

# SMALL-FIELD-GAMES & ACTIVITIES FOR HOCKEY

Rockhampton Hockey  
Gladstone Hockey

## Small-sided-game

### 5 V 5 Game

Minimum equipment required: 1 ball, 10 markers, 5 bibs

Mark out a 30m long x 20m wide field. A goal is set up at each end and each goal is 2m in width. Markers are placed on sideline to indicate half-way and the back-line.

Divide your group into 2 teams i.e. 5 v 5. One team to wear bibs so the sides are separate. Coach attempts to keep ball in play with minimal instruction or stoppages and ensure not too many defenders guard the goals. After a goal is scored, recommence play with a free hit near the back line with minimal time lost. All defenders to be 5m away from ball when re-starting play. There is no goal-keeper.

#### Teaching points Game 1:

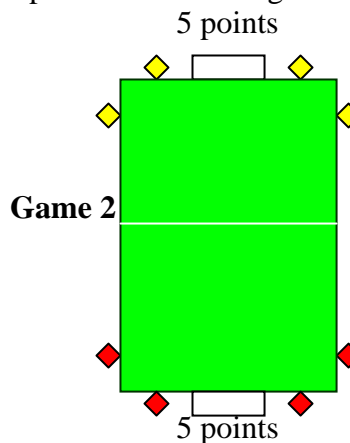
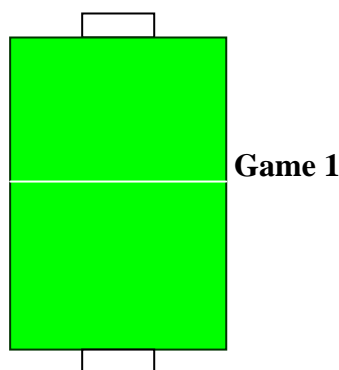
- Run with ball moving into space
- Pass ball into space
- Players to lead off the ball into space
- Increased passing and 1 v 1 situations
- Change pace, direction and use fakes
- Zone or Man to Man defence

#### Variations:

- Use 2 goals at each end of field
- 1 point scored through side goals – 5 points scored through middle area
- Goals can be scored by players passing over distance

#### Teaching points Game 2:

- Defending team defends middle ground and force attacking team out wide
- Attacking teams learn to transfer play and spread the defending team



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## 1 v 1 Games

Minimal equipment required: 2 balls, 8 markers, 5 bibs

Set up a 24m x 16m rectangular area.

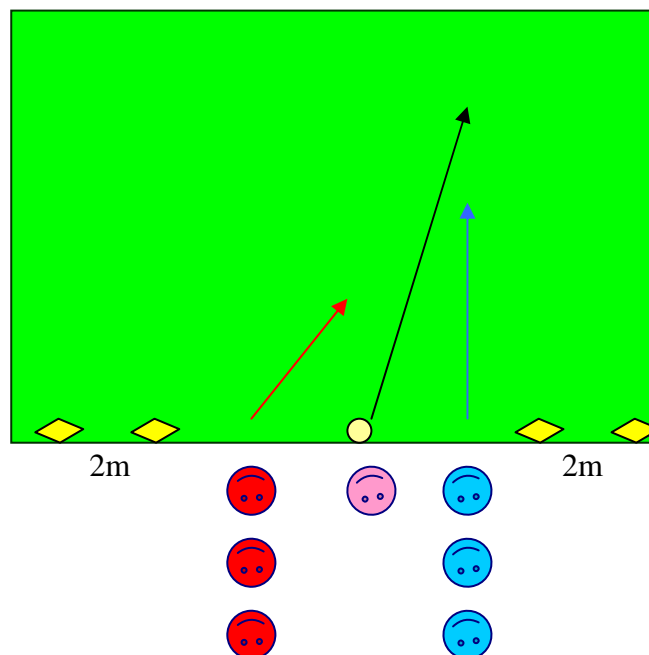
The coach passes the ball out and the first player from each line chases and attempts to get the ball. It then becomes a 1 on 1 contest to score in either goal.

### Variations:

- 3 groups, one group in red bibs, one in blue bibs and the other no bibs. It then becomes 1 v 1 v 1 contest to see which player can score a goal.

### Teaching points:

- Run with ball, use fakes, change of pace and direction to score a goal
- Keep head up
- Keep control of ball while placing your body between defender and ball
- Use of any tricks you know to beat the opposing player



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## 3D skills – Juggling Variations

Minimal equipment required: 5 balls

Players work in pairs with one ball between two children. One player performs the activity while their partner watches and counts. It is suggested that players start basic and progress through the following juggling variations as they achieve them.

### Progression:

- Tap the ball into the air before the ball hits the ground
- Small taps to higher taping of the ball
- Tap ball up and catch
- Tap ball up, catch and surf the flat-side of the stick
- Do the Dwyer (can view on [thedwyer.com.au](http://thedwyer.com.au))

### Teaching points:

- To hold stick the same way as you play
- To control and feel the ball
- To weight the ball into the air to perform another trick/change leading leg
- Keep eye on the ball



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## Small-sided-game – Goal shooting Up the ladder

Minimal equipment required: 6 balls 16 markers

Set up – 2 dead ball goal shooting competitions. The width of goal is 2m without a goal keeper. The first zone is 5m, the second zone is 10m and the third zone is 15m away from goal.

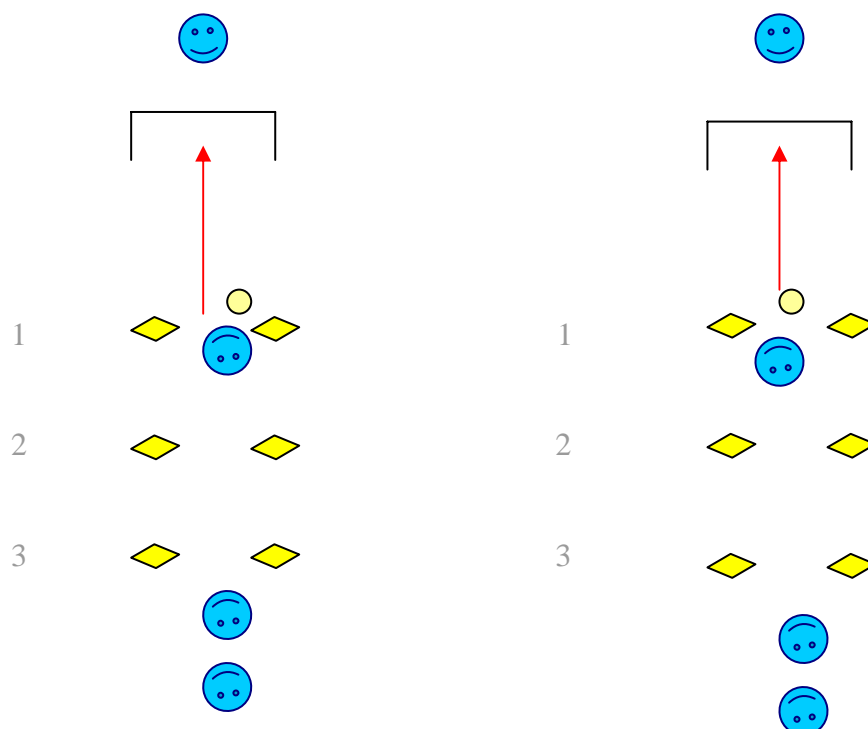
Start with no goal keeper and each person has a shot from the first zone, if they are successful they move to the second zone. Players that are unsuccessful with their shot remain at that zone. Start with one player from each group behind the goals to trap the ball and players rotate to this position after their shot.

### Progression:

- Once all players have scored 3 goals select one player from each group to become a goal keeper and extend goals to 5m wide
- Set up each of the three scoring zones at different angles and distances

### Teaching points:

- Keep eye on the ball
- Slap pass, push pass or low handle hitting
- Strike ball through the middle
- Follow through



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## Passing & Receiving / Dribbling Through the gate

Minimal equipment required: 4 balls 12 markers

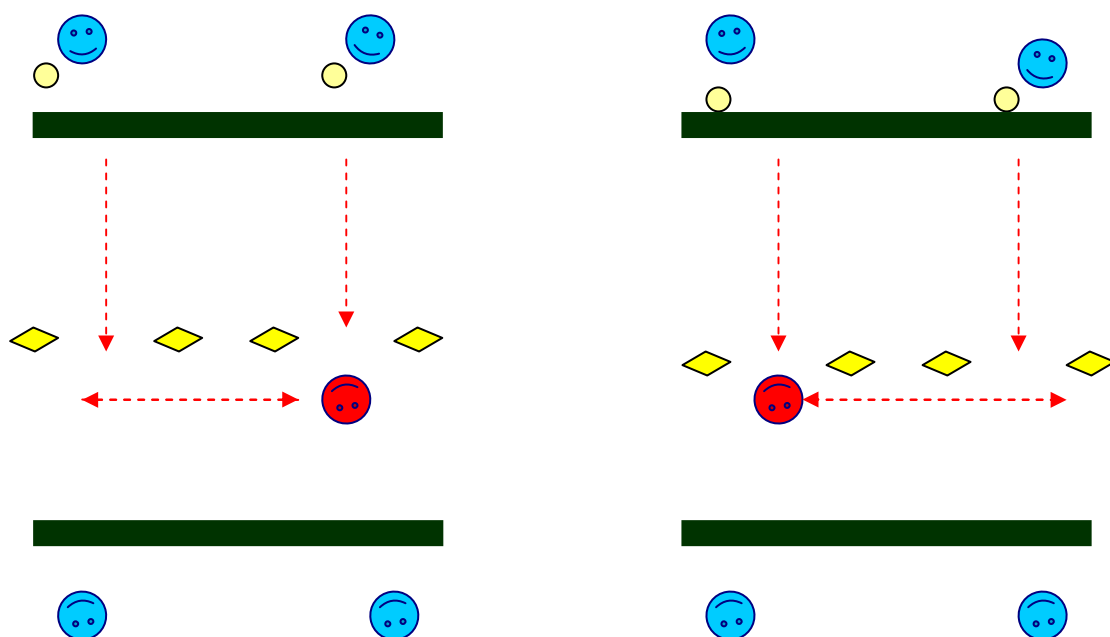
Set up 2 stations – 8m in length and two sets of gates in the middle. Each gate is 2m in width.

5 players participate in each set up active. Players attempt to pass ball through the gate to their opposite partner. Pairs try to get as many successful passes as they can in one minute on the coaches instruction. A spare player is in the middle and tries to block these passes. If they block the pass they replace the person that passed the ball.

For 5 and 6 year old players you may wish to start without the opposing player and practice passing through the gates.

### Teaching points:

- Accurate passing
- Timing of the pass
- Weight of the pass
- Defender to intercept the ball with control
- Fitness for the defender



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## 1 v 1 Activities / Game

Minimal equipment required: 2 balls 14 makers

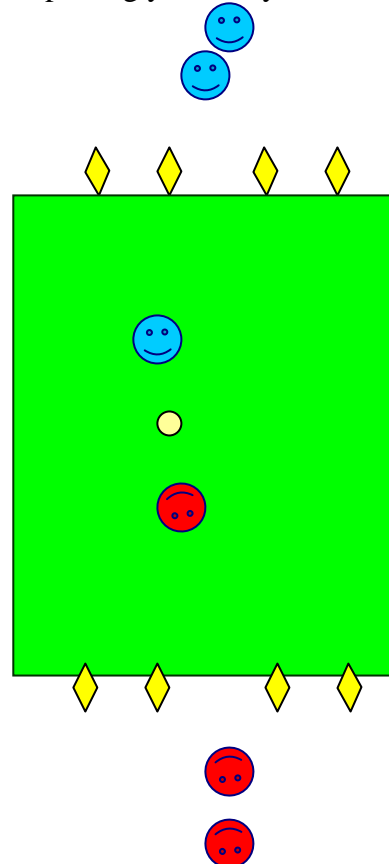
Set up a 16m long x 10m wide rectangular area. Across each 10m line there are two goals set up each 2m wide,

Select 1 player from each line to play a 1 v 1 game against each other, with each player being able to score a goal in either of the two goals opposite them. Each game last 30seconds or until the ball is out of play, then a new pair starts playing 1 v 1 with a new ball. Players waiting can assist with collecting balls.

Ensure waiting players do not stand directly behind the goals.

### Teaching points:

- Run with ball, use of fakes, change of pace and direction to shoot
- Keep head up
- Keep control of ball while placing your body between defender and ball



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## Small-sided-Games

### End line Game

Minimal equipment required: 1 ball, 8 markers, 5 bibs

Set up a 30m long x 20m wide field.

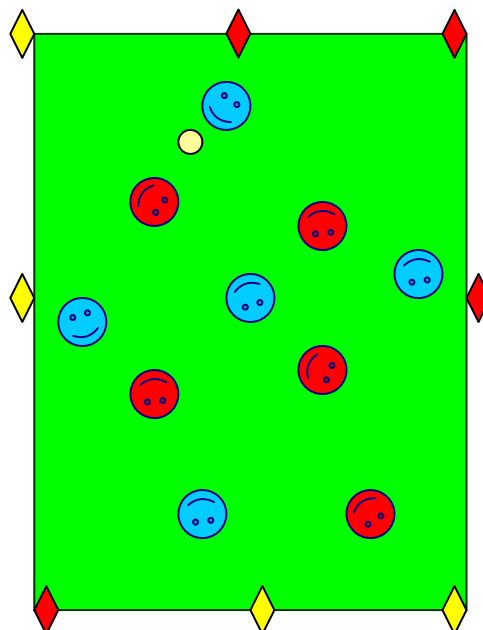
Divide your group into two teams i.e. 5 v 5 (7+ years) and 4 v 4 (5 & 6 years with reserves). Give one team a set of bibs and commence playing. A goal is scored by dribbling the ball near the opponent's marker or stopping the ball on the hat. Coach attempts to keep ball in play with minimal instruction or stoppages. After a goal is scored, start play with a free hit near the back line. Team 1 yellow hat's - Team 2 red

#### Teaching points:

- Run with ball moving into space
- Pass ball into space
- Players to lead off the ball into space
- Increased passing and 1 v 1 situations
- Change pace, direction and use fakes
- Zone or Man to Man defence
- Keep control of ball while placing your body between defender and ball

#### Variations:

- Hats on half-way line become goals, players to stop ball on/near the hat
- Can be played as a warm-up – no sticks – players roll the ball on the ground



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## Ball Mastery – Ball Control

Minimal equipment required: 10 balls 4 markers

Set up a 16m x 16m square area.

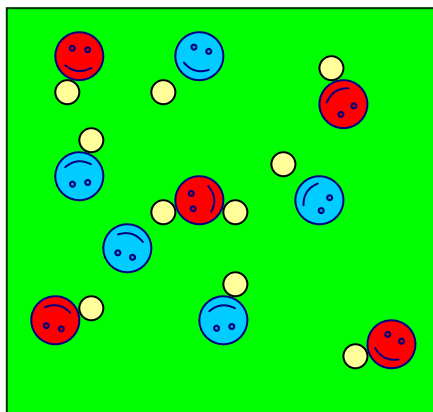
Players to have one ball each placed on the ground about half a metre in front of their right foot. Players to start dragging the ball from right to left and left to right.

**Progression;** players start to drag ball forwards and backwards by alternating leading leg - players start moving with ball across the square while dragging both ways.

Finish with children having races across the square.

### Teaching points:

- Feel the ball on stick with your right hand
- Knees bent
- Head up
- Practice both forward, backwards and sideways movements





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## Passing & Receiving / Dribbling

### Crab Pot

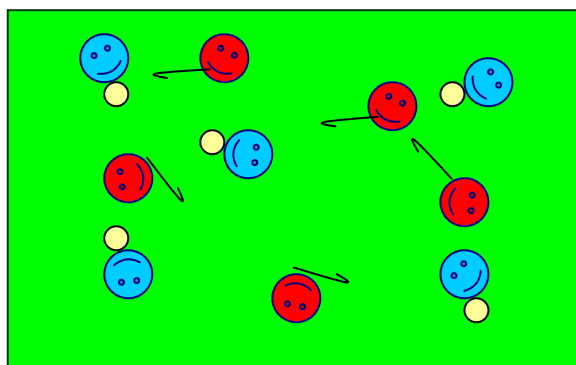
Minimal equipment required: 5 balls 4 markers

Set up a 6m x 6m square area.

5 players dribble the ball within the area trying to avoid the other 5 players who are the 'Crabs' who move around with their stick on the ground; if a crab tackles you or knocks your ball outside the square, fetch ball and swap roles with the 'crab' responsible.

#### Teaching points:

- Keep head up
- Tackling skills
- Use of forward, backwards and sideways movement with stick and ball



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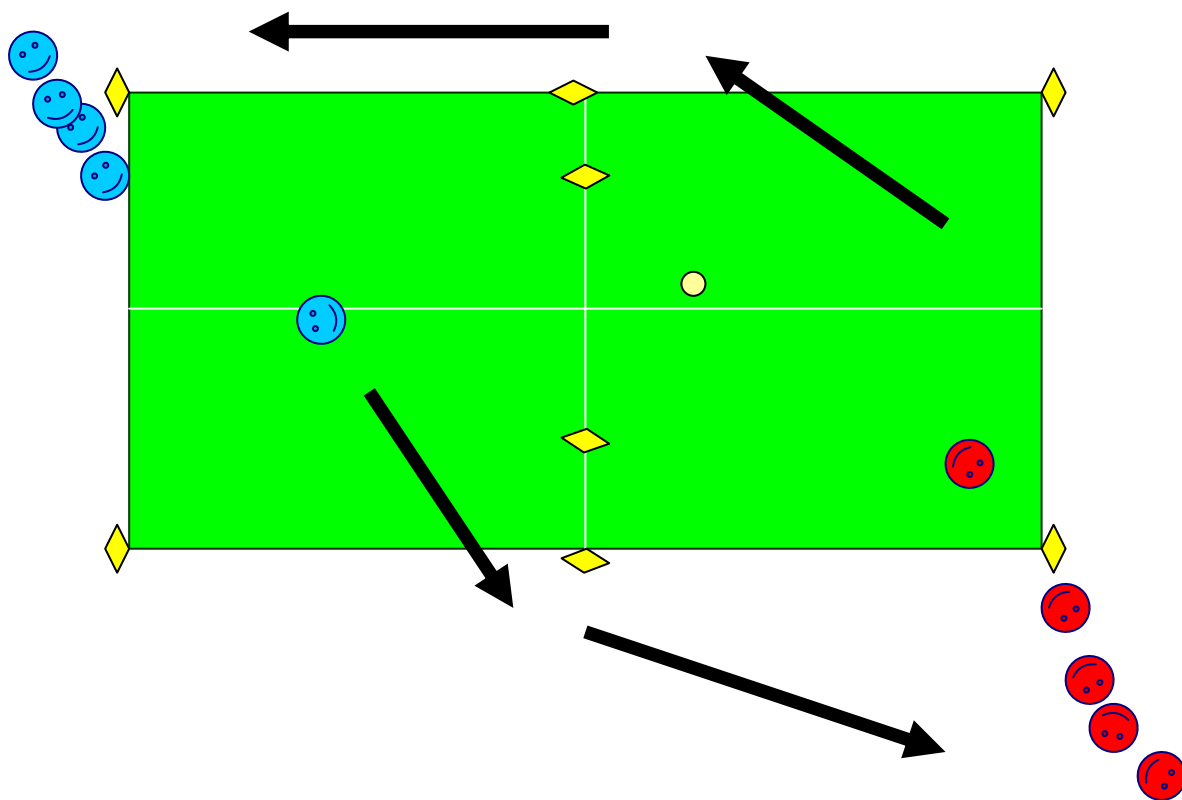
## Around-The-World

Minimal equipment required: 1 ball, 8 markers

Two teams either side of half way. Coach rolls the ball into space to get the game started. One player at a time runs onto the field, they take turns. Once the player traps the ball then pushes the ball back through the markers they run to the other side of the field and join the end of that line. Next player continues in the same manner. The idea of the game is to not make a mistake (by missing the ball, hitting/pushing the ball out of bounds).

### Variations:

- Players have 'lives' if they make a mistake they lose a 'life'
- Players stay on their own side of the field and join their own teams' line once passing back.
- 3D skills: flick ball in the air, aloud one bounce only before passing back

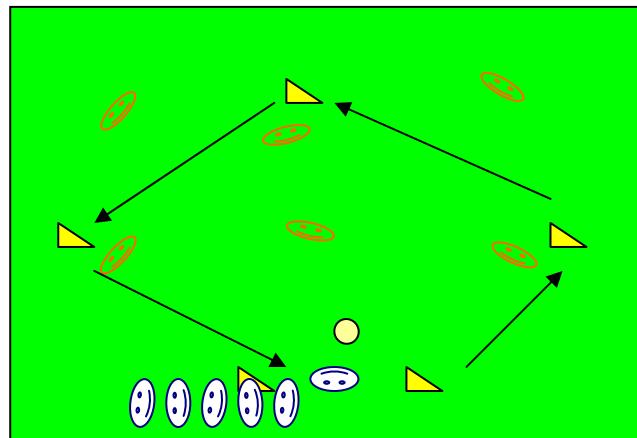


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## Rounders / Hockey Softball

Minimal equipment required: 1 ball, 5 markers



Split children up into two teams. Change over when each player in the batting side as had a bat.

### Batting team:

- Batter can push/hit the ball anywhere between the out-side markers, then runs around the outside of the bases to beat the ball home. 1 goal
- Single batter only- can stop on 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> base.
- Use of angles or fielding player's left-foot to bypass the fielders.

### Fielding team:

- One player at each base, everyone else takes a position in the outfield.
- To work together and dribble/pass the ball back to home base goal box before the batter/batting team runs home.
- One player to run towards home base and be ready to receive the ball from fielders to run batters out.
- Work on receiving skills, trapping, passing and body/feet positioning.

### Variations:

- Team v Team or Individual v Team
- Each fielder to touch the ball - receives and passes to home base - **Team-work**
- The use of a soccer ball/volleyball. Have all the batting side run around the markers to score. 1 run = each time the batting team runs around the markers. If fielding side works the ball back into the goal before the last batter is home, that last run will not count.

### Good fitness

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Rockhampton & Gladstone Hockey