

GUIDE TO COACHING PRIMARY SCHOOL HOCKEY

**Designed for coaches of players from Under 12 years
and under**

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STRUCTURE - 1/8 TURF

YEARS 1 & 2

GAME STRUCTURE:

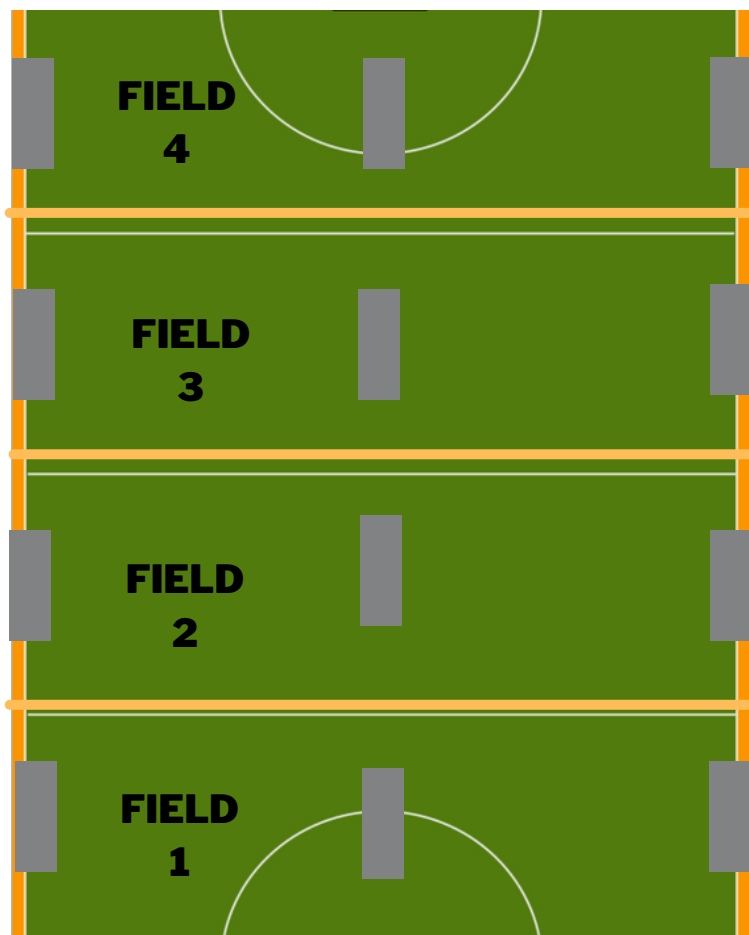
- 4 Players on field + substitutions
- Game is played in 1/8 of a standard turf
- 2 x 13 minutes, 1 minute half time (water break)
- Team that scores the most goals wins

HOW TO START GAME :

- Game starts with a push forward/back at halfway by one team.
- Each Team must be behind their side of half way.

FIELD OF PLAY:

- Over the yellow lines is out of play



STRUCTURE - 1/4 TURF

YEARS 3 & 4, 5 & 6

GAME STRUCTURE:

- 6 Players on field + substitutions
- Game is played in 1/4 of a standard turf
- 2 x 13 minutes, 1 minute half time (water break)
- Team that scores the most goals wins

HOW TO START GAME :

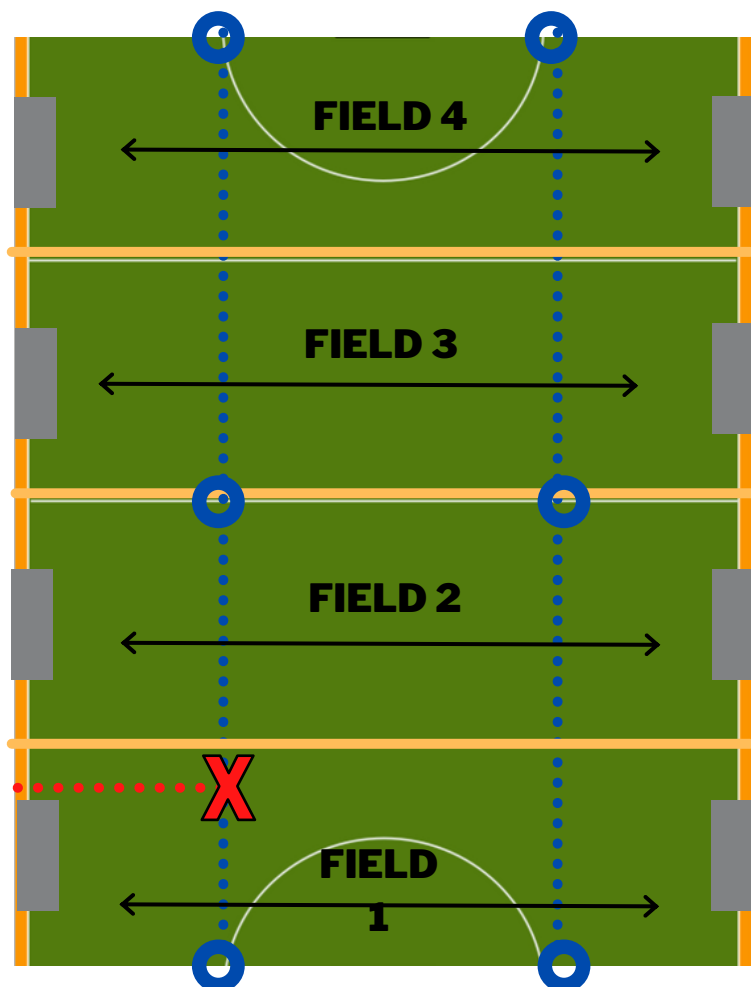
- Game starts with a push forward/back at halfway by one team.
- Each Team must be behind their side of half way.

FIELD OF PLAY:

- Over the yellow lines is out of play

HOW TO SCORE:

- Ball is touched (pushed) inside the **10m score zone/line** by attacking team.
- There are **blue cones** set to indicate zone but **there is no actual blue line**



AFTER A GOAL IS SCORED:

- The game restarts at halfway, with the team that didn't score.

RE-STARTING: GENERAL PLAY:

- The game stops when the ball goes out or a team makes a foul
- The team that does not cause the foul or put the ball out, re-starts play

RE-STARTING: ATTACKING LONG CORNERS:

- Occurs when the ball goes over the baseline by defending team
- Taken from on the 10m scoring line, in line with where the ball went out over the back line. See where **red line intersects** with **blue line**, marked by an **X**

Long Corner Rule: The ball must be passed to another player and travel 5m before the ball can be played into the circle.

RULES TO REMEMBER

1

Use *flat side and the bottom half* of the stick to play the ball

2

The umpire *should* stop play if a team causes a foul.

A foul results in a *free hit* awarded to the opposite team to restart play



Common fouls to look out for:

- Ball hitting a players foot (includes the shin)
- Dangerous ball (played above knee height)
- Using the back/round side of the stick
- Stick hacking (unlikely to be identified by a junior umpire)
 - *Our junior umpires are learning too, so it is likely that some of the fouls will not be always be called.*

3

The *free hit* is taken from the point where the foul occurred.

A free hit can be a pass or (only at Year 5/6) a self-pass (auto-play), where the player restarts by dribbling/carrying the ball themselves.

4

After the free hit is awarded, the team that caused the foul must retreat 5m from where the free hit is.

They cannot step within that 5m zone until the ball has been touched (re-started) by the opposition.

The team taking the free hit can be within the 5m zone

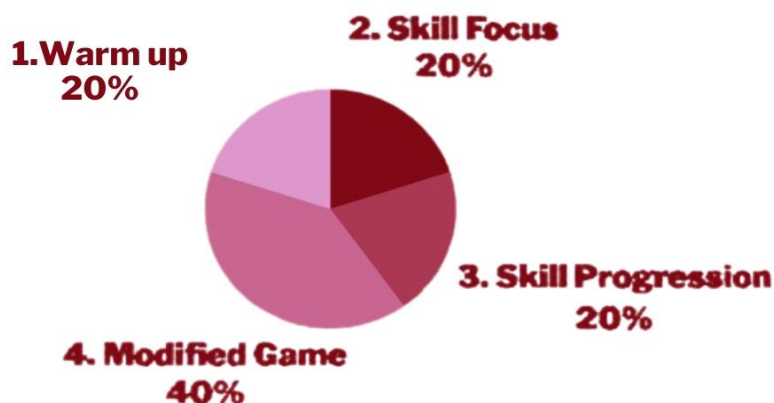
- Junior umpires might not always identify the 5 meters rule

TRAINING STRUCTURE

We recommend training duration is between 30 - 60 minutes depending on the age and attention span of your team.

Below is a guide, of components to cover:

1. Spend time warming up the body. A fun game that sets a good atmosphere - ask the kids to suggest a game from school
2. Chose 1-2 skills to focus on within a basic exercise
 - Allow time for coaching points
3. Advance/ change the exercise, to challenge the players
4. Allow plenty of time to just **play** hockey
 - Modify the game to keep it interesting
 - Include rules/ goals that enable practise of the skill focus for the session



TRAINING STRUCTURE

See below a list of the basic skills required for junior hockey and simple ways to progress the practise of the skill.

BASIC SKILLS

Passing

Dribbling

Receiving

Tackling

Basic Elimination

Basic Marking

WARM UP IDEAS

Game of endless tag

- Everyone is a tagger
- Bob down when you are tagged & count for 5 seconds
- If two people tag each other at the same time they play paper scissors rock, winner carries on, loser bobs down.
- No goose-guarding people that are bobbed down

Game of find a new ball

- Players each start with a ball in a marker area.
- On coaches go, players dribble ball around the area.
- Coaches then blow their whistle, and all players must leave their ball and find a new ball.

Octopus

Bib toss

Groups + equip= 4 different coloured bibs, one cone to match each colour bib

Each player has a bib in their hand, to start players run around freely in the square (square is set up with the different coloured cones) and swop bibs with other players as they run around in the square. When the coach shouts go, players must then move to the cone that matches the bib they currently have. Last team to have all members at their cone must complete a punishment (it can be star jumps, burpees etc.)
You can repeat this a few times.

Simon Says

Numbers

Players start by moving around a marked area, coaches shouts out a number and players must form groups of that size.

BASIC SKILLS DRILLS

Dribbling

Start with a game of red-light green-light.

- Green: Go
- Red: Stop
- Orange: Slow
- Purple: 5 x Star jumps

Relays

- Start with players dribbling to a cone and back, tag a friend on the way back.
- Set a line of cones and players dribble around them and back

Tackling

Start with a game of king of the square

- Before starting explain the 3 rules of tackling**
- 1. No swinging tackles**
- 2. No hacking at the ball or stick**
- 3. No tackling from behind, must tackle from in-front**

Game of Hockey Stuck in the Mud

Set up field

- Have 1 – 2 tacklers
- Once tackled the person is stuck in the mud
- To be released/free someone else must dribble the ball through their legs.
- Have a few rounds and change the tacklers so everyone has a turn

Passing

Passing in Pairs

Players pass between two cones – once they have successfully made 5 passes, they both take steps back. After another 5 passes, step back.

BASIC SKILLS DRILLS

Colors and Shapes

Instructions: Place different colored cones or shapes around the field. Call out a color or shape, and the kids must run to the corresponding cone or shape. You can add variations like hopping, skipping, or dribbling a ball to the target.

Focus: Color and shape recognition, quick direction changes, and basic motor skills.

Dribble Through the Tunnel

Set up a series of small goals or arches (using cones or hoops) to create "tunnels."

Instructions: The kids must dribble their ball through each tunnel, trying to keep the ball under control.

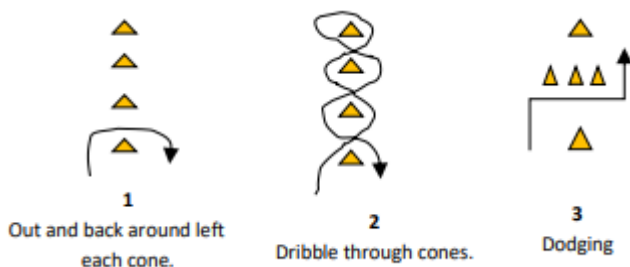
Focus: Dribbling in a confined space, coordination, and having fun.

Dribbling (Relays can be done)

Cones will be set up with balls at each station. You are welcome to make teams to race against each other.

Key Points

- Ball position – in front/to the side (away from feet).
- Body position – bent knees head up.
- Moving feet/body around the ball.



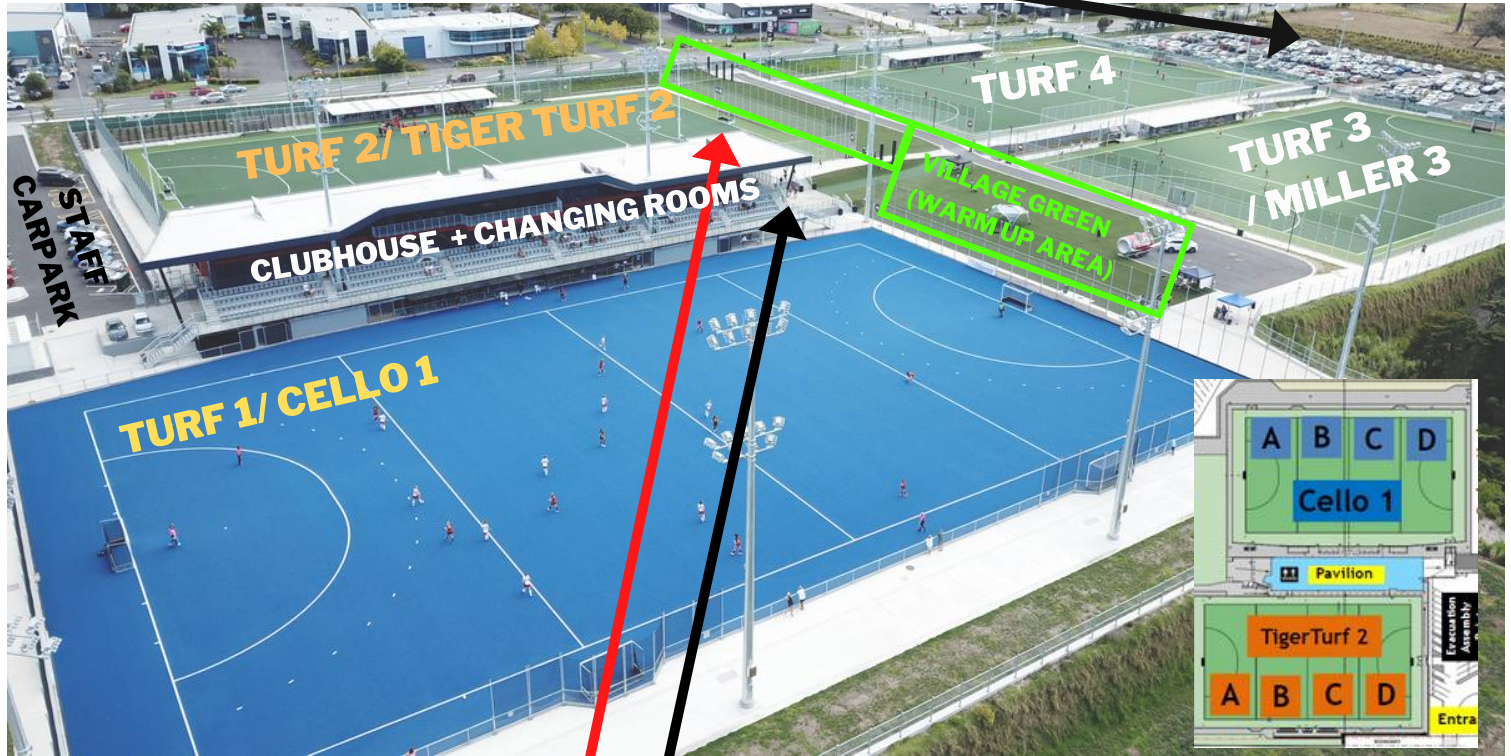
STAGES OF PROGRESSION

1. Practice skill stationary
2. Practice skill on the move
3. Practice skill while under *passive* pressure
4. Practice skill while under *active* pressure
5. Incorporate practice of the skill into game play

PLACES TO KNOW:

THE NATIONAL HOCKEY CENTRE (NORTH HARBOUR HOCKEY)

MAIN ENTRANCE & CARPARK



Coordinator / Control Room

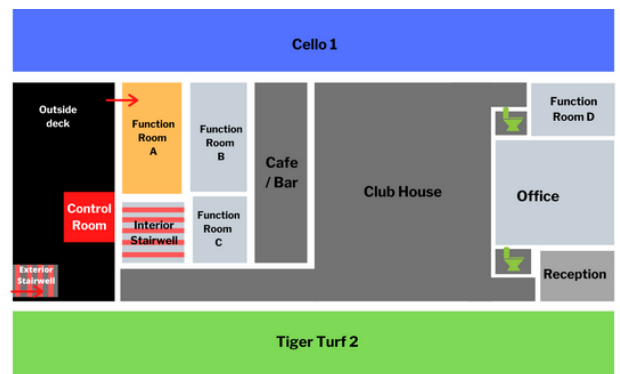
- Coordinator based here to answer queries

Public Toilets (downstairs)

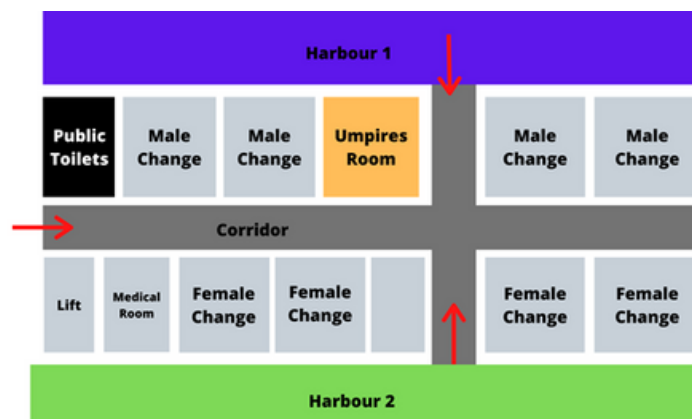
Staff Office & Reception

- Open 8.30 - 5.00pm (Mon - Fri)

CLUB HOUSE UPSTAIRS



CLUB HOUSE DOWN STAIRS



EXERCISES & GAME IDEAS LIBRARY

GAME IDEA: MOONLIGHT

Purpose:

- Practise dribbling skills at pace
- Modified game for the end of training

Equipment:

- 1 x ball per person
- 1 marker per person

Set-up:

- Create a circle 1m apart from each other facing inwards

How to Play:

Each player is given a name/ number, associated to a group. Eg. Thunder or number 1's

Coach says the group name/ number and all of that group, must dribble their ball around the outside of the circle back to their marker and into the middle of the circle.

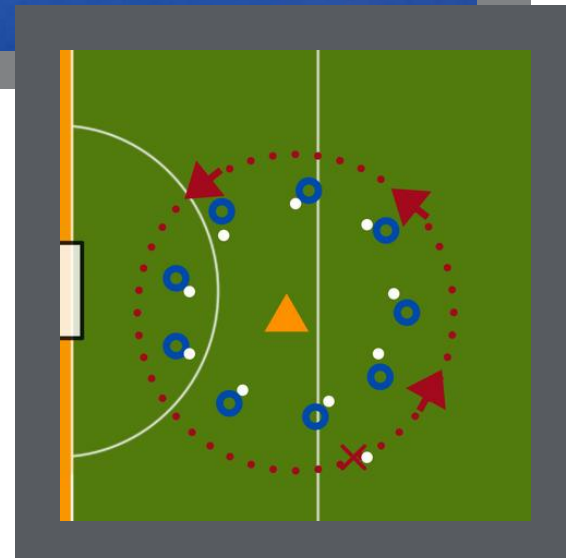
The first player there, goes to the next "level". the next level might be a different group (eg. bronze) or it could be a new skill (eg. one handed dribbling)

Tips:

- The ball is easier to control when dribbling anticlockwise

Progressions

- Must complete a task while waiting for your turn



- Progress to clockwise to challenge the players

GAME IDEA: DUCK DUCK GOOSE

Purpose:

Ball control under pressure

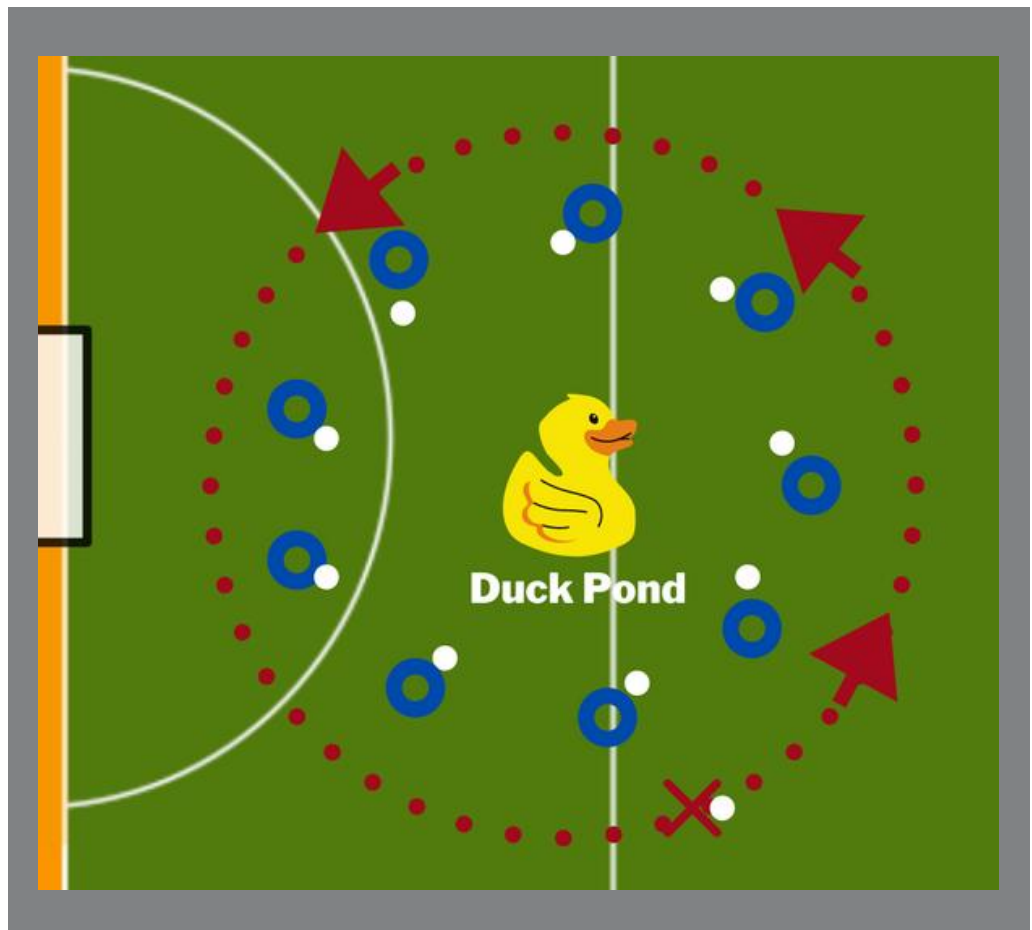
Technique to gaining free-hits

Equipment:

- 1 x ball per person

Set-up:

- Using people as markers, create a circle 1m apart from each other facing inwards



How to Play:

- Starting on the outside, Player 1 is "in" and dribbles the ball around the circle choosing a goose to tag.
- After tagging and yelling "goose", Player 1 must then control their ball as fast as they can around the circle back to the geese spot.
- Meanwhile the goose must chase Player 1, attempting to tag them by putting the ball onto Player 1's foot.
- If Player 1 is tagged, then they sit in the middle (duck pond) until the next round

Tips:

- The ball is easier to control when moving anticlockwise

Progressions

- Give the kids standing in the circle a task
- Progress to clockwise to challenge the players

GAME IDEA: HOCKEY DODGE-BALL

Purpose:

Ball control under pressure

Keeping eyes up/forward
(peripheral vision)

Equipment:

- 1 x ball per person
- A bunch of soft balls or hoola hoops

Set-up:

- Create a channel approx. 2m wide &
- 10m in length, or longer for more skilled players

How to Play:

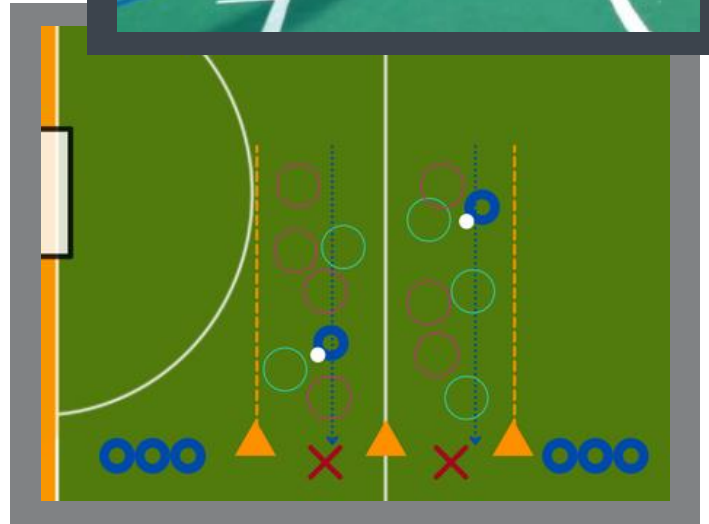
- Player starts at end of the channel, with the aim of getting to the other end
- Coach (or another player) lightly throws ball/ hoola-hoop along the ground within the channel
- Players must dodge the objects as they navigate to the end
- Create competition rules as required eg. player who dodged the most hoops wins

Tips:

If the player is struggling throw the ball slower or away from their body

Progressions

- Make the channel narrower or longer
- Introduce a time constraint



GAME IDEA: HOCKEY SOFTBALL

Purpose:

Use teamwork to achieve a common goal

Team based competition instead of individual

Equipment:

- 2 X hockey balls
- Cones/markers
- Cone for the pitcher

Set-up:

- Team of batters & team of fielders
- OR all fielders and rotate the batters

How to play:

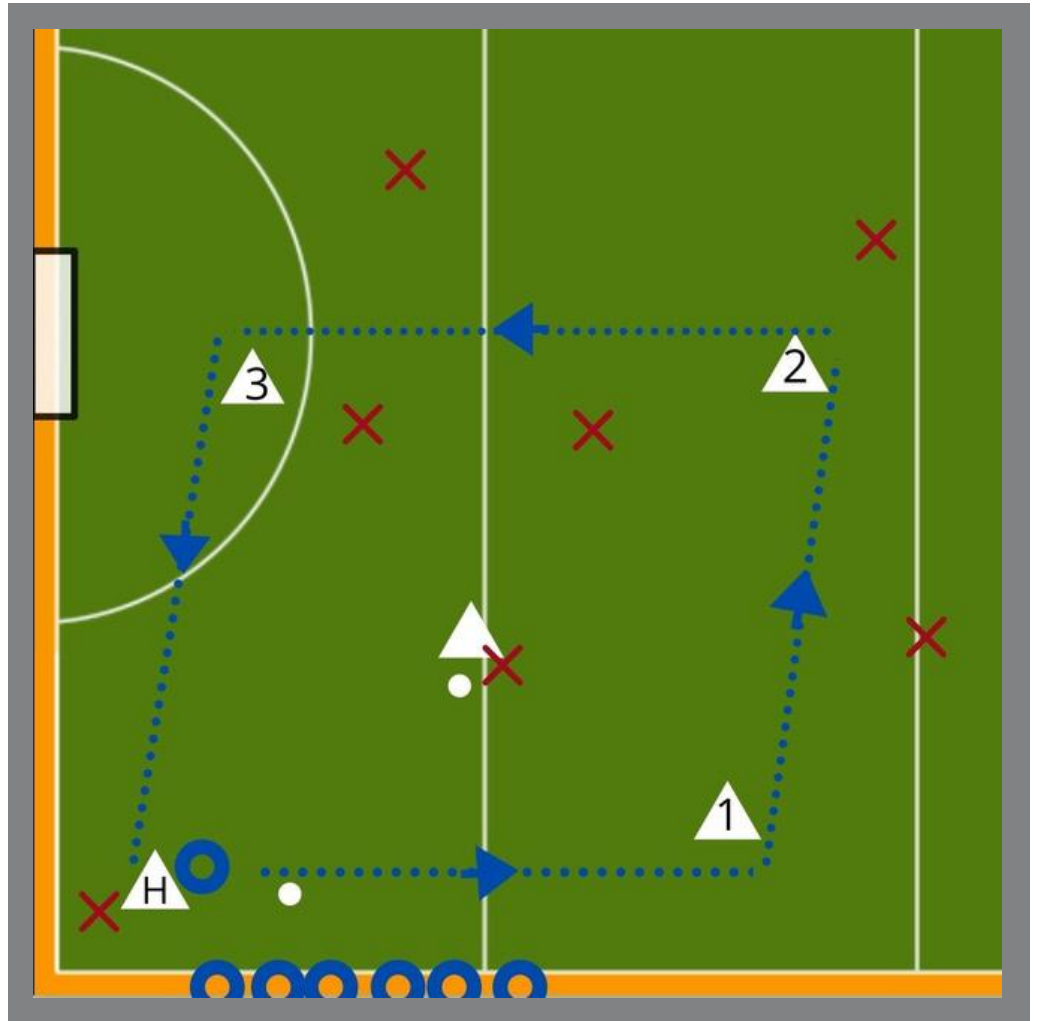
- Pitcher push passes the ball to the batter. Batter traps the ball and hits it into the field of play
- Fielders pass the ball to every player before passing back to home base/backstop
- Meanwhile, using a different ball, the batter dribbles around all 3 bases before the fielders get the ball back to home/backstop
- Rotate the batter, pitcher and backstop

Tips:

- Use the corner of the field/court to create boundaries
- Give the queue of the batters a task to keep the batting line engaged

Progression:

- Run instead of dribble around the bases
- Add in different obstacles for batters and fielders
- Adjust the field size according to your age group/ability



GAME IDEA: MEGA ROB THE NEST

Purpose:

Combining competition & skill development

Equipment:

- Hula hoops for nests
- Hockey balls
- Cones
- Ladder (optional)
- Hurdles (optional)
- Plank of wood (optional)
- Any other obstacles you have or can think of

Keep it interesting and use the imagination!

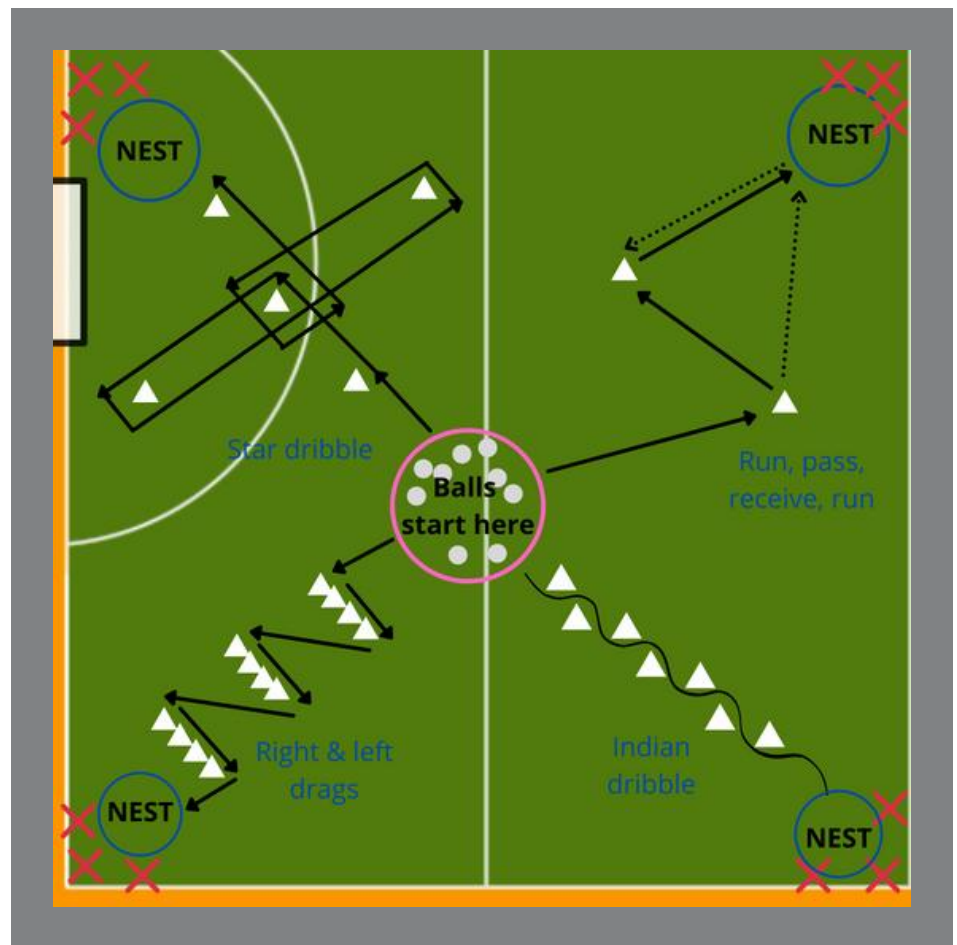
How:

- Each team has a nest placed evenly around from the middle nest.

Tip : Have as many nests as you like and can choose to put players in groups or individual. Each nest has its own different route to get to the middle nest

- To start the game, each player stands in their nest. When you start the game, one from each team runs to the middle pile of balls and works their way back to their nest by going through their obstacle. When they get back, the next player goes.
- Continue this until all balls have gone from the middle.
- Once all balls are gone, teams are free to steal from each other's nests. Encourage only one ball stolen from another's nest at a time. When sufficient time has passed, end the game and count balls in each team's nest.

Tip: Don't have too many on each team or players stand around for too long and get bored.



GAME IDEAS: OBSTACLE COURSE

Purpose:

Keep things different, interesting and engaging while still developing hockey specific skills

Equipment:

- Absolutely anything you can think of!

Set-up:

- No specific set up. Be creative.



How to play:

- When setting up your obstacle course, have a look around the sports shed or your home to use any equipment.
- The picture above, we have created a channel for the children to dribble through and also asked them to turn their sticks up the other way. This is great for hand eye coordination and concentration.

Tips:

- Don't be afraid to even give it a go yourself! Kids love to see you getting involved and trying too.
- Make sure it is a challenge but still achievable for the children or they will quickly lose interest.