



The

GAMES GUIDE

www.hockeyvictoria.org.au

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Introduction

The Hockey Victoria's *The Games Guide* has been designed to inform coaches and clubs on suitable games that can be used with girls and boys across all junior age groups.

The target age for these skills and drills is from 5-12 years of age, however can be used with all beginners! During this time, the focus for coaches should be providing a fun and constructive environment where in which players have the opportunity to learn the skills of our great game, through games!

When Coaching Children, Always Remember:

- Children's sport above all else should be fun and inclusive!
- Kids need a variety of opportunities and experiences where in which there is open and unstructured play which enables them to utilise their creativity.
- Children are **NOT** encouraged to specialise in sport at an early age.
- The social aspects of sport are highly important for children.
- When practicing; skills, drills and games should have a focus of fun and learning, not winning.
- It is critical for coaches and clubs to provide every boy and girl with equal attention and opportunities.

SAFETY

Tips for creating a safe environment!

- The safety and wellbeing of children is paradigm and sits above all else!

- When commencing your session, it is critical to analyse your environment and ensure that there are no obstacles or objects that could cause harm to your participants.

- It is highly recommended that participants wear mouthguards and shin guards to prevent injury.

- Always ensure that each participant understands the rules that have been put in place.

- It is recommended that participants DO NOT raise their stick above their knees.

- It is important that children are supervised at a ratio of 1:10 (+1)



COACHING PHILOSOPHY

When you begin coaching it is a good idea to ask yourself, **what is my coaching philosophy?**

Your coaching philosophy should be a sentence or idea that you can use as a moral guider in all of the decisions that you make. This sentence or motto can be multifaceted and it is a good idea to have it broken down into smaller components that you can use in varying situations. It is a good idea to sit down and spend some time defining what your coaching philosophy is.

Some examples are:

“I coach to promote enjoyment, excitement and love of the game”

“My coaching philosophy consists of respect, honesty and friendship”

“When I coach, inclusion and participation are my priorities”

Inclusive Coaching



The modern coach is able to modify and adapt aspects of their coaching to be able to create an environment where in which individuals can learn. The responsibility of inclusion and involvement rest with the coach, it is critical that they have the ability to understand their players and be able to give them the best possible experience.

Coaches are often under the impression that it takes a specific skill set to be able to work with participants who experience disability, are from a different cultural background or who have language barriers, however this is far from the truth!

The basic fundamentals of coaching, when used with an inclusive lens, can ensure that all participants are able to be involved in our great sport.

Some of the qualities that make up an inclusive coach are: **PATIENCE** – acknowledging that some players take longer to progress than others. **RESPECT** – Accepting difference and treating everyone equally. **ADAPTABILITY** – having a flexible approach when it comes to your coaching.

Fundamental, basic skills that make up the qualities of an inclusive coach are: **ORGANISATION** – being able to prepare and plan. **SAFETY** – ensuring that your environment and practices are conducted in a safe manner, regardless of who you are working with.

KNOWLEDGE – utilising your knowledge of our sport and being able to modify games for everyone to be involved.

For more information regarding inclusive coaching, visit hockeyvictoria.org.au/Education/Coaching/Coaching-Resources

This is not a drill!

Modern coaching and teaching theories encourage the use of learning through games ('Games Sense' and 'Teaching Games for Understanding'). Coaches should limit the time spent doing stationary skills practise, or drill based activities where players simply line up and move from one cone to another. While this may be a change for many coaches, by utilising games during a coaching program, children will have more fun, spend more time involved in an activity and less time waiting, and learn to use both problem-solving skills and technical skills under pressure.

Common games, as well as simulated match play, can be adjusted with changes in rules to focus on teaching specific skills and concepts. There may be instances when further skill refinement might be required outside of a game, however once the level of skill competency has been achieved, it is important to progress the skill back into a game-based environment.

Activities should be designed to teach skills intrinsically. For example, rather than telling players they must dribble with vision, a coach should design a game that requires players to use vision while dribbling. This changes the motivation from an external source, to an internal motivation to improve.

Get moving!

The age old warm up of standing in pairs and passing a ball does not replicate a hockey match situation. How can you change this up? Put the children in threes, and get them to warm up by passing while jogging and leading for the ball, from one side of the field to the other and back. Make this a race by have each group of three see who can get from one side of the field and back the fastest (no dribbling allowed, passing only).

Use your Imagination!

Young children live in a world of imagination. The best way to make hockey engaging and fun is to bring hockey into their world of imagination! Rather than attackers and defenders in a game, give each role in an activity a character and expand on their narrative. You can use animals, magical and mythical creatures, animated TV and movies characters, or anything else you can come up with. Tell the story of the activity and what the role of each character is in the activity to bring the children and their imagination along with you.

When playing these games with children, it is important the coach gets into character and acts along with them. For example, when playing "What's the time Mr Wolf", the coach can act as a big bad hungry wolf, or when playing rob the nest, the coach can act as a protective mother bird who has just returned to find the robber stealing her 'eggs'. This adds an extra element of fun to the sessions, and makes the children look forward to playing each game.

When playing games with teams (rob the nest etc.), if you ask the children in each group to come up with a name for their own team, this gives them more ownership over their group.

You can expand on this concept by having a dress up training, allowing children to express their imagination, and then incorporate their costumes into your activities!

Keep everyone involved!

Be conscious of how many children you have in your group, and how this will work with your chosen activities. We want to avoid queues where children are waiting for a turn. Consider adding extra groups into an activity, or splitting the group in half. (for example, rather than only 4 groups of 6 children in rob the nest, have 6 groups of 4 children, or set up 2 nests with 4 groups of 3 children in each).

When simulating match play, rules such as everyone must touch the ball before you can score, or make 3 passes and score, can change the focus of the group so that all children are involved in an activity.

OPEN QUESTIONING

When working with players and particularly junior players, it is important to promote intuitive thought. When questioning, avoid closed ended questions such as “did you have fun?” as this can be answered with a yes or no. Aspire to ask questions to promote creative and active thinking!

EXAMPLE QUESTIONS TO ASK YOUR PLAYERS...

1: **Enjoyment**

E.g. What was your favourite part of the session?

2: **Skill and Technique**

E.g. How do we hold our hockey stick!?

3: **Time**

E.g. When is the best time to pass to your team mate in Newcombe ball?

4: **Space**

E.g. What is the best way to avoid people when playing robbers?!

5: **Risk**

E.g. Is it better to hit or slap the ball to our team when playing rob the nest?
Why?

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

CHANGE IT!

When preparing a coaching program, it is good to examine what, if anything, needs to be adapted or modified. This allows for programs and sessions to be flexible and ensures that participants are able to spend as much time involved in the session and most of all enjoy it!

One way of doing this is by using the CHANGEIT model. During your session, look at these factors and think of ways in which you can change them to maximise player enjoyment and time spent involved!

C	COACHING STYLE	DEMONSTRATION, USE OF QUESTIONS, ROLE MODELS AND INSTRUCTIONS
H	HOW TO SCORE	RULES OF THE GAME
A	AREA	SIZE, SHAPE OR SURFACE THAT IS PLAYED ON
N	NUMBERS	NUMBER OF PARTICIPANTS INVOLVED
G	GAME RULES	NO. TRAPS, PASSES OR TACKLES
E	EQUIPMENT	SMALL OR LARGE BALLS, BIG OR SMALL BALLS
I	INCLUSION	THINK OF HOW MUCH TIME EACH PERSON SPENDS INVOLVED IN PLAY
T	TIME	"HOW MANY ... IN 30 SECONDS?"

GAME

Hockey
VICTORIA

What You Say Matters

AS A COACH you are a major influence on players, all the way from grassroots up to elite athletes.

You have a direct influence on their attitude, behaviour and performance as well as a strong impact on their satisfaction and enjoyment of hockey.

Bigger than our game though, you can directly impact their quality of life. This effect can either be positive or negative.

This has much to do with what you say as to what you don't say. What you say though has nowhere near as much impact as the way you say it and the body language you present, it is critical for coaches to be aware of their body language and the way in which they choose to deliver their message.

To read more about ways in which you can positively influence your athletes, please [click here](http://www.hockeyvictoria.org.au/EDUCATION/Coaching/Coaching-Resources) or alternatively visit <http://www.hockeyvictoria.org.au/EDUCATION/Coaching/Coaching-Resources>.

COACH EDUCATION

HockeyEd is the collective name for the national coach, umpire, and technical accreditation training programs.

The programs operate within the Australian Sports Commission's (ASC) National Officiating Accreditation Scheme (NOAS) and National Coaching Accreditation Scheme (NCAS).

The HockeyEd coach training programs are competency based and are designed to reflect the modern game and the needs of hockey participants. These focus of these programs is developing practical skills and self-development, and thus ensure coaches, umpires, and technical officials are better prepared to meet the demands of the game.

To find out more about HockeyEd please follow this link:

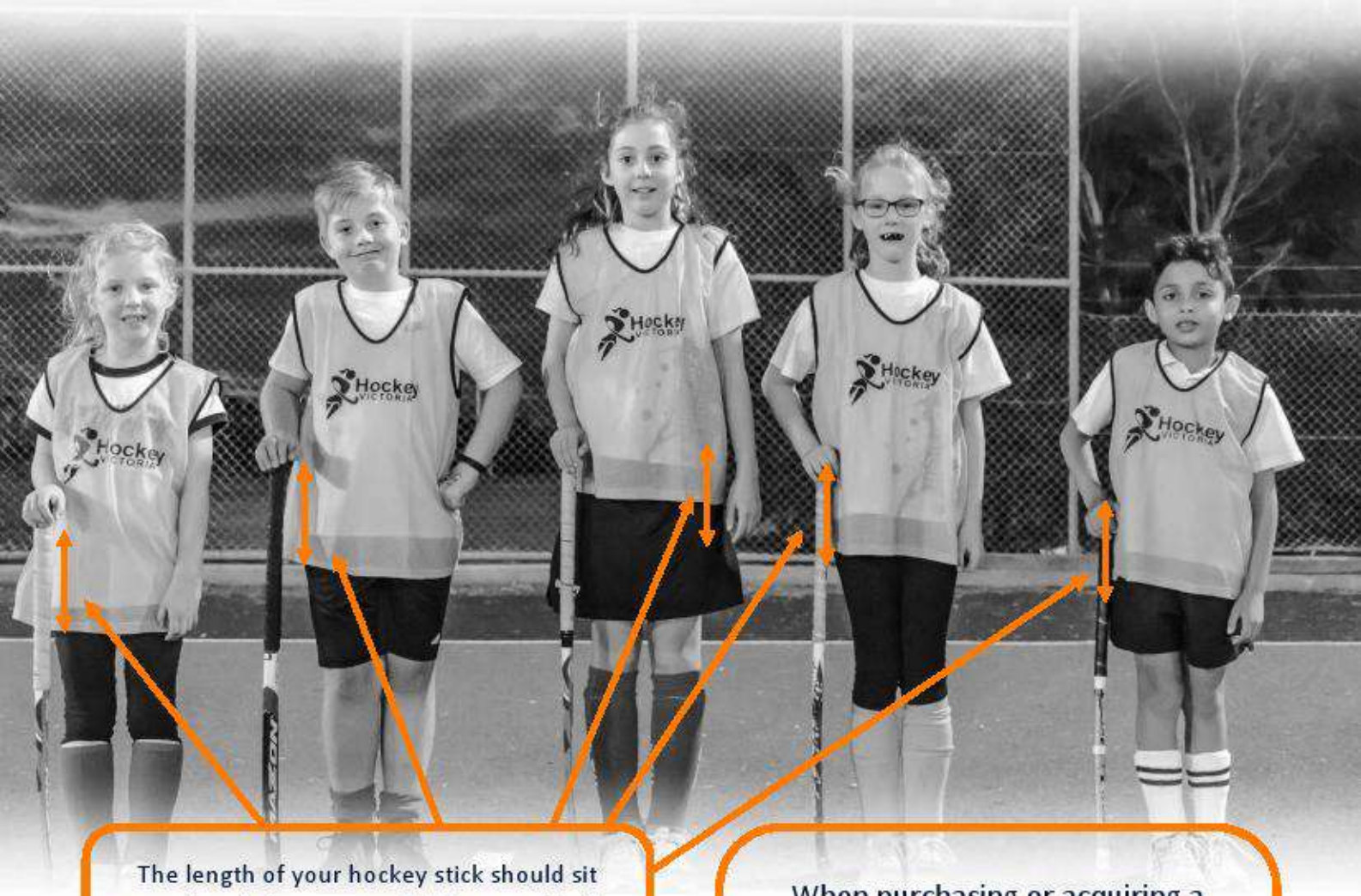
<https://hockeyed.hockey.org.au/>.



THE BASICS



STICK SIZE!



The length of your hockey stick should sit anywhere between your hip bone and belly button! As long as it is comfortable!

Remember, we are only allowed to use the flat side of our hockey stick!!!

When purchasing or acquiring a hockey stick, it is critical to get a stick that is comfortable and suited to your height. Do not get a stick that you can "grow in to" as this can be detrimental to skill development.

HOLDING YOUR HOCKEY STICK



Make sure you keep the flat side of the stick facing forward!!!

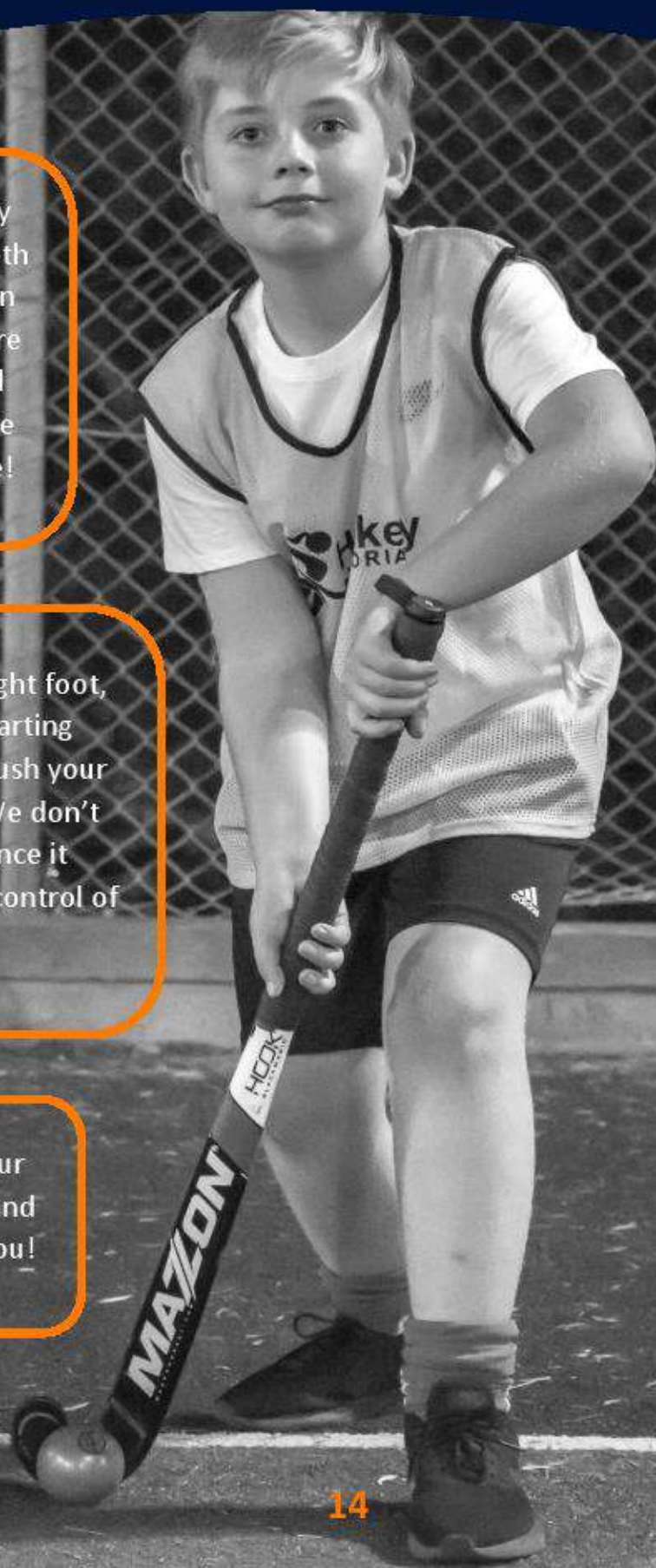
To hold your hockey stick, place your left hand at the top of the grip, and your left hand near the bottom of it! Alternatively aim to have them shoulder width apart! When holding, you want to make a slight V with your hands!

DRIBBLING

To dribble your hockey ball, begin by having both hands on the stick in an upright position. Be sure to stick your left hand out, almost like you are trying to read the time!

Start the ball by your right foot, with your left foot starting forward! Then gently push your hockey ball forward! We don't want to tap or bounce it forward as we will lose control of the ball!

Remember to keep your eyes up, back straight and know what is around you!



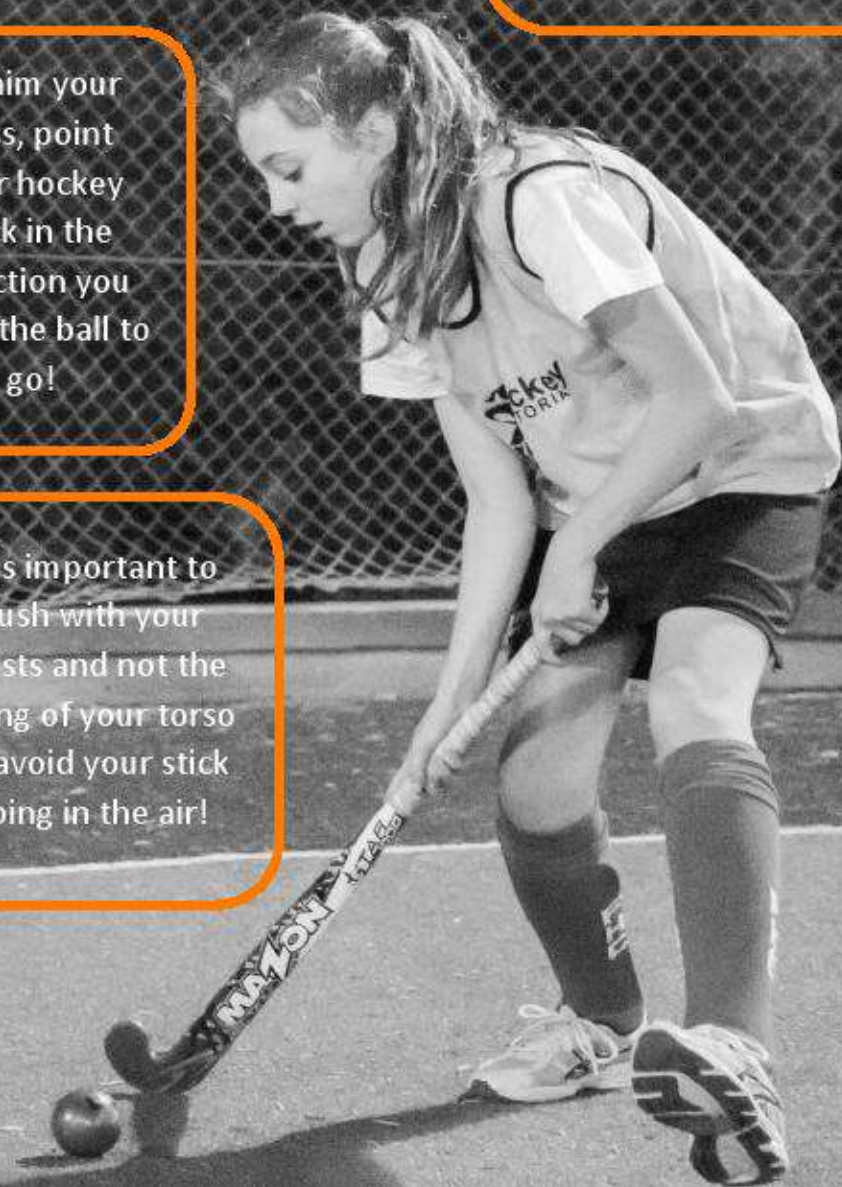
PASSING

To pass a hockey ball, you start with your hands in the ready position, with some bend in your knees and a straight back!

Then, stepping with your left foot, step into the ball and push through with your hockey stick! Be sure to keep it upright!

To aim your pass, point your hockey stick in the direction you want the ball to go!

It is important to push with your wrists and not the swing of your torso to avoid your stick going in the air!



RECEIVING

Receiving or trapping your hockey ball is like passing in reverse!

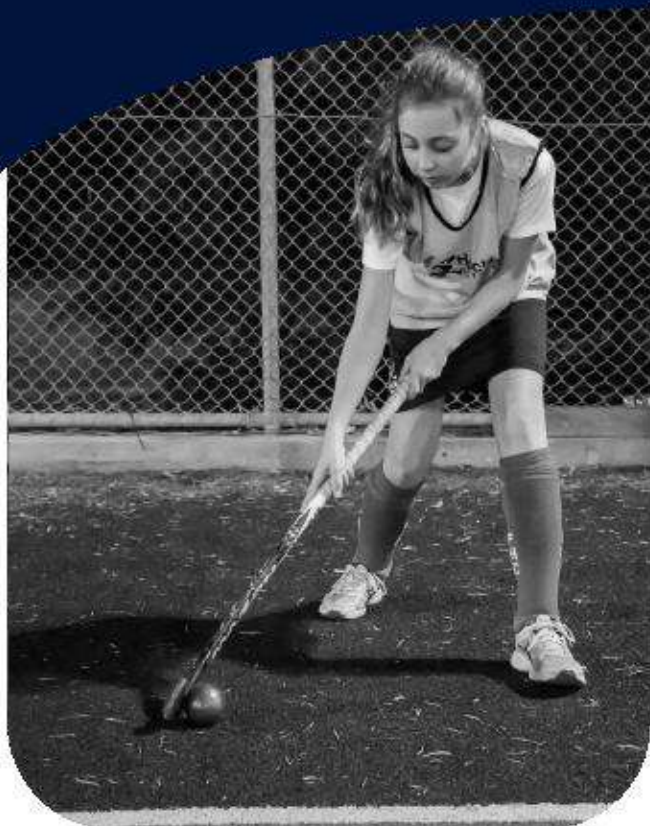
Start by having your hockey stick up right and pushed out in front of you, then as the ball comes towards you begin stopping it by your left foot and then slow it down to a stop by your right foot!

If that's a bit tricky you can also trap your hockey ball by placing your whole stick flat on the ground!



BALL CONTROL

VISION

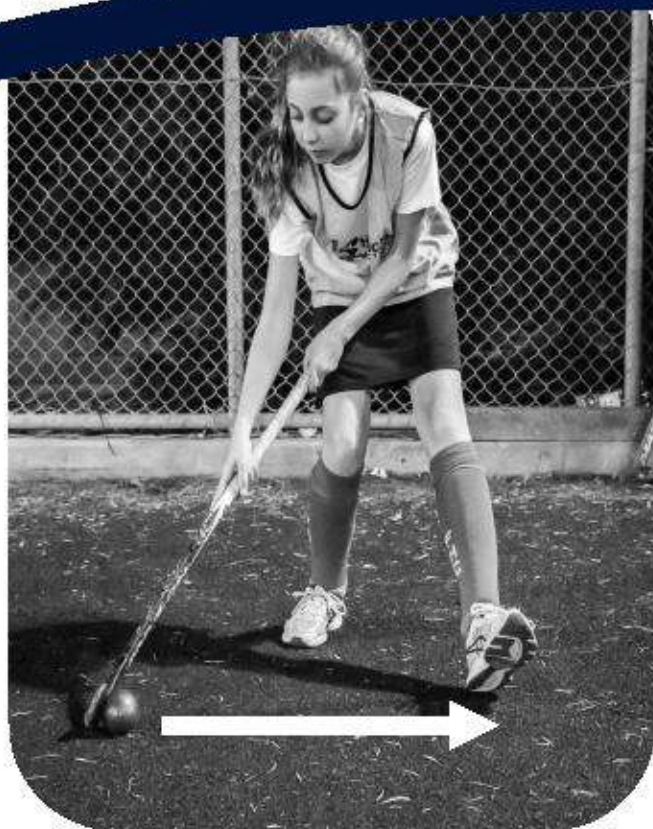


To keep control of your hockey ball, it is important to keep your stick on the ball at all times! Keeping the hook of your stick over the ball will help protect it and control it!

When you are dribbling or have your stick on the ball, it is important to keep your eyes up so you can see what is happening!



ELIMINATION



The best way to begin elimination skills is by a left to right drag, or right to left! Start the ball on one side of your body and push it to the other using the hook of your stick! Once you get to the side of your opposite foot, rotate the stick over and bring the ball to a stop, then bring it back to your starting position!



STEALING

It is very important to steal safely! To do this line your stick up with the attackers and plant it on the ground as shown in the picture! Once the ball has been stopped you can then collect it and continue playing!

Be sure to not swing your hockey stick to steal someone's ball, we aren't trying to chop down trees!

Games!

Welcome to the fun part! Throughout the following sections you will be able to analyse and review all of the warm up drills, games and fun activities that Hockey Victoria has collected through many years of experience.

When viewing the games we have provided, aspire to keep an open mind and have fun when playing them.

These games are no limited to what we have outlined, modifications and adjustments are encouraged! but remember your No. 1 priority when working with children or beginners is to make hockey fun! Avoid overemphasizing skills and technique at first and slowly progress. It takes time for children to acquire basic motor skills let alone the unique skills of hockey.

Games Guide Key



= Team 1 / Defending Team



= Team 2 / Attacking Team



= Ball



= Coach/Teacher



= Cone / Marker



= player to dribble with ball



= Player to run or move to new position



= Passing of the ball

WARM UP GAMES



PIRATE SHIP

WARM UP GAME

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

EQUIPMENT

- None needed!

SAFETY

- Ensure that there is ample room for all players to move around and that there aren't any obstacles present.

HOW TO PLAY

The coach/teacher calls out a set of commands like a pirate! This game can be played on any surface or space pending that there is ample room for players to be able to run around. See all off the commands and corresponding actions below! Argh!

Command	Action
Man the Lifeboats!	Call out a number (eg.4) and players get into groups and pretend to row a lifeboat.
Scrub the Deck!	Players get down on the ground and pretend to scrub the deck.
Captains Coming!	Players pretend to salute!
Walk the plank!	Players put one foot in front of the other and pretend to walk the plank.
Boom incoming!	Players have to duck down as if a boom (ship post) is swinging over them.
Hit the deck!	All players drop to the ground as fast as they can!
Directions	All players run in the direction called by the captain.
Peggy Peg Leg	Players have to hop around with one leg straight and the other as normal.

MODIFICATIONS & CONSIDERATIONS

- As the coach/teacher you are able to appoint a player to be the captain.
- Come up with new calls and sayings.
- Add or remove calls as you feel necessary.

UP, DOWN, GO, STOP!

WARM UP GAME

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

EQUIPMENT

- None needed!

SAFETY

- Ensure that there is ample room for all players to move around and that there aren't any obstacles present.

HOW TO PLAY

The coach/teacher calls out all of the rules, however they are all in reverse!
Keep all players on their toes and make sure that they are listening!

Command	Action
UP!	All players must get on the ground as fast as they can!
DOWN!	All players must jump up in the air as high as they can!
GO!	All players must freeze where they are!
STOP!	Players must start running around the warm up area.

MODIFICATIONS & CONSIDERATIONS

- Try changing all of the rules back to their normal sayings!
- You can also add in other directions and movements.
- Add in time limits or rules on how fast you have to do things.

SCARECROW TIGGY

WARM UP GAME

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

EQUIPMENT

- Sash/bib to mark who is it.

SAFETY

- Ensure that there is ample room for all players to move around and that there aren't any obstacles present.

HOW TO PLAY

- Line up all of the players on a line and pick 2-4 people to be your taggers!
- Whilst everyone is on the line, set out the area of play, this can be as big or as small as you like. Players will not be allowed into this space otherwise they will be stepping into lava!
- Your taggers job is to chase all of the players around and tap them on the shoulder, if they get tapped or "tagged" they must stand still like a scarecrow.
- To get back in the game, a free player must crawl between the legs of the person who is tagged. (note. Taggers cannot stand next to people who have been tagged to get other players, this is fox guarding!)

MODIFICATIONS & CONSIDERATIONS

- Add or reduce the number of players in the game to allow for more people to be tagged!
- Change the space that you are playing in, if too many people are running free, reduce the space!

BUILDERS & BULLDOZERS

WARM UP GAME

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

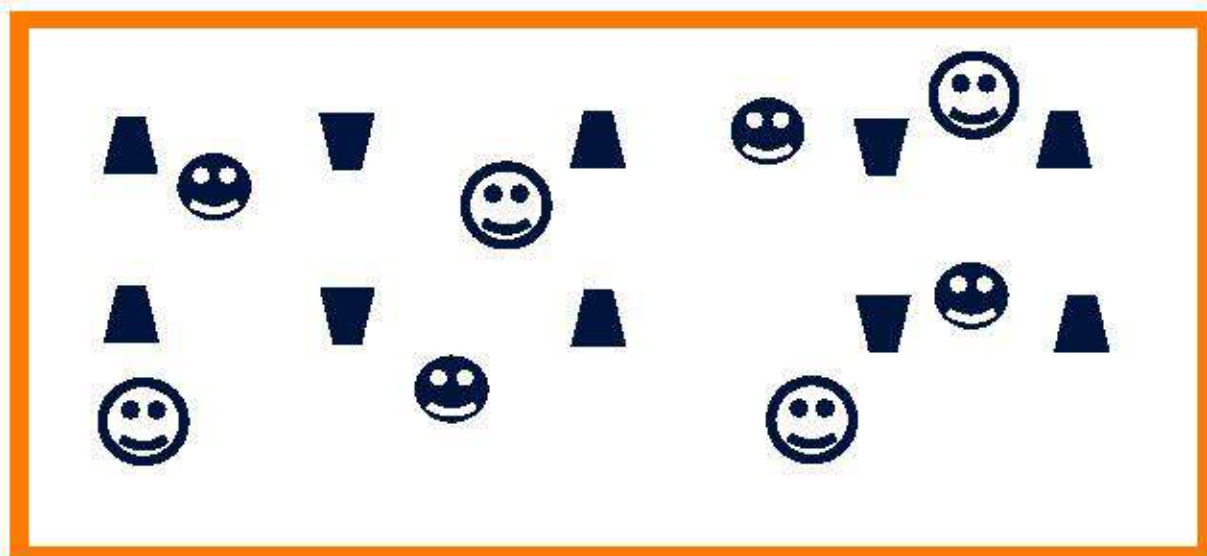
EQUIPMENT

- 20 cones.
- Bibs to outline teams.

SAFETY

- Ensure that there is ample room for all players to move around and that there aren't any obstacles present.

GAME LAYOUT



HOW TO PLAY

- Lay out 10 cones sitting up the right way and 10 sitting upside-down. You can add or remove cones based on how many players you have.
- Mark out a space to play in that is suitable to the number of players you have.
- Pick two teams, one team is your builders and the other the bulldozers. The builder's objective is to flip all of the cones the right way up, whilst the bulldozers objective is to turn them all upside down.
- Play until one team has completed their task!

MODIFICATIONS & CONSIDERATIONS

- Add in more or less cones to make the game harder
- Reduce the amount of space available.

OCTOPUS

WARM UP GAME

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

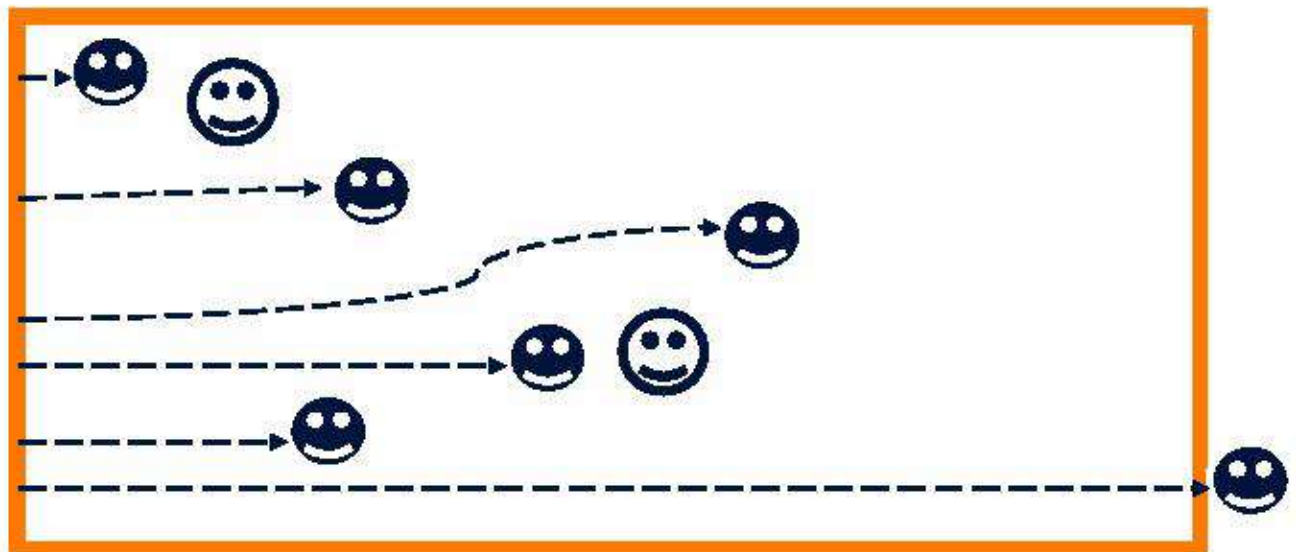
EQUIPMENT

- Bibs/sash to notify taggers

SAFETY

- Ensure that there is ample room for all players to move around and that there aren't any obstacles present.

GAME LAYOUT



HOW TO PLAY

- Line all up players on a line and pick two people to be your Octopus! These people are allowed to roam around your designated play area.
- Everyone else lines up on a line at one end of your area, their objective is to run to the other side without being tagged by the octopus!
- If they do get tagged they become stuck in the ground and they are seaweed! They cannot move but are allowed to pivot to try and tag people that run past them.
- You may re-start the game once you have your last person.

MODIFICATIONS & CONSIDERATIONS

- You can make the space you are playing in smaller or bigger!
- Add more octopus to your game so that they can tag more people!
-

GAMES & ACTIVITIES



HOCTOPUS

SKILLS

**DRIBBLING, STEALING,
ELIMINATION SKILLS,
VISION AND BALL CONTROL**

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

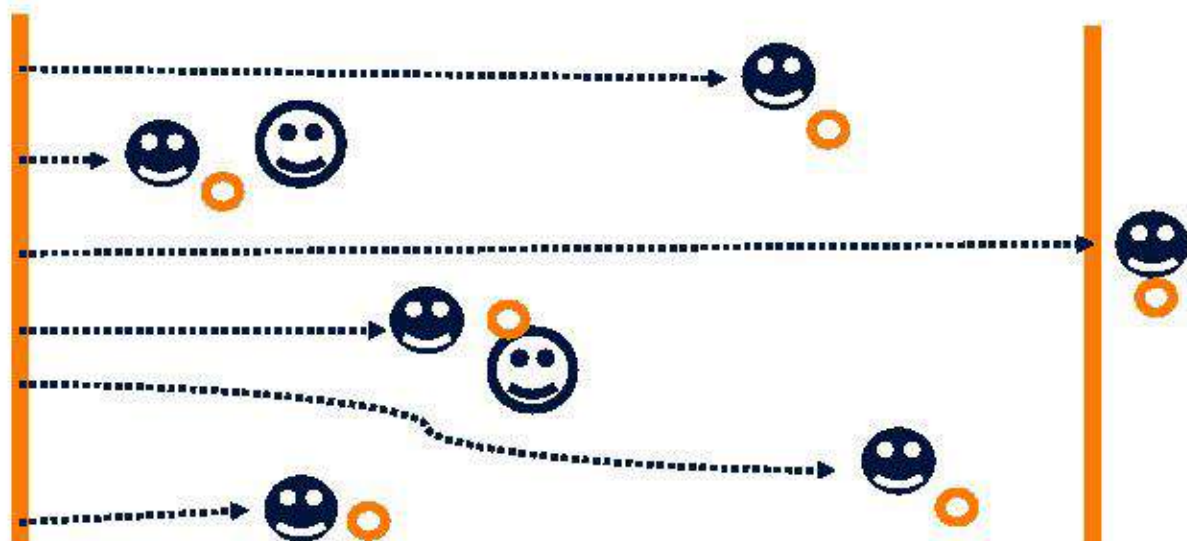
EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball p/person
- 4 cones or witches' hats

SAFETY

- NO sticks above shoulders
- Watch for bad tackles
- Ensure players are keeping their vision up to avoid collisions

GAME LAYOUT



HOW TO PLAY

- All players start on a line; this can be either done with cones or a pre-laid line.
- Pick two players to be your Hootapus, they can roam around the field of play. Their objective is to steal other players balls and knock them off of the field. This is where players can practice their tackling.
- The player's objective is to dribble their ball all the way to the other side of the field, this being where they can practice their ball control, vision and elimination skills.
- If a player loses their ball, they have to freeze in the ground and they become seaweed! They cannot move from the spot they lost their ball; however, they are allowed to tackle people who run past them.
- Play until there is only 1 player left, this person is your winner.

MODIFICATIONS & CONSIDERATIONS

- If all of your players are finding that they are getting across with too much ease, shorten the playing field.
- Reducing space is a good way to promote more touches and interactions with the ball.
- If you find that your two hootapus aren't getting to enough people, add a few more!
- To make the game harder, incorporate compulsory tasks before someone can get to the other side, an example of this could be that players have to do a left to right drag before they can get across.

ROB THE NEST

SKILLS
DRIBBLING, STEALING,
VISION AND BALL CONTROL

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

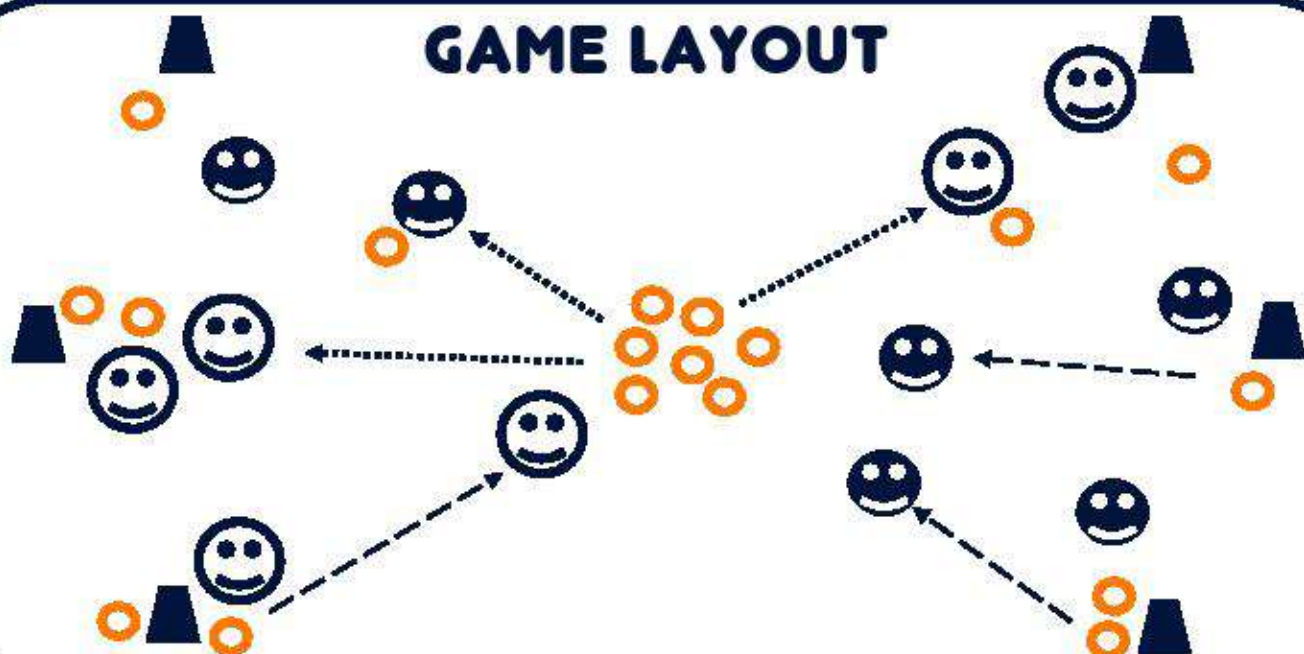
EQUIPMENT

- 1 hockey stick per person
- 2-3 hockey balls per person
- 4-6 cones or witches hats

SAFETY

- Ensure players keep their sticks on the ground at all times.
- If you play a stealing round, highlight the importance of safe tackles.

GAME LAYOUT



HOW TO PLAY

- The coach/teacher places all of the balls in the centre of the playing area, and then places 4 cones around this. The distance of these cones from the balls is up to the coach. You may also add more stations depending on the size of your group.
- Each player gets appointed to one of the 4+ teams.
- When the coach/teacher says go, one person from each team a time goes to the pile of balls and collects only one ball to bring back to their team.
- Once they get back to the cone the next person in line goes.
- The team with the most balls at the end is the winner.

MODIFICATIONS & CONSIDERATIONS

- When collecting balls, you can make it that the players have to pass the ball back to their cone rather than dribble!
- You can create the rule that when they collect a ball they must jink a cone on the way back to their cone!
- You can add a defender to the pile of cones!
- Have a round at the end where everyone can steal balls from other people's cones!
- Ensure that only a max of 4-5 people are on each cone!

FRUIT SALAD

SKILLS
DRIBBLING, VISION AND
BALL CONTROL

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

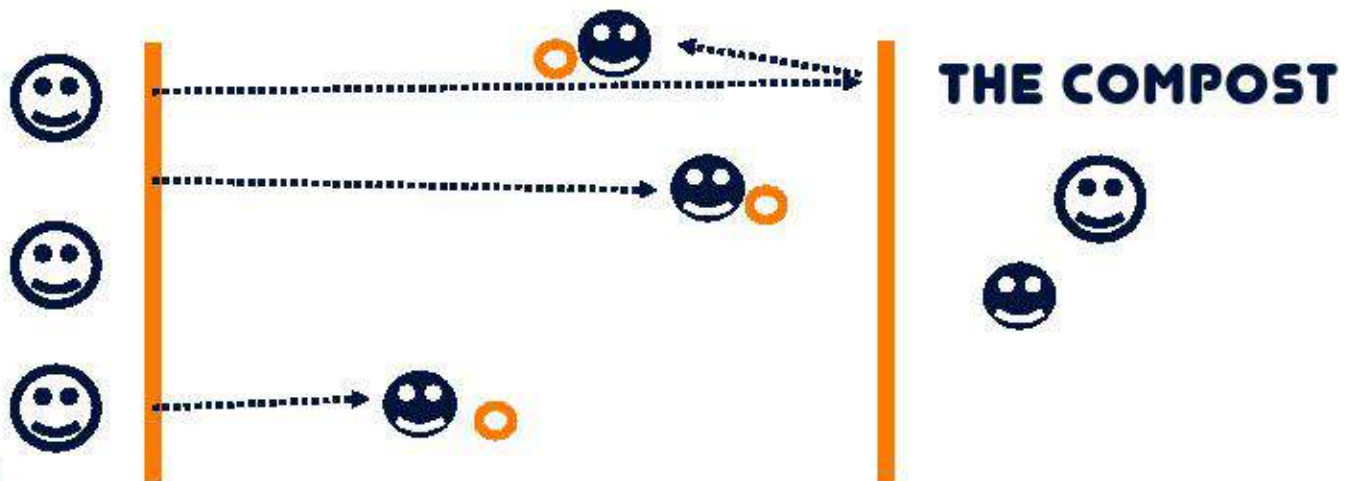
EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball p/person

SAFETY

- Ensure players keep their vision up at all times.

GAME LAYOUT



HOW TO PLAY

- The coach or teacher starts by lining up all of the players on a line, then arranges them into 4 different fruits, get creative with what you use but ensure that all of the teams have even numbers.
- Each player then has a ball, when the coach calls out a fruit that group of players must run with their ball as fast as they can from the start line to the other and back.
- The person who comes last get put into the compost bin, however the coach can call out compost bin and everyone in the compost bin race up and back and the first person back gets to re-join the game.

MODIFICATIONS & CONSIDERATIONS

- On each run, players must dribble through a set of cones rather than running straight!
- Each time you call compost the whole group can re-join.
- Create and add obstacles that need to be avoided through each run or add in a defender who can steal their hockey balls!

TRAFFIC LIGHTS

SKILLS
DRIBBLING, VISION AND
BALL CONTROL

Age Range: 5-10 Years | Number of Players: 12-32 | Coach Ratio: 1:20

EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball p/person

SAFETY

- Encourage players to keep their vision up.

GAME LAYOUT



HOW TO PLAY

- The coach or teachers lines up all of the players on a line and give them a ball each.
- When the coach calls out green light, all players must start dribbling their ball.
- If the coach calls out yellow light all players must slow down and dribble at a snail's pace!
- If the coach calls out stop, all players must stop and freeze!
- Do this up to an opposing line and back!

MODIFICATIONS & CONSIDERATIONS

- You can turn the game into a race by seeing who can cover the most distance when you call out green light!
- Change all of the colours to different rules! Green means slow, red means go as fast as you can and yellow means stop! Your pick!
- Add in other traffic conditions such as round about! This is when players must roll their hockey ball in a circle!

WHAT'S THE TIME MS/MR HOCKEY

SKILLS
DRIBBLING, VISION AND
BALL CONTROL

Age Range: 5-8 Years | Number of Players: 12-32 | Coach Ratio: 1:20

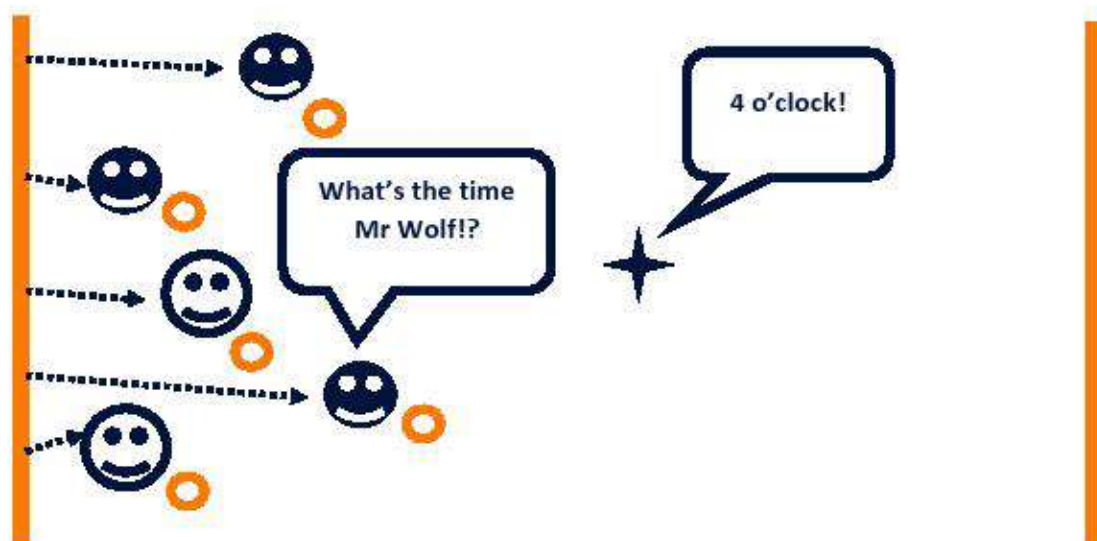
EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball p/person

SAFETY

- Ensure players keep their vision up!

GAME LAYOUT



HOW TO PLAY

- The coach or teachers gets all of the players to line up along a line and gives them a ball each.
- When the teacher or coach notifies the players, they must call out "What's the time Ms/Mr Hockey?!"
- Players then walk the number of steps that the coach states.
- Whilst the players are walking the coach needs to keep an eye on them to make sure they don't get too close!
- If all the players are close and they ask what the time is, the coach can call out dinner time and then they turn around and chase all of the players back to the start line whilst trying to steal their hockey ball!

MODIFICATIONS & CONSIDERATIONS

- Ensure that you get into character, the more flare and excitement you bring to the game, the more fun players will have!
- You can allocate a player to be Mr or Mrs Hockey, feel free to rotate people through this position.

ZONE HOCKEY

SKILLS

PASSING, DRIBBLING, BALL
CONTROL, VISION AND
RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

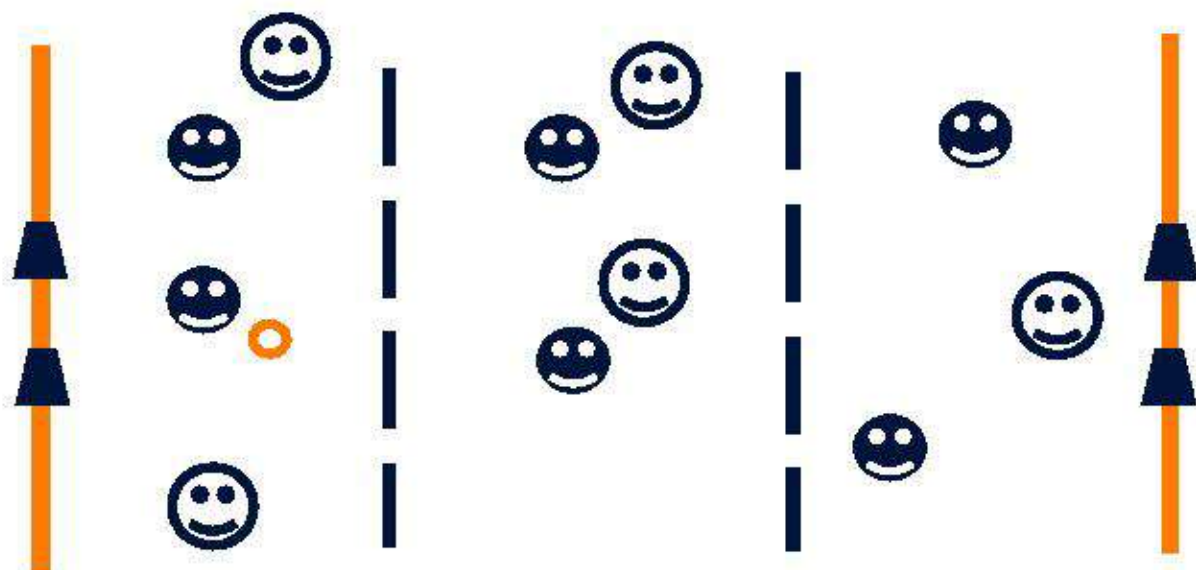
EQUIPMENT

- 1 hockey stick p/person
 - 1 hockey
 - 4 cones
- Markers or witches' hats to mark out zones.

SAFETY

- No hitting.
- Sticks on the ground at all times
- Ensure correct tackling technique is taught.

GAME LAYOUT



HOW TO PLAY

- Take a space approximately the size of a basketball court and divided it into 3 sections with 1 goal at each end.
- In each area a team will have two players. At the front end will be the attackers, the centre, midfielders and in the back end their defenders.
- These players must stay within their zones otherwise a free is awarded.
- The game is then played in a similar way to traditional hockey.

MODIFICATIONS & CONSIDERATIONS

- You can add more goals to each area if you feel the game is too back and forth.
- Make a rule that players must complete a certain number of passes within their zone, or alternatively across each zone!
- You can always emphasise certain skills by adding a scoring element! E.g. 1 goal awarded for every 5 eliminations!

NEWCOMBE BALL

SKILLS

PASSING, BALL CONTROL,
VISION AND RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

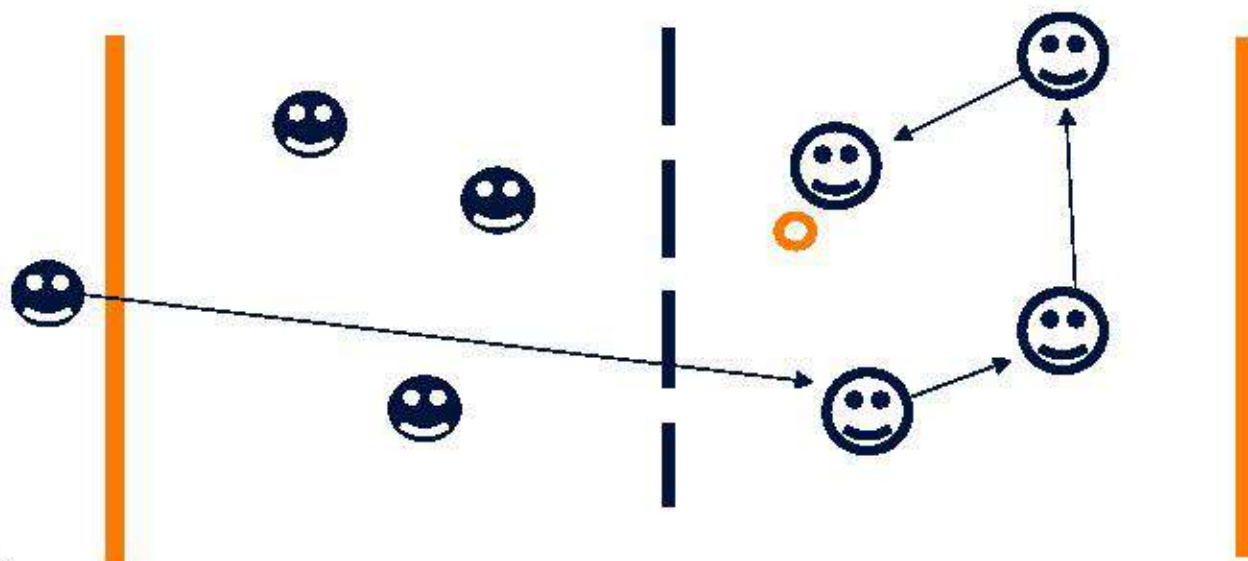
EQUIPMENT

- 1 hockey stick p/person.
- 1 hockey ball.
- Markers or cones for centre line.

SAFETY

- No hitting.
- Sticks kept on the ground.

GAME LAYOUT



HOW TO PLAY

- The best way to think of Newcombe ball is like Hockey Volleyball!
- Find a space approximately the size of a basketball court and divide it in two
- Split your group in half.
- To start the game, one player starts behind the backline and pass the ball to the other team, they then must make 3 passes before they attempt to pass the ball back across the oppositions back line.
- If the original passing team stops the ball, they can then score by passing over the oppositions backline.
- If the ball goes over the sideline the game re-sets.

MODIFICATIONS & CONSIDERATIONS

- You can set a minimum number of passes that need to be made before each team can play the ball!
- If you have an experienced group, you can create the rule of having to jink the ball over the centre line to try and score.
- You can add points and scoring zones in each section of the playing area to encourage weighted passes and ball control!
- If the game has become too easy for the players, add in a goal and create a new scoring system!

HOCKEY TENNIS

SKILLS
PASSING, BALL CONTROL,
VISION AND RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

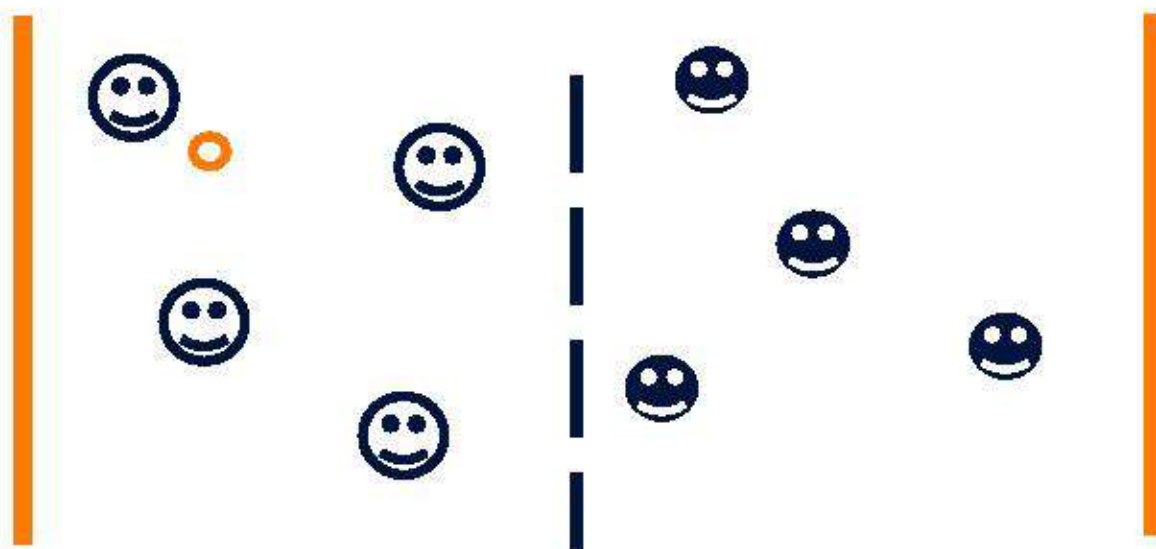
EQUIPMENT

- 1 hockey stick p/person
 - 1 hockey ball
- Markers for centre line.

SAFETY

- Make sure that there is no hitting, only slaps
- Ensure that the correct slapping technique is taught prior.
- Maximum of 4-5 players per side of the court.

GAME LAYOUT



HOW TO PLAY

- Find a space approximately the size of a basketball court and divide it in two.
- Split your group in half.
- To start the game, one player starts with the ball and serves to the other team, they then must make 3 passes before they attempt to pass the ball back across the oppositions back line.
- If the original passing team stops the ball, they can then score by passing over the oppositions backline.
- If the ball goes over the sideline the game re-sets.
- The scoring system works the same as in tennis (15-30-40, Advantage)

MODIFICATIONS & CONSIDERATIONS

- Add in a minimum number of passes that need to be made before each team can attempt to score!
- Make scoring landing zones or gates on each side of the court!

END ZONE

SKILLS

PASSING, DRIBBLING, BALL CONTROL, STEALING, VISION, ELIMINATION AND RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

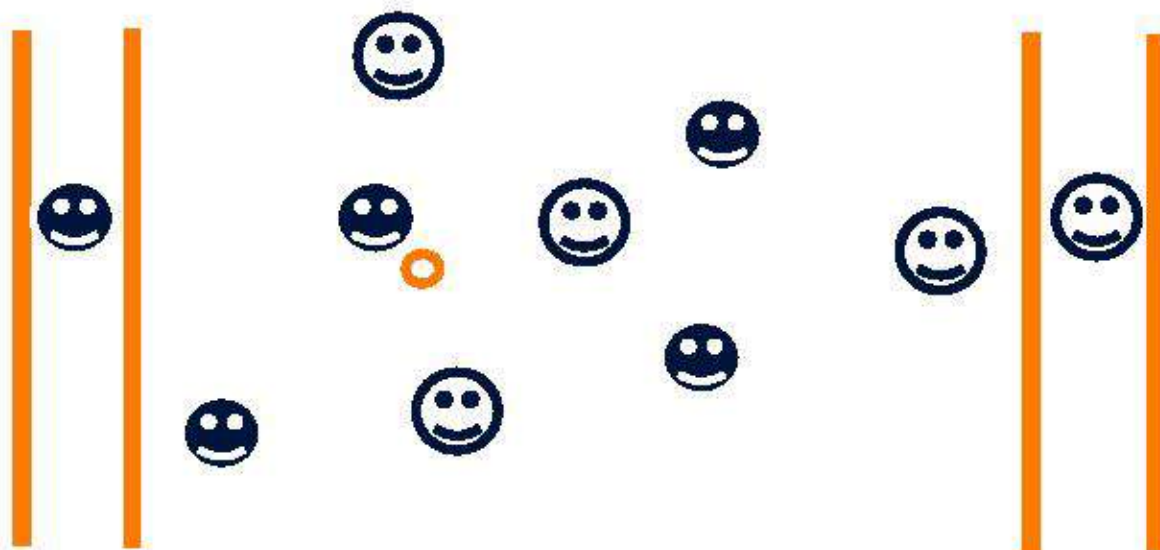
EQUIPMENT

- 1 hockey stick p/person.
- 1 hockey ball.
- Cones or markers for end zones.

SAFETY

- Make sure sticks stay on the ground.
- No hitting.

GAME LAYOUT



HOW TO PLAY

- Find a space approximately the size of a basketball court and divide it in two. Also add 2 separate columns at each end.
- Split your group in half.
- Set out your two end zones, these should be roughly 2m in width and the length suitable to your playing area.
- Both teams must pass the ball to each other with the objective to complete a pass within end zone to score a goal.

MODIFICATIONS & CONSIDERATIONS

- Create specific scoring zones in each end zones!
- Create a minimum number of passes that need to be made before you can score.
- Add in multiple balls! Be sure to keep track of the score though!
- Add more people to each end zone or lock people into the end zones!

NUMBER HOCKEY

SKILLS

PASSING, DRIBBLING, BALL CONTROL, STEALING, VISION, ELIMINATION AND RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

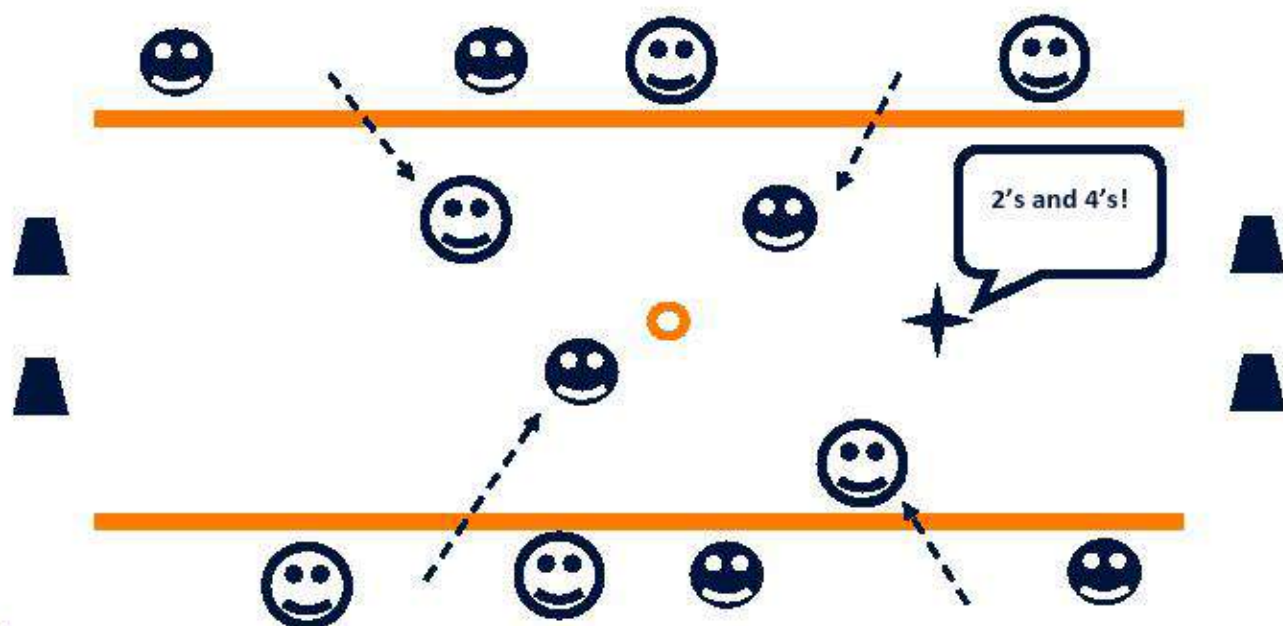
EQUIPMENT

- 1 hockey stick p/person.
- 1 hockey ball.
- 4 cones.

SAFETY

- Make sure the correcting tackling technique is taught.
- Sticks on the ground.
- No hitting.

GAME LAYOUT



HOW TO PLAY

- Place 2 cones at the end of each side of the court, keeping the playing space relevant to your number of players.
- Then give each player a number between 1 and 4. 1s and 4s line up on one parallel line and the 2s and 3s line up on the other.
- The coach starts with the ball and then calls out a number between 1 and 4. The players then get to play the ball and try and score at their designated goal.
- Once a goal is scored all the ball is out of play the game re-starts and everyone goes back to their lines.

MODIFICATIONS & CONSIDERATIONS

- Create a minimum pass count until each team can score!
- Set a time limit on how long it takes each team to score.
- Reduce or increase your playing area to allow for more or less touches!
- Add in different ways to score! whether it be by dribbling, passing or by using elimination skills!

ROBBERS

SKILLS
DRIBBLING, BALL CONTROL,
STEALING AND VISION

Age Range: 5-12 Years | Number of Players: 12-20 | Coach Ratio: 1:20

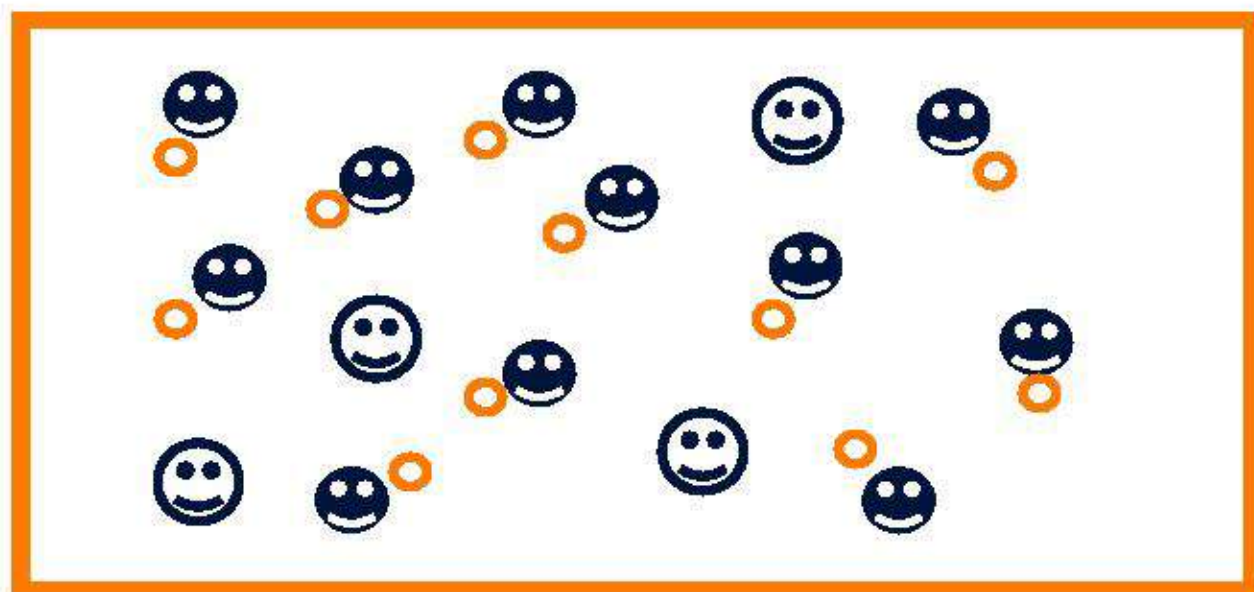
EQUIPMENT

- 1 hockey stick p/person.
- 1 hockey ball p/person.

SAFETY

- Sticks on the ground.
- Ensure the correct tackling technique has been taught.

GAME LAYOUT



HOW TO PLAY

- Mark out an area of play suitable to your number of players.
- Each player has a ball except for 3-4 players, these are your robbers.
- All players must stay within your designated area.
- The robber goes around and try to steal everyone's ball, once you have lost your ball you become a robber.
- The aim of the game is for players to tackle to gain possession rather than knock the ball out of play.

MODIFICATIONS & CONSIDERATIONS

- Make it that when a player loses their ball that they join the team of robbers, play until no one is left!
- The teacher or coach can be involved and can either be the ultimate robber or the main prize if none of the robbers can get them!
- Split your group into two, the first group to obtain everyone's ball is the winner!

RELAY RACE

SKILLS

DRIBBLING, BALL CONTROL,
AND VISION

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

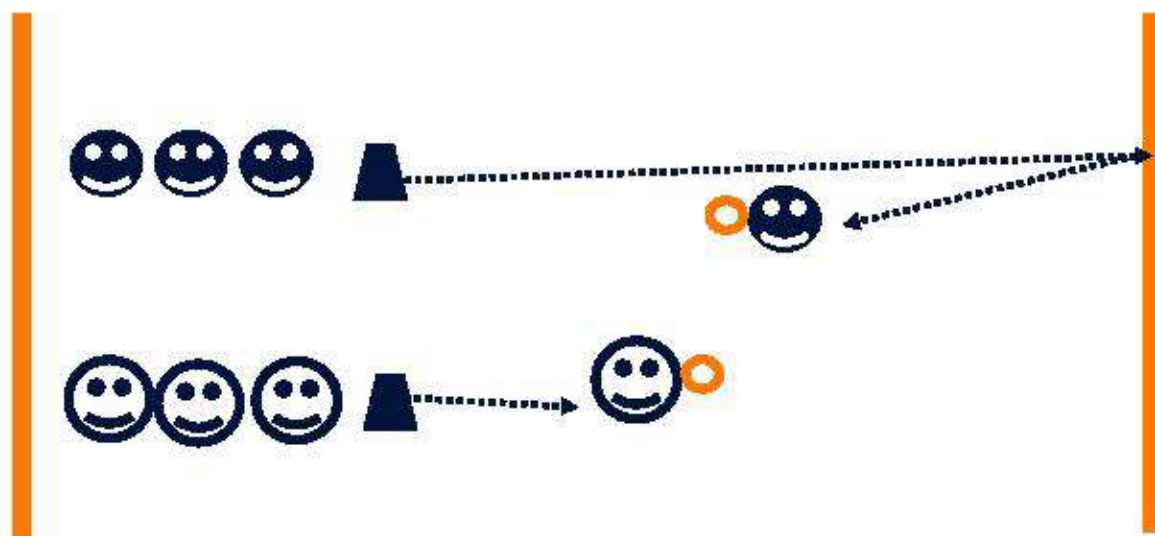
EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball p/person
- 4 cones or witches hats.

SAFETY

- Ensure players keep their vision up.

GAME LAYOUT



HOW TO PLAY

- Split your group into numbers of no more than 4 per team and line them up behind a cone.
- One person from each team at a time is to dribble their ball as fast as they can up to the end point and back.
- Once they get back they give their ball to their team mate and sit down at the back of the line.
- The team that has everyone sitting down first is the winner!

MODIFICATIONS & CONSIDERATIONS

- Add a time limit to your relay!
- Add cones that players have to dribble through.
- Add skills and techniques into the relay to make it difficult or easier!

4 GOAL GAME

SKILLS

PASSING, DRIBBLING, BALL CONTROL, STEALING, VISION, ELIMINATION AND RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

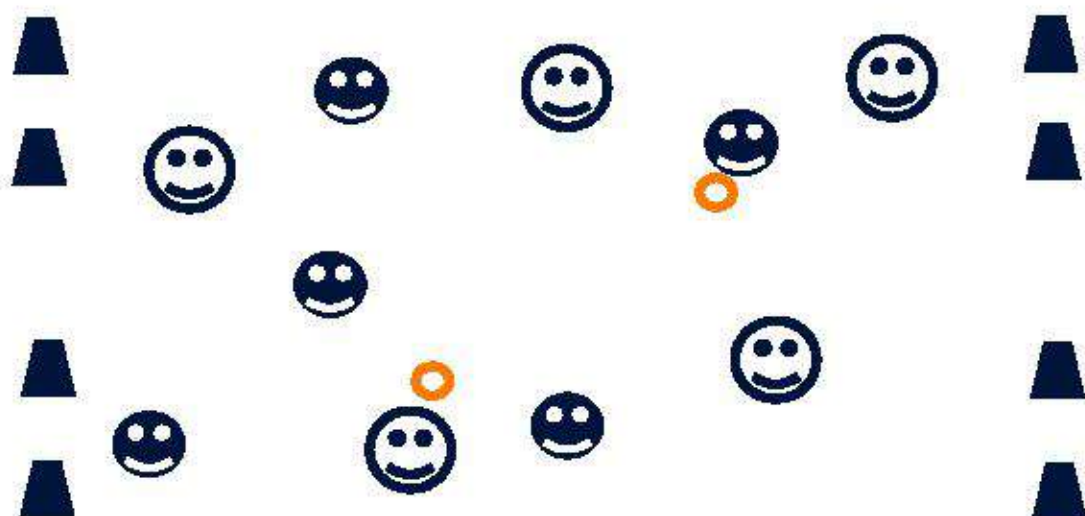
EQUIPMENT

- 1 hockey stick p/person
- 1-4 hockey balls
- 8 cones.

SAFETY

- Sticks on the ground
 - No hitting
- Ensure correct tackling technique has been taught.

GAME LAYOUT



HOW TO PLAY

- Set out your playing area and place 4 goals out, one in each corner of the field, keeping them offset from the side line so that they can be played around.
- Select two teams and designate their goals
- To score a goal each team must make a pass through one of the gates or alternatively, dribble through them depending on what skills you are working on.

MODIFICATIONS & CONSIDERATIONS

- Add a minimum number of passes that have to be made before a team can score!
- Make the rule that to score you must pass, dribble or shoot through each goal!
- Assign goalkeepers or special players that people can gain points off if they eliminate them or make a successful pass to them!

HOCKEY BOWLING

SKILLS

PASSING, BALL CONTROL AND
VISION

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

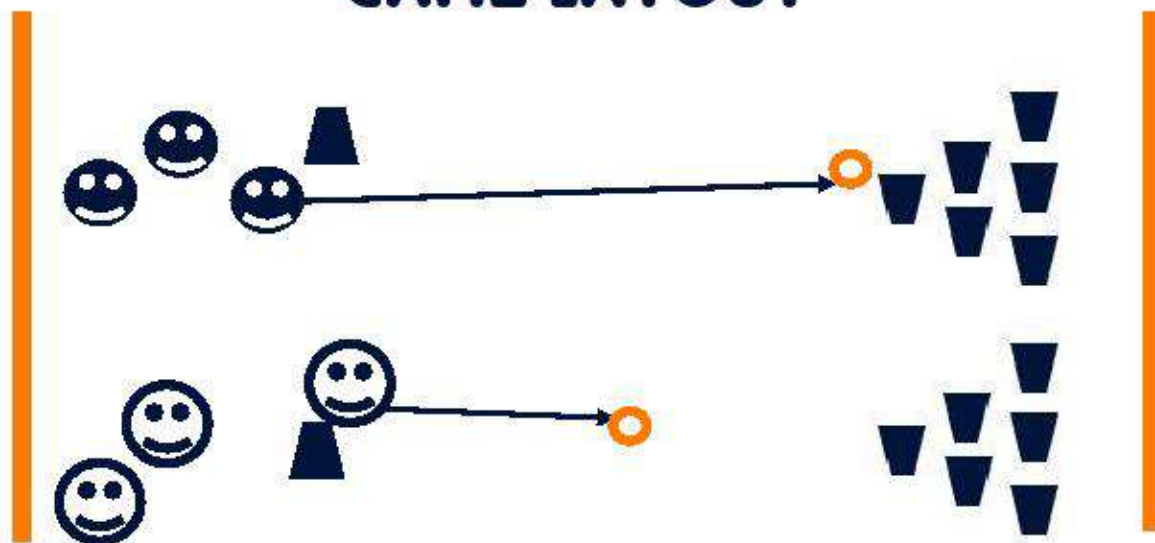
EQUIPMENT

- 1 hockey stick p/person
- 2-3 hockey balls per group
- 14 cones or witches' hats

SAFETY

- No hitting allowed to begin with
- Make sure sticks are on the ground.

GAME LAYOUT



HOW TO PLAY

- Lay out 2 or more piles of cones, with 6 in each pile. Sit them upside down to allow them to be knocked over.
- Split your group into 2 and line them up behind a cone.
- Play the game in the same manner as traditional bowling.
- Each player gets two shots to try and knock over each cone.
- Keep track of how many times each team knocks over all cones.

MODIFICATIONS & CONSIDERATIONS

- Keep track of each team's score, make certain cones worth more or less points!
- Add obstacles or barriers that the players have to pass through or over!
- Create multiple scoring stations and add elements such as tyres or other scoring locations.

HOW MANY?

SKILLS

DRIBBLING, BALL CONTROL AND
VISION

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball per person

SAFETY

- Ensure that everyone has their vision up!

GAME LAYOUT



HOW TO PLAY

- The coach or teacher gives everyone a hockey stick and ball and lines them up on a line.
- The objective of the players is to dribble their hockey ball along whilst looking up and calling out how many fingers the coach or teacher is holding up!

MODIFICATIONS & CONSIDERATIONS

- Instead of using numbers, use coloured cones! Swap between yellow, orange and any other colours you can think of!
- Add in any other elements that make dribbling harder, add obstacles on the ground and other things to avoid.

CATS & DOGS

SKILLS

DRIBBLING, BALL CONTROL,
STEALING, VISION AND
ELIMINATION

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

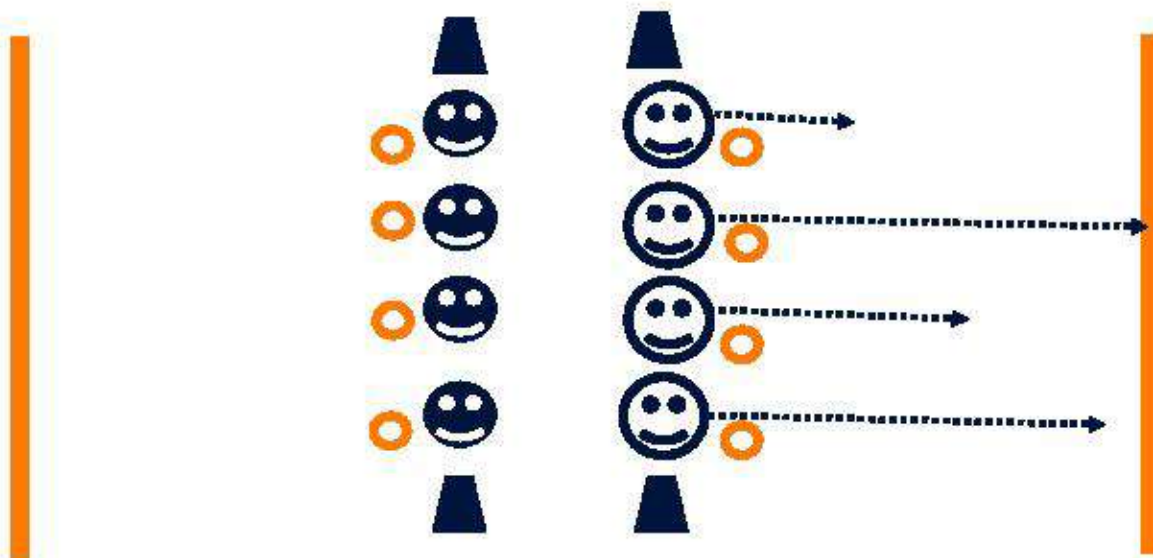
EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball p/person
- 4 cones or witches' hats

SAFETY

- Ensure the correct tackling technique is taught prior to playing.
- Make sure sticks are on the ground.

GAME LAYOUT



HOW TO PLAY

- Mark out two lines in the middle of the playing area, approx. 3m apart.
- Each player gets given a ball each and is assigned to either the cats team, or dogs team.
- When the teacher or coach calls out "Dogs!", the dogs team must take their ball and dribble to the nearest line on the playing area.
- The objective of the cats when this happens is to chase the dogs and try and steal their hockey ball from them.
- Once everyone has either been tackled or made it to the other side the game re-sets.
- When a team reaches a line they get 1 point, if they complete a safe tackle, they get 2!

MODIFICATIONS & CONSIDERATIONS

- Add in cones and other obstacles for players to dribble around when you call their team!
- Add a time on how long people have to reach the end line.

HOCKEY BOWLS

SKILLS

PASSING, BALL CONTROL, AND
VISION

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

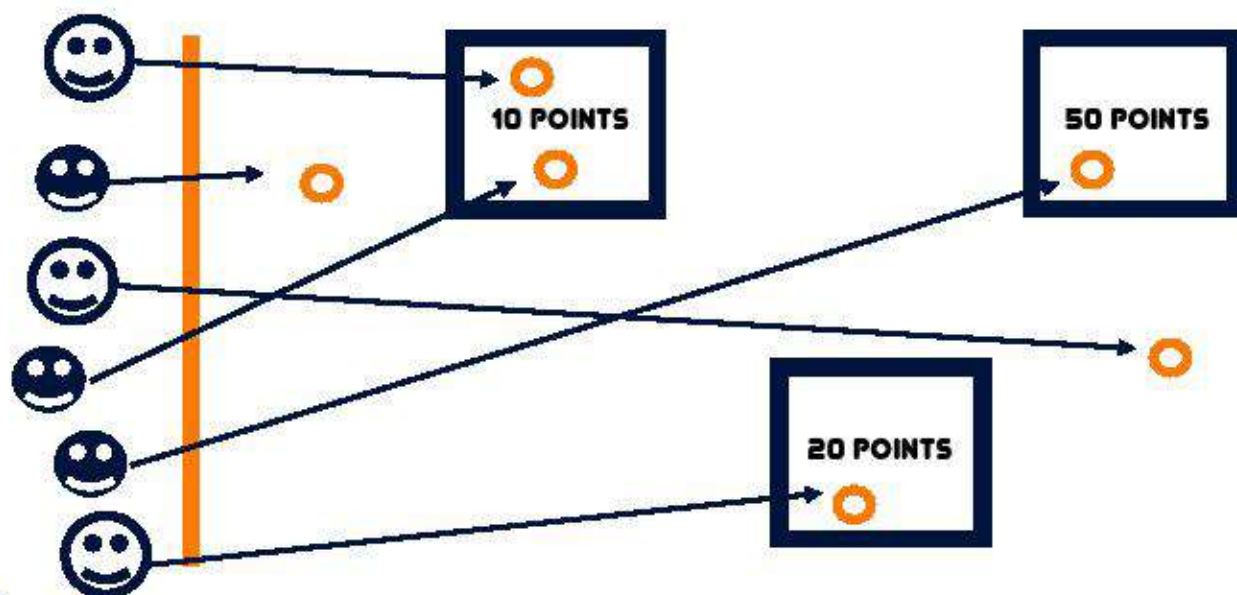
EQUIPMENT

- 1 hockey stick p/person.
- 1 hockey ball p/person.
- 12 cones or witches' hats.

SAFETY

- Make sure sticks are on the ground.
- Ensure that everyone has enough space.
- Keep all swings below shoulder height.

GAME LAYOUT



HOW TO PLAY

- Mark out 3-4 scoring zones within a large playing area. With the furthest area scoring more points and the closest less.
- Give each player a ball and line them up on the starting line.
- One at a time, each player passes their ball with the aim of it stopping in one of the scoring zones.
- Once everyone has had a go, get them to check their scores and repeat until you run out of hockey balls!

MODIFICATIONS & CONSIDERATIONS

- Add in barriers or defenders to make it more difficult for people to score.
- Add more scoring stations or even add sections that deduct points to make it harder!
- Give players multiple balls to try and score all at once!

DUCK DUCK GOOSE!

SKILLS

DRIBBLING, BALL CONTROL,
STEALING, VISION AND
ELIMINATION

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

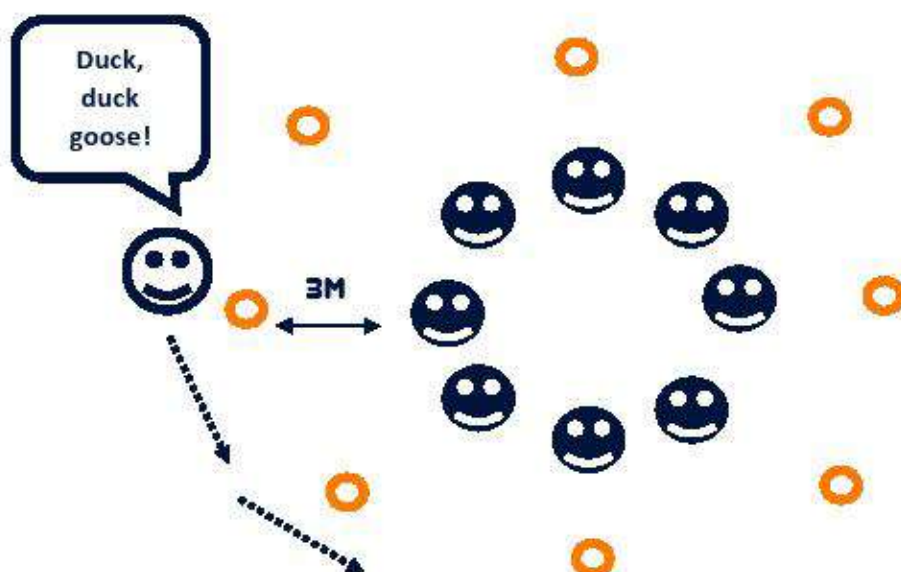
EQUIPMENT

- 1 hockey stick p/person.
- 1 hockey ball p/person.

SAFETY

- Ensure there is plenty of space between the tagger and the group.
- Make sure sticks are on the ground.
- Proper tackling must be taught prior.

GAME LAYOUT



HOW TO PLAY

- Classic game! Each player gets given a ball except for the tagger.
- All of the players stand in a circle facing outwards with their hockey ball approximately 3m away from them.
- The tagger walks around the circle tagging each person as duck until they say goose!
- If the tagger says goose, they steal that person's hockey ball and have to run around the outside of everyone, whilst dribbling and make it back to that person's spot.
- The person who has been called goose must try and get their hockey ball back off of that person!

MODIFICATIONS & CONSIDERATIONS

- Add in cones that players have to dribble around!
- Make the running circle wider!

CUT THE CAKE

SKILLS

PASSING, BALL CONTROL,
VISION, AND RECEIVING

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

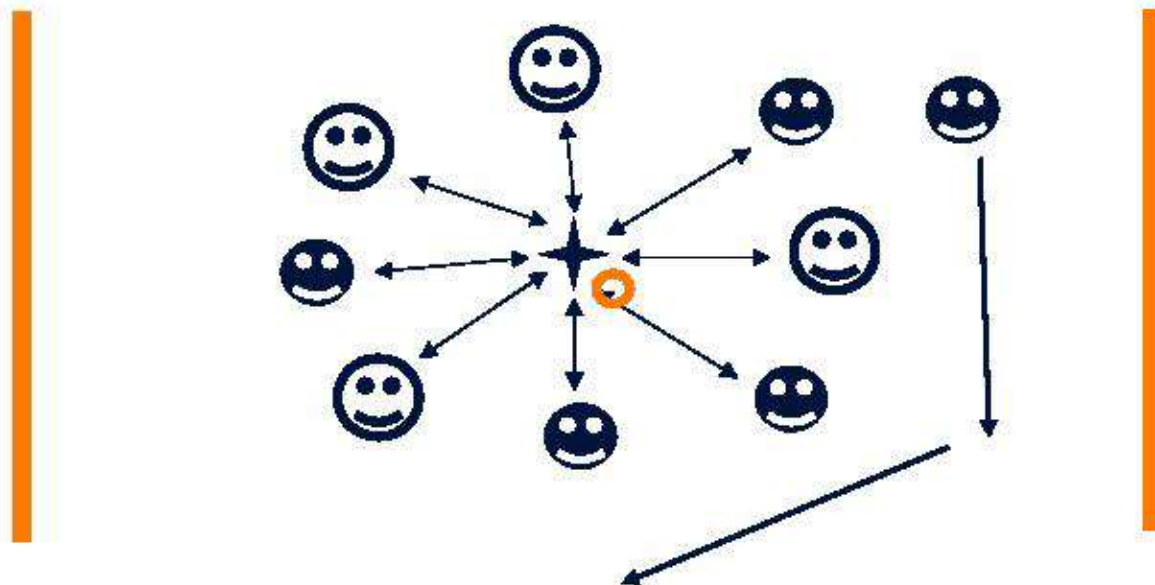
EQUIPMENT

- 1 hockey stick p/person.
- 2-3 hockey balls.

SAFETY

- No hitting allowed to begin with.
- Make sure sticks are on the ground.

GAME LAYOUT



HOW TO PLAY

- The coach or teacher starts with the ball in the middle and gets all of the players to make a circle around them!
- The coach passes the ball back and forth between each player!
- Once player however, must try and run around the whole circle before they complete all of their passes.
- To ensure that this isn't too easy, the coach or teacher marks out a specific circle for them to run around.

MODIFICATIONS & CONSIDERATIONS

- Give the person running around the cake a hockey ball!
- If that's too easy, add in cones, barriers or tyres for players to dribble or jink around!

HUNTERS AND COLLECTORS

SKILLS

DRIBBLING, BALL CONTROL,
STEALING, VISION AND
ELIMINATION

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

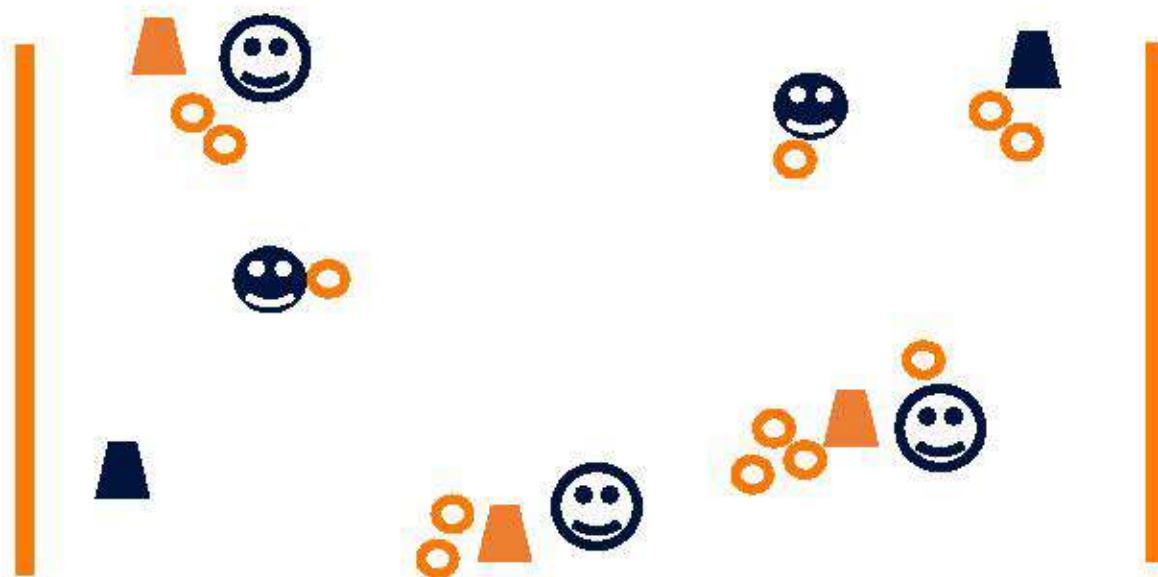
EQUIPMENT

- 1 hockey stick p/person.
- 2-3 hockey balls per group.
- 1 cone p/person.

SAFETY

- No tackling to begin with.
- Make sure sticks are on the ground.
- Ensure players vision is up.

GAME LAYOUT



HOW TO PLAY

- Very similar to rob the nest!
- Each player gets given a cone and 3-4 balls each.
- The objective of the game is to steal as many hockey balls as you can within a given amount of time!
- It is very important that when you start off that there is no tackling or defending!

MODIFICATIONS & CONSIDERATIONS

- Add in tackling! Do this in as many forms as you can, add in flat stick tackling or if you have gone over other forms of tackling, add that in too!
- Add in other stations for players to collect from.
- Add in a defender who is just a stealer!

BATTER UP!

SKILLS

PASSING, DRIBBLING, BALL
CONTROL, VISION AND
RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

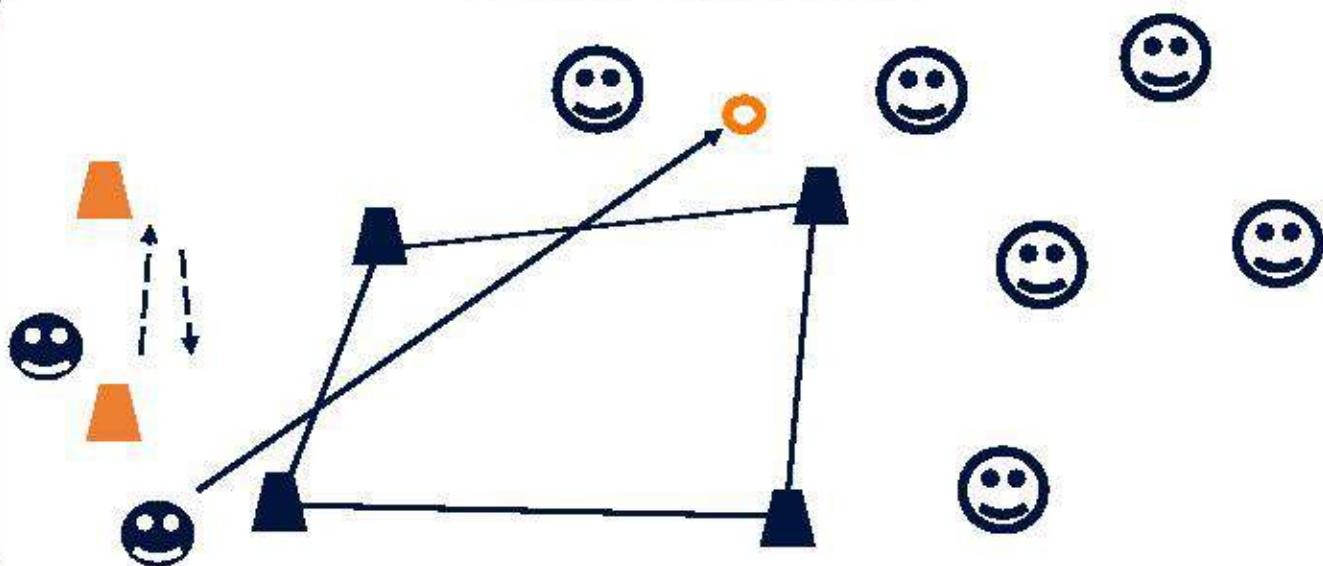
EQUIPMENT

- 1 hockey stick p/person.
- 10+ hockey balls.
- 6 cones or witches' hats.

SAFETY

- Make sure sticks are on the ground.
- Ensure all swings are below shoulder height.

GAME LAYOUT



HOW TO PLAY

- Think of hockey baseball!
- The defending team start outside of the diamond to allow the batting team to have their shot!
- The batting team must play their ball from inside the diamond and outwards.
- Once they have made their shot, they aim is to run between the two cones to the side as many times as possible before the ball gets back to the starting base.

MODIFICATIONS & CONSIDERATIONS

- Instead of running between the two cones, you can play the game like normal baseball and have players running between each of the bases!
- For the defending team to get someone out, they must first complete a certain number of passes, traps or skills!

KEEPINGS OFF

SKILLS

PASSING, BALL CONTROL,
STEALING, VISION AND
RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

EQUIPMENT

- 1 hockey stick p/person.
- 2-3 hockey balls per group.
- 4 cones or witches' hats per group.

SAFETY

- No hitting allowed to begin with.
- Make sure sticks are on the ground.
- Ensure correct tackling technique is taught prior.

GAME LAYOUT



HOW TO PLAY

- Mark out 4 cones approx. 2-3m apart.
- 3 players stand on one cone each, with the 4th being the defender in the middle.
- Each player must make a pass to the other whilst being on each cone.
- Players can only pass to someone who is on a cone.
- If the defender makes a tackle, the last person to play the ball goes into the middle and becomes the defender.

MODIFICATIONS & CONSIDERATIONS

- Instead of having the players bound to the cones, let them move freely within a designated space!
- Play with more than 4 people and add in extra defenders!

HOCKEY RUGBY

SKILLS

PASSING, DRIBBLING, BALL
CONTROL, STEALING, VISION,
ELIMINATION AND RECEIVING

Age Range: 8-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

EQUIPMENT

- 1 hockey stick p/person
- 2-3 hockey balls
- Cones to mark out end lines

SAFETY

- No hitting allowed.
- Make sure sticks are on the ground.
 - Keep vision up.
- Ensure correct tackling technique.

GAME LAYOUT



HOW TO PLAY

- Played the same as traditional rugby just without the scrum!
- One team starts with the ball in the middle and passes backwards.
- Throughout the whole game, passes can only be made backwards or sideways, however players can run forward with the ball.
- Each time there is a tackle, the tackling team gives the ball back to the opposition and then they have to pass backwards again.
- If 5 tackles are made, it is a turn over and the ball gets handed to the tackling team.
- To score, each team must dribble or pass the ball within the end zones of the playing area.

MODIFICATIONS & CONSIDERATIONS

- If the game is feeling slow, make it that less tackles need to be made before each turn over!
- If the game is getting too heated, designate players to each specific zone!
- There is always the option to removal tackles and add in just a light tap on the shoulder, much like touch rugby!

HARRY POTTER!

SKILLS

PASSING, BALL CONTROL, VISION AND RECEIVING

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

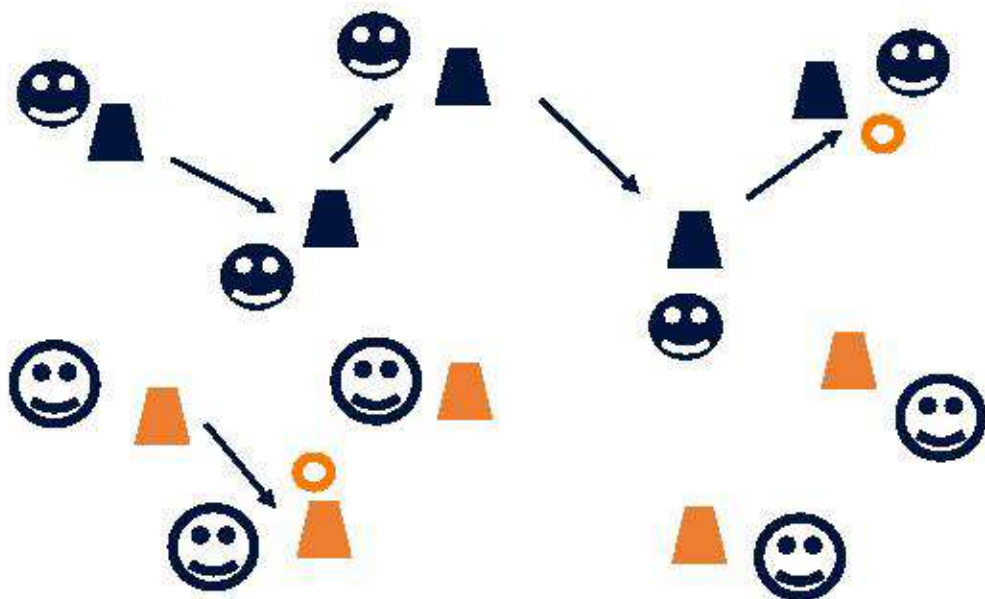
EQUIPMENT

- 1 hockey stick p/person
- 2-3 hockey balls per group
- 1 cone or witches' hat p/person

SAFETY

- No hitting allowed to begin with
- Make sure sticks are on the ground.
- Keep passes along the ground.

GAME LAYOUT



HOW TO PLAY

- It's a Zig Zag relay race!
- Lay out your cones or witches' hats in a zig zag pattern with each player starting on a cone.
- They must pass the ball up and back between each cone as fast as they can!
- The team to get their ball back to the start and then sit down is the winner!

MODIFICATIONS & CONSIDERATIONS

- Add in challenges! Every time a player traps the ball they must do a left to right drag!
- When they trap the ball they have to spin around the cone!
- Add in more or less stations and even add in extra cones that people have to run to before they pass!

MINEFIELDS

SKILLS

DRIBBLING, BALL CONTROL,
VISION AND ELIMINATION

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

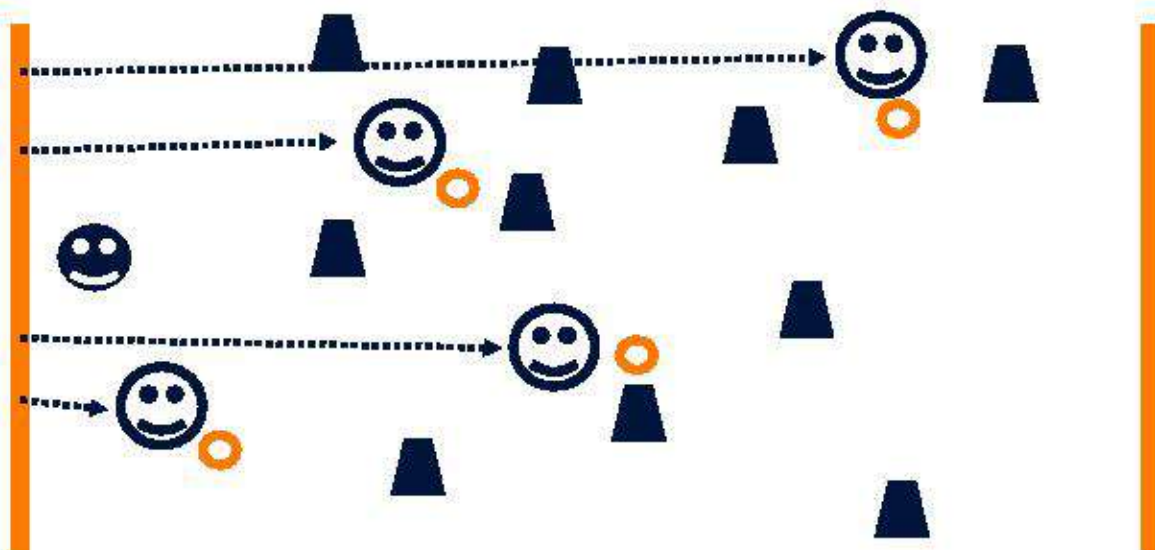
EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball p/person
- 14+ cones or witches' hats

SAFETY

- Make sure sticks are on the ground.
 - Keep vision up!
- Ensure safe tackles are being made.

GAME LAYOUT



HOW TO PLAY

- Lay out your minefield of cones!
- All players start behind a line with a ball each, except for 2-3, who are your tacklers.
- When the coach or teacher says go, each player has to try and run to the other side of the mine field whilst dribbling around the cones.
- If they get tackled and lose their hockey ball, they become the tackler and the person who tackled joins in!

MODIFICATIONS & CONSIDERATIONS

- If people are getting to the other side too easy, add in more defenders!
- Add in safe areas that players can stand in without being tackled.
- Teacher or coach, get involved! Become one of the tacklers or being the ultimate prize and keep away from the players as long as you can!

ENERGISERS & TRICKS

SKILLS

DRIBBLING, BALL CONTROL AND VISION

Age Range: 5-12 Years | Number of Players: 12-32 | Coach Ratio: 1:20

EQUIPMENT

- 1 hockey stick p/person
- 1 hockey ball p/person

SAFETY

- Ensure that each player has 2-3m around them.
- Make sure that no one is throwing or dangerously moving their sticks around.

EXAMPLES

COMING SOON

JUGGLING!

HOW MANY TIMES CAN YOU
BOUNCE THE BALL ON YOUR
STICK!?

COMING SOON

COMING SOON

DRIBBLE!

HOW FAST CAN YOU DRIBBLE
BACK AND FORTH!?

SPINS!

HOW MANY TIMES CAN YOU
SPIN AROUND WITH THE BALL
IN THE HOOK OF YOUR STICK!?

THE GAMES GUIDE VIDEO



**CONTENT
COMING SOON**

SESSION TEMPLATE

Date:	Objectives:	Equipment Needed:
Venue:		
Duration:		
Introduction/notes:		
Warm Up Game:	Games:	Energises / Class Management tools:
Coaching Points:		
Evaluation:		

This can be found digitally via this link: www.hockeyvictoria.org.au/coaching/resources/session-template

SESSION EXAMPLE

Date: 01/01/2018	Objectives: Learn the skill of dribbling	Equipment Needed: 30 cones, 36 Hockey Sticks, 36 Hockey Balls.
Venue: State Netball Hockey Centre		
Duration: 1 Hour		
Introduction/notes: Go over safety points, explain the main focus for today's session!		
Warm Up Game: Scarecrow tiggy	Timeline: 5:00pm – Scarecrow Tiggy 5:10pm – How to hold our hockey stick and dribble forward 5:15 – practice dribbling back and forth 5:20 – Relay race! 5:30 – How to dribble right to left 5:35 – Practice dribbling back and forth 5:40 – Minefields! 5:45 – Minefields into fruit salad! 5:55 – Pack up and finish!	
Coaching Points: Make sure all players can “Tell the time” when holding their hockey stick!		
Energises / Class Management: When getting the classes attention, make them keep the ball between their feet as if their “protecting their egg!”		
Evaluation: Good session, however I should have added more teams in the relay race to maximise participation.		

8-WEEK SEASON PLANNER

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Skill								
Warm Up								
Games								
Notes								

EXAMPLE 8-WEEK SEASON PLAN

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Skill	Come and Try Hockey	Dribbling	Passing	Receiving	Stealing	Stepping	Elimination	All Together!
Warm Up	Scarecrow Tiggy	Builders and Bulldozers	Octopus	Up, down, go, stop!	Pirate Ship	Scarecrow Tiggy	Up, down, go, stop	Octopus
Games	<ul style="list-style-type: none"> • What's the time Mr Wolf? • Rob the Nest • Hootapus • Robbers 							
Notes	Prioritise fun and to continue playing, avoid standing in lines and keep the session going non-stop!							

[illegible]



Hockey VICTORIA

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