggy**
- **Number Hockey**
- **Rapid Fire**

hookin2hockey.com.au
COME & TRY

Warm Up — Rob the Nest

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

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

STEPS
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<tr>
<td>START OUT</td>
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<td>GET INTO IT</td>
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<td>PROGRESSIVE</td>
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DIAGRAM

Station 1 — Rapid Fire

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

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

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

DIAGRAM
COME & TRY

Fruit Salad

Station 2

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

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

STEPS
- START OUT
  - Add an extra ball, whichever team/player scores first gets the point

- GET INTO IT
  - Create a two on two game

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

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

Diagram

Scarecrow Tiggy

Station 3

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

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

STEPS
- START OUT
  - Make the space larger for players to move around

- GET INTO IT
  - Add more ‘taggers’ into the game

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

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

Diagram
COME & TRY
Station 4 — Number Hockey

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

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

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

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.

Diagram

Station 5 — Hocktopus

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

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

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

START OUT
Take away Hocktopus

GET INTO IT
Make the field larger or smaller.

PROGRESSIVE
Add extra Hocktopus.

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

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

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

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

**8-WEEK PROGRAM**
1X1HR SESSION PER WEEK

**PHILOSOPHY**

**REQUIRED EQUIPMENT**

- HIN2H PARTICIPANT PACK
- CONES OR REGULAR GOALS
- HIN2H OR REGULAR BALLS
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.
PIRATE SHIP

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

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

DRIBBLING

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 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

Question: At which Olympic Games did Australia win its first Men’s Hockey Gold medal?
SESSION ONE  

PUSHING & RECEIVING

Skill

Recommended Duration: 10 mins

Order of activity in this session: #3

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:
- Start Out
- Get Into It
- Progressive

CHANGE IT:
- Can be done stationary
- Two’s change to groups of three
- Players can jog or run while passing and receiving

BEATING AN OPPONENT 1v1

Skill

Recommended Duration: 5 mins

Order of activity in this session: #4

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 1v1 concept from game as such as British Bulldog/Red Rover. Players try to move past their opponent with the ball.
- The ball carrier should move on angles to change the position of the opponent, then when the opponent begins to follow they should dribble the ball at 45 degrees the other way.

STEPS:
- Start Out
- Get Into It
- Progressive

CHANGE IT:
- Don’t use hockey equipment, practice by running or walking.
- Use cones for the ball carrier to dribble around, rather than another player stealing.
- Allow running rather than walking
- Add a goal for the ball carrier to dribble the ball through

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

Order of activity in this session: #5
Duration of activity: 5 minutes

STEALING FROM AN OPPONENT

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 opponent’s 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).

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 opponent’s 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).

CHANGE IT:
- Only practice right side steals, not takeover steals
- Allow jogging rather than walking
- Add resistance from the ball carrier

STEPS:
- Start Out
- Get Into It
- Progressive

SESSION ONE

Order of activity in this session: #6
Duration of activity: 10 minutes

HOCKEY TENNIS

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.

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.

CHANGE IT:
- The field can be made bigger or smaller, to ensure there is enough room to receive the ball and for teams to score
- Players can be put into zones to spread them out, making it harder/easier to score points
- There can be more players added to each team

STEPS:
- Start Out
- Get Into It
- Progressive

Fact: The Australian Women’s Hockey team first competed in the Olympic Games in 1984, finishing 4th.
Rapid Fire

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

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

CHANGE IT:
- Start Out: Number of balls that can be fired can be decreased
- Get Into It: Number of collectors can be decreased
- Progressive: Number of chasers can be increased

Number of balls to be fired can be increased
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.

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

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

Steps:
- Start Out
- Get Into It
- Progressive

Change It:
- Move team nests closer to the central nest
- Add more balls to the central nest
- Once all balls have been taken from the central nest teams can start stealing from other teams nests, still following the rule of one player at a time.

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

**SKILLS CHALLENGE**

**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 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 dribble the ball around the cones, and then push 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:**

- Start Out
- Get Into It
- Progressive

**CHANGE IT:**

- Complete the course without hockey equipment. Balls can be carried and then thrown between players
- Add or take out cones/obstacles in the drill
- User player 3 as a passive stealer (Passive stealer should apply pressure to player 1 without actually stealing the ball)

**Fact:** For a goal to be scored in Hockey a player from the attacking team must touch the ball inside the 16 yard circle.

---

**SESSION TWO**

**FRUIT SALAD**

**Order of activity in this session: #4**

**Duration of activity: 15 minutes**

**SET-UP**

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

**DESCRIPTION**

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

**STEPS:**

- Start Out
- Get Into It
- Progressive

**CHANGE IT:**

- Add an extra ball, whichever team/player scores first gets the point
- Create a two on two game
- Multiple numbers called at one time, to make it a team game
• 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.
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.

<table>
<thead>
<tr>
<th>COMMAND</th>
<th>ACTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAN THE LIFE BOATS</td>
<td>Call out a number (e.g. 4) and the children have to get into groups of four and ‘row’ their lifeboat.</td>
</tr>
<tr>
<td>SCRUB THE DECKS</td>
<td>Children crouch down and pretend to clean the floor with their hands.</td>
</tr>
<tr>
<td>CAPTAINS COMING</td>
<td>Children salute</td>
</tr>
<tr>
<td>WALK THE PLANK</td>
<td>Children walk in a perfectly straight line one foot exactly in front of the other with arms outstretched to the sides.</td>
</tr>
<tr>
<td>BOOM COMING OVER</td>
<td>Teacher makes action of boom moving across the deck. Children must duck down to avoid being hit.</td>
</tr>
<tr>
<td>HIT THE DECK</td>
<td>Children lie down on their stomachs as quickly as possible.</td>
</tr>
<tr>
<td>DIRECTIONS</td>
<td>Children all run in the direction that is called by the Captain.</td>
</tr>
</tbody>
</table>

STEPS: CHANGE IT:
- Start Out: Use 4 commands
- Get Into It: Use 6 commands
- Progressive: Use all 8 commands

Fact: The Australia Men’s Hockey team first competed at the Olympic Games in 1956 where they finished 5th.
**PROTECT THE NEST**

**Order of activity in this session: #3**

**Duration of activity: 15 minutes**

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

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

**STEPS:**
- Start Out
- Get Into It
- Progressive

**CHANGE IT:**
- Remove protectors
- Allow robbers to steal the balls from other nest once all the balls have been stolen from the middle
- Add more protectors

**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.

- 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.

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

**STEPS:**
- Start Out
- Get Into It
- Progressive

**CHANGE IT:**
- Take away Hocktopus
- Make the field larger or smaller
- Add extra Hocktopus

**Question:** What are the Men’s and Women’s Hockey teams called?
**Answer:** The Men’s team is called the Kookaburras and the Women’s team is called the Hockeyroos.
SESSION THREE

STEALING FROM AN OPPONENT

Order of activity in this session: #5
Duration of activity: 15 minutes

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
Session 4: Game Focus

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

**ROB THE NEST** *(STICKS & BALLS)*

**Order of activity in this session: #1**

Duration of activity: 5 minutes

**Skill**

**PUSHING & RECEIVING**

**Order of activity in this session: #2**

Duration of activity: 10 minutes

---

**FACT: The Australian men’s hockey team first competed at the Olympics in 1956 where they finished 5th.**
**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 15mx15m with two goals at each end. A goal is made up of four cones creating a box. The field should be large enough to allow space for all the players.

**DESCRIPTION**

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

**SKILL IN ACTION**

**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.

**GAME 4v4**

Order of activity in this session: #4

Duration of activity: 15 minutes

**SET-UP**

4v4 game played with two goals

**DESCRIPTION**

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

**STEPS:**

Start Out

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

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

**CHANGE IT:**

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

Vary the size of the boxes

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

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

---

Session 5: Dribbling

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

### SCARECROW TIGGY

Order of activity in this session: #1

*Duration of activity: 5 minutes*

**Skill in action**

**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:**

<table>
<thead>
<tr>
<th></th>
<th>CHANGE IT:</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Drag & Pass**

Order of activity in this session: #2

*Duration of activity: 10 minutes*

**Skill in action**

**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:**

<table>
<thead>
<tr>
<th></th>
<th>CHANGE IT:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start Out</td>
<td>Put all the players on a field, where they have to dribble and avoid other players</td>
</tr>
<tr>
<td>Get Into It</td>
<td>Place the cones closer together</td>
</tr>
<tr>
<td>Progressive</td>
<td>Introduce a passive defender to put pressure on the dribbler but not execute a steal</td>
</tr>
</tbody>
</table>

**Question:** Who scored the winning goal for the Kookaburras at the 2004 Olympic Games?

**Answer:** Jamie Dwyer.
Question: There are three ways to score a goal in Hockey what are they?
Answer: Field Goal, Penalty Corner, Penalty Stroke
Session 6: Passing

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

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

- 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

DETAILED 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

Question: How many umpires are on the field during a game?
Answer: Two
**SESSION SIX**

**KNOCK OUT**

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

---

**SESSION SIX**

**3v3**

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

---

Fact: A Hockey field is 91.4 metres long
Session 7: Stealing

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

ROB THE NEST (STICKS & BALLS)

Order of activity in this session: #1
Duration of activity: 5 minutes

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

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

**STEPS:**

<table>
<thead>
<tr>
<th>CHANGE IT:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start Out</td>
</tr>
<tr>
<td>Get Into It</td>
</tr>
<tr>
<td>Progressive</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAKE IT DIFFERENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start Out Make the playing area larger (increase the distance from the central nest to the team nests)</td>
</tr>
<tr>
<td>Get Into It Start the game with designated stealers who stay in for the duration of the game</td>
</tr>
<tr>
<td>Progressive Once all the balls have been collected from the centre nest allow players to steal from other teams’ nests.</td>
</tr>
</tbody>
</table>

**FACT:** At the 2012 London Olympic Games, field hockey was the third most spectated sport.
**SESSION SEVEN**

**NUMBER HOCKEY**

Order of activity in this session: #3  
Duration of activity: 15 minutes

**Skill in Action**

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

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

**STEPS:**
- Start Out
- Get Into It
- Progressive

**CHANGE IT:**
- Make the playing area larger (increase the distance from the central nest to the team nests)
- Start the game with designated stealers who stay in for the duration of the game
- Once all the balls have been collected from the centre nest allow players to steal from other teams nests.

**Fact:** Modern day hockey is derived from a popular stick game played over 4000 year ago in ancient Egypt.

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**SESSION SEVEN**

**GAME 4v4**

Order of activity in this session: #4  
Duration of activity: 20 minutes

**Skill in Action**

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

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

**STEPS:**
- Start Out
- Get Into It
- Progressive

**CHANGE IT:**
- Reduce the ball carrier from walking pace to not moving
- Add resistance from the ball carrier
- Add boundaries for the 1v1, give the ball carrier a goal to dribble the ball through
Session 8: Game Focus

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

**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**
MAN THE LIFE BOATS
SCRUB THE DECKS
CAPTAINS COMING
WALK THE PLANK
BOOM COMING OVER
HIT THE DECK
DIRECTIONS
PEG LEG JAM

**ACTION**
Call out a number (eg. 4) and the children have to get into groups of four and ‘row’ their lifeboat.
Children crouch down and pretend to clean the floor with their hands.
Children walk in a perfectly straight line one foot exactly in front of the other with arms outstretched to the sides.
Teacher makes action of boom moving across the deck. Children must duck down to avoid being hit.
Children all run in the direction that is called by the Captain.

**STEPS:**
- Start Out
- Get Into It
- Progressive

**CHANGE IT:**
- Use 4 commands
- Use 6 commands
- Use all 8 commands

**DRIBBLING**

**SET-UP**
Each player is to have a stick and ball. Ensure a large flat space for participants to practice dribbling.

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

**STEPS:**
- Start Out
- Get Into It
- Progressive

**CHANGE IT:**
- Players to move around an area while dribbling the ball
- Players can jog or run while dribbling
- Add stealers to try and take the ball from the dribbling players
### Hocktopus

**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

### Box Trap

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

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

**STEPS:**
- Start Out
- Get Into It
- Progressive

**CHANGE IT:**
- Teams score points by successfully receiving the ball anywhere on the field
- Vary the size of the boxes
- Change the number of players on each team, one team can have more players than the other for a period of time and then swap the numerical advantage

---

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

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

PHILOSOPHY

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

REQUIRED EQUIPMENT

- HIN2H PARTICIPANT PACK
- CONES OR REGULAR GOALS
- HIN2H OR REGULAR BALLS
## Quick Guide

### PLAYING FORMATS

<table>
<thead>
<tr>
<th>PLAYERS</th>
<th>1/8 FIELD</th>
<th>1/4 FIELD</th>
<th>1/2 FIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 – 5 a side</td>
<td>5 – 7 a side</td>
<td>7 – 9 a side</td>
<td></td>
</tr>
</tbody>
</table>

### PLAYING AREA

<table>
<thead>
<tr>
<th>PLAYING AREA</th>
<th>1/8 Field</th>
<th>1/4 Field</th>
<th>1/2 Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>(27m x 22m)</td>
<td>(55m x 22m)</td>
<td>(55m x 55m)</td>
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</tbody>
</table>

### GOALS

<table>
<thead>
<tr>
<th>GOALS</th>
<th>1/8 Field</th>
<th>1/4 Field</th>
<th>1/2 Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cones or Regular Goals</td>
<td>Cones or Regular Goals</td>
<td>Cones or Regular Goals</td>
<td></td>
</tr>
</tbody>
</table>

### BALL TYPE

<table>
<thead>
<tr>
<th>BALL TYPE</th>
<th>1/8 Field</th>
<th>1/4 Field</th>
<th>1/2 Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hin2H Ball</td>
<td>Hin2H Ball or regular Hockey Ball</td>
<td>Regular Hockey Ball</td>
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</tr>
</tbody>
</table>

### GOAL KEEPER

<table>
<thead>
<tr>
<th>GOAL KEEPER</th>
<th>1/8 Field</th>
<th>1/4 Field</th>
<th>1/2 Field</th>
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</thead>
<tbody>
<tr>
<td>Not required</td>
<td>Not required</td>
<td>Optional</td>
<td></td>
</tr>
</tbody>
</table>

### MATCH TIME

<table>
<thead>
<tr>
<th>MATCH TIME</th>
<th>1/8 Field</th>
<th>1/4 Field</th>
<th>1/2 Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 x 10-15 min halves</td>
<td>2 x 10-15 min halves</td>
<td>2 x 15-20 min halves</td>
<td></td>
</tr>
</tbody>
</table>

### HITTING/SLAP HITTING

<table>
<thead>
<tr>
<th>HITTING/SLAP HITTING</th>
<th>1/8 Field</th>
<th>1/4 Field</th>
<th>1/2 Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not required</td>
<td>Not required</td>
<td>Optional</td>
<td></td>
</tr>
</tbody>
</table>

### SHORT CORNERS

<table>
<thead>
<tr>
<th>SHORT CORNERS</th>
<th>1/8 Field</th>
<th>1/4 Field</th>
<th>1/2 Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not required</td>
<td>Not required</td>
<td>Optional</td>
<td></td>
</tr>
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</table>

### UMPIRES

<table>
<thead>
<tr>
<th>UMPIRES</th>
<th>1/8 Field</th>
<th>1/4 Field</th>
<th>1/2 Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach + Umpire</td>
<td>Coach + Umpire</td>
<td>Coach + Umpire</td>
<td></td>
</tr>
</tbody>
</table>
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:

- Goals can be scored from anywhere inside the attacking half of the playing area
- No hitting or raising of the ball (Pushing only)
- No penalty corners, long corners or penalty strokes
- Free passes only awarded when the ball hits an opposition player’s foot or an opposition player makes a poor tackle.
- No shooting on goal from a free pass
- Coach allowed on the playing area to assist players with learning and positioning

OPTIONAL ADDITIONS FOR 1/2 FIELD FORMAT:

- PENALTY CORNERS
- GOAL KEEPERS
- CONTROLLED HITTING & SLAP HITTING
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.

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

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

## 1/8 Field

<table>
<thead>
<tr>
<th>PLAYERS</th>
<th>BALL</th>
<th>PITCH SIZE</th>
<th>GAME LENGTH</th>
<th>GOAL LAYOUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 5 A SIDE</td>
<td>HOOKIN2HOCKEY BALL (LIGHT WEIGHT BALL)</td>
<td>APPRX. 27M X 22M</td>
<td>2 X 10 - 15 MIN HALVES</td>
<td>2 GOALS AT EACH END OR 1 GOAL AT EACH END</td>
</tr>
</tbody>
</table>

**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**
GAME FORMAT
1/4 Field

ALTERNATIVE FIELD OPTIONS — 1/4 FIELD

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.
GAME FORMAT

1/2 Field

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

ALTERNATIVE FIELD OPTIONS – 1/2 FIELD

- AFL
- BASKETBALL / NETBALL
- TENNIS
- SOCCER / NRL / ARU
Following your entry through Hookin2Hockey you will be introduced to the traditional club environment based on a traditional 11 a side game, played on a full field.

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