

## Coaching Advice for Mini Hockey (Under 8/10/12)

### **Under 8s**

Quicksticks is England Hockey's introductory game for 7-11 year olds. It's designed for complete beginners, playing 4-a-side on 1/8 of a pitch with small goals and no goal keepers.

Quicksticks is the recommended format for coaching and drills with new players. In the local Oxfordshire festivals, the under 8s often play 7-a-side, which is more like the In2hockey format we use for Under 10s and Under 12s. Under 8 Players should progress to In2hockey rules as they become more confident.

The England Hockey website has a wealth of useful resources and guidance:  
<http://www.playquicksticks.co.uk/>

Thame Hockey Club have some Quicksticks books and challenge cards if you would like to borrow them:



Check out the tips and tactics for 7-a-side hockey at the end of the notes for Under 10s and Under 12s.

See next page for Quicksticks Guidance for umpiring.



# Umpiring Tips

## Starting and Restarting Quicksticks

**WHEN?** - at the start of the game, and to restart the game after a goal is scored

**HOW?** - once you are ready, and all the players are where they should be, blow your whistle to signal that play can start

**WHAT HAPPENS?** - one team takes a centre pass (taken from the centre of the pitch) which can be passed in any direction

**REMEMBER!** - players on each team must be in their own half of the pitch, and the team without the ball must be at least 3 metres from the ball until the ball is played



## Free-pass (when the ball goes out of the pitch)

**WHEN?** - a free-pass is given when the ball goes out of the pitch, either over the sideline or the backline.

**HOW?** - notice who last touched the ball before it went out of play, and give the free pass to the other team. Raise your arm in the direction that the team who has won the free pass is shooting, to show that the free-pass goes to them

**WHAT HAPPENS?** -

- ➔ **If the ball goes over the sideline** - the free pass is taken from where the ball crossed the sideline
- ➔ **If the ball goes over the backline off the attacking team** - the free-pass is taken by the defending team, from the top of the shooting circle in their third. All the players on the other team should go back to their defending third.
- ➔ **If the ball goes over the backline off the defending team** - the free-pass is taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line (similar to a corner in football).

**REMEMBER!** - until the free-pass is taken, all players from the other team must be 3 metres away from the ball. The free-pass taker can only touch the ball once (they can't dribble, or hit the ball twice).



## Free-pass (for fouls)

**WHEN?** - a free-pass is given when a foul happens.

**HOW?** - notice the foul, blow your whistle and raise your arm in the direction that the team who has won the free pass is shooting, to show that the free-pass goes to them

**WHAT HAPPENS?** - the free pass is taken from where the foul took place. Until the free-pass is taken, all players from the other team must be 3 metres away from the ball. The free-pass taker can only touch the ball once (they can't dribble, or hit the ball twice).

**REMEMBER!** - these are the main fouls that you should look out for:

- ➔ someone **kicking** the ball on purpose
- ➔ someone using the **back of their stick** (the rounded side)
- ➔ someone **lifting their stick up** to play the ball in the air (above knee height)
- ➔ someone **hitting another player's stick** with their stick on purpose
- ➔ someone playing **dangerously**



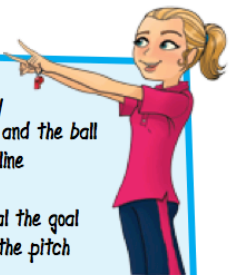
## Scoring a Goal

**WHEN?** - when a shot is taken by an attacker in the shooting area, and the ball crosses completely over the goal line

**HOW?** - blow your whistle to signal the goal and point towards the centre of the pitch

**WHAT HAPPENS?** - each team goes back to their own half of the pitch, ready for the game to be re-started

**REMEMBER!** - to keep record of the score!



[www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)

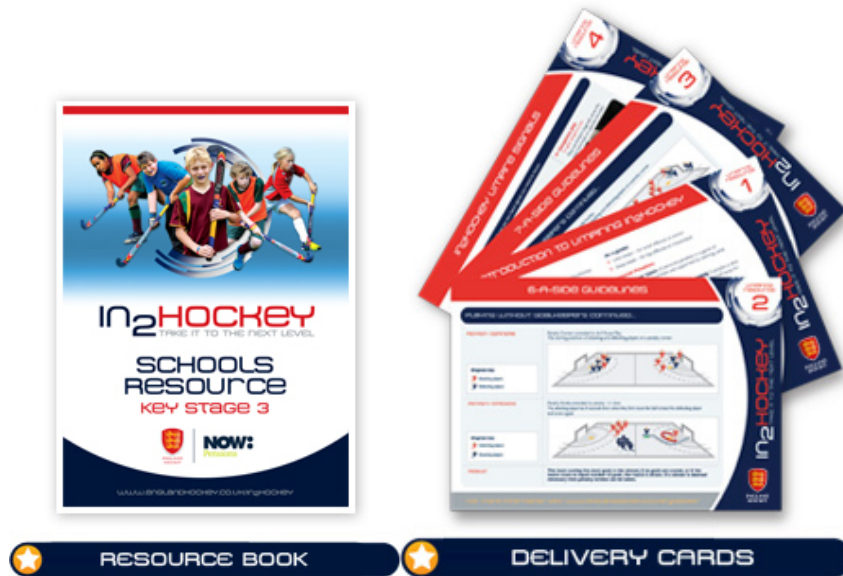


## **Under 10s and Under 12s**

The under 10s mainly play in 7-a-side formation, using In2hockey rules. You can find more information and some useful diagrams/tips here:

<http://in2hockey.englandhockey.co.uk/>

Thame Hockey Club have an In2Hockey book and challenge cards if you would like to borrow them:



If you are asked to umpire, you can check the rules for In2Hockey on the following pages.

## **EH Resources and coaching courses**

England Hockey also have some really useful resources, and you can sign up to their training hub for these:

<https://hockeyhub.englandhockey.co.uk/>

If you would like to attend an England Hockey coaching course, please let us know and the Club should be able to arrange to reimburse you. Please note that we have limited funding for this, and may need to prioritise applications. We would expect that you intend to continue coaching with us for at least one full season after you complete a course.

# Tips & Tactics for Coaches, Teachers and Players

This guidance has been written by an experienced young player.

With only seven (7) in each team it is essential that everyone plays their part, irrespective of their level of skill. A team of 7, who really work for each other can overcome a more skilful team simply through being organised.

## Basic Rules for all to follow:

- When we have the ball we all attack. With 6 outfield players, 5 should be pushing forward and 1 should be sweeping.
- When the opposition have the ball we all defend. As above that means 5 covering and 1 forward staying high for the counter-attack.
- This means that defenders have to get used to pushing forwards to provide extra passing options, and forwards have to get used to tackling back.

## PRIORITY 1 is to create goal scoring opportunities

- Get into the shooting circle as soon as possible
- When in the shooting circle shoot as soon as possible
- Stay alert for rebounds & follow up until play is stopped

## PRIORITY 2 is to retain possession

- Aim to pass forward
- If no pass is available, then pass sideways
- If still no pass available, then pass back

## PRIORITY 3 (if you cannot retain possession) is to hit the ball off the other end & defend in the opposing half

- When the play is in the opposing half, it is important to mark zones and press the opposition
- When play is in our own 14m area (within 14m of our back-line) we mark player to player
- If the opposition have a play-maker, put one of the defence or midfield on that player (really close marking).



# Formations for Mini Hockey

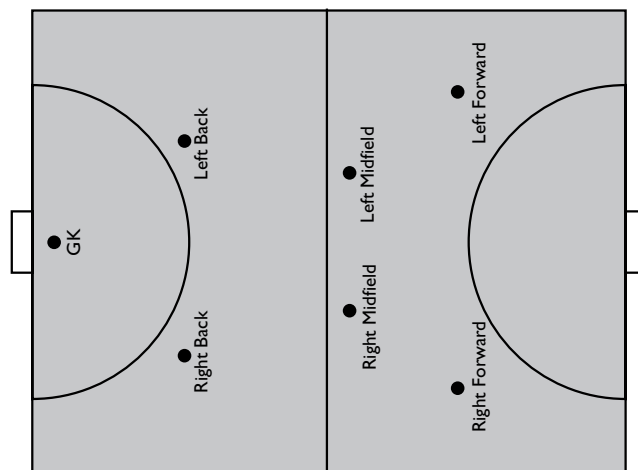
The formation you choose for your team will depend very much on the strengths of your players and your own particular style of play. Younger juniors (Under-11) do not adapt very well to changing their formation or style of play during a game or tournament, so it is best to stick to one style for a number of games and not change it just before an important game (unless you have to).

**The following 3 formations are excellent for new or very young players:**

## Formation 1

*This suits a balanced team where most of the players are of similar ability and are all prepared to work hard for each other.*

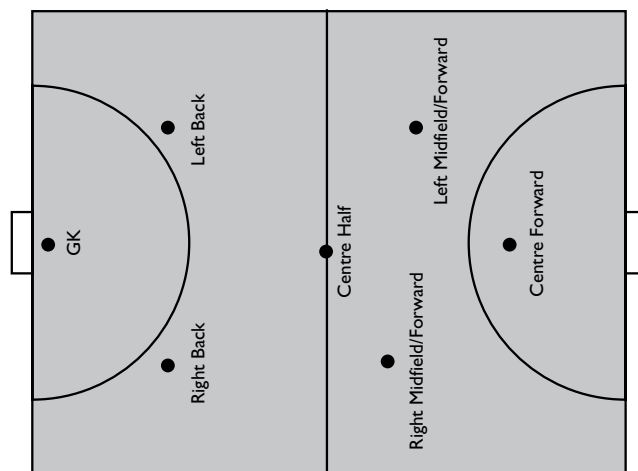
- GK
- Left & Right Backs
- Left & Right Midfield
- Left & Right Forward



## Formation 2

*This is a good way of making use of a very strong midfield and very strong forward by giving them central roles.*

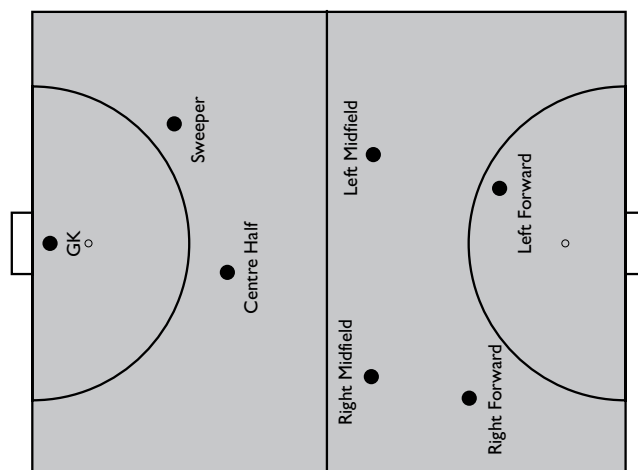
- GK
- Left & Right Backs
- Centre Half
- Left & Right Midfield/Forward
- Centre Forward



## Formation 3

*At least 2 of the midfield have to be mobile to defend quickly*

- GK
- Sweeper
- Left & Right Midfield
- Centre Half
- Left & Right Forward

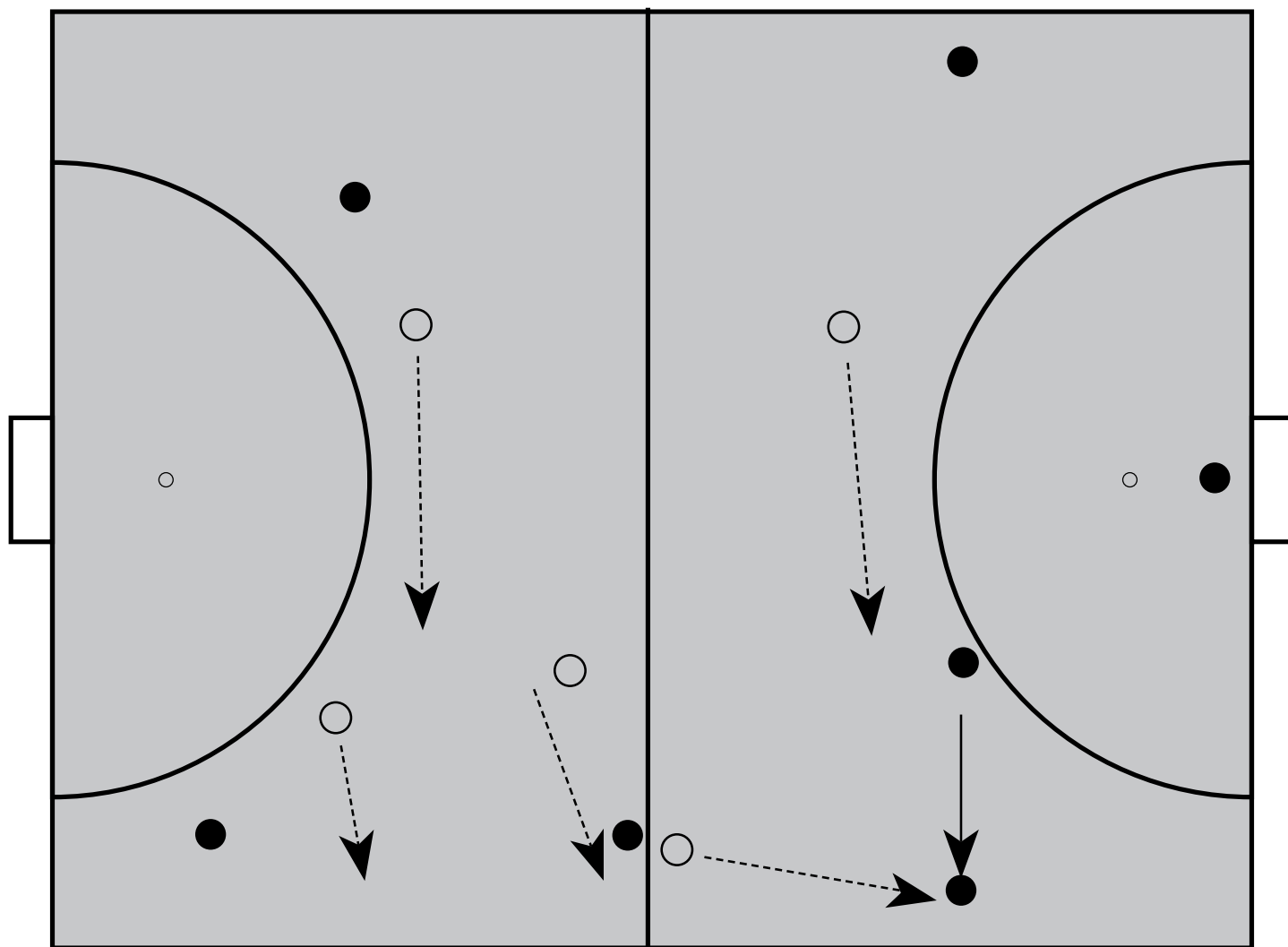




# Zoning and Pressing

This is used to allow the opposition possession in certain areas of the pitch by using a “zone” defence but then prevent it being played out of a zone by “pressing” the ball.

In the diagram below you will see that the solid black team pass the ball to the Left Back.



As the ball moves towards ‘A’, the lilac team moves as one to take up new positions and cut off all the available passes. The nearest player puts significant pressure on the ball and all other players mark ball-side of their players.

This tactic can be employed in any area of the opponents half, by efficiently zoning all the “good” forward and right-side options and leaving an easy left-side option. You then have to move very quickly to close down as soon as the hit is taken. (This is also very effective in 11 a-side hockey.)



# in<sub>2</sub>HOCKEY

TAKE IT TO THE NEXT LEVEL

## 7-a-side RULES

VALID FROM SEPTEMBER 2015



ENGLAND  
HOCKEY

[WWW.ENGLANDHOCKEY.CO.UK/IN2HOCKEY](http://WWW.ENGLANDHOCKEY.CO.UK/IN2HOCKEY)

# IN2HOCKEY 7-A-SIDE RULES

VALID FROM SEPTEMBER 2015

## RULE 1 - TEAMS

- a.** The game is played between two teams. They shall each have a maximum of ten players. Seven are permitted on the pitch at any one time
- b.** They are six outfield players and one goal-keeper
- c.** The remaining three players are substitutes
- d.** Every team must play with a goalkeeper. Kicking backs are not permitted in In2Hockey
- e.** When playing in the England Hockey Championships there are special regulations relating to the composition of teams i.e. a maximum of two girls can play in the boys U10 clubs and the boys U11 schools competitions but those same girls cannot then play in the respective girls competitions. (For more details see the regulations on the England Hockey website)

## RULE 2 - SUBSTITUTIONS

- a.** Substitutions are made on the centre line, and are allowed at any time, except following the award of a penalty corner or penalty stroke, until its completion, when only the defending goalkeeper may be substituted – and only if injured

## RULE 3 - DURATION OF THE GAME

- a.** Two halves (usually of 12-15 minutes each) with an interval (half-time) of not more than 5 minutes
- b.** For the finals of the England Hockey National In2Hockey Championships, the Under 13 group matches are 9 minutes each way
- c.** Following half-time the two teams change ends

## RULE 4 - CAPTAINS

- a.** The Captains toss a coin for choice of ends or possession of the ball at the start of the game
- b.** Each Captain is responsible for the conduct of all players in their team, including those on the bench - the substitutes

## RULE 5 - THE PITCH

<b>LENGTH</b>	55 metres
<b>WIDTH</b>	43 metres
<b>SHOOTING CIRCLES</b>	Radius of 14.63 metres (the same as a full-size hockey pitch)
<b>PENALTY STROKE SPOT</b>	5 metres from the goal-line into the pitch
<b>PENALTY CORNER MARKERS</b>	10 metres from each goal-post on the back-line
<b>CORNER MARKERS</b>	3 metres from the corner of the pitch on the side-line

Please refer to the In2Hockey Advisory Guidelines for full diagram of pitch and markings

## RULE 6 - THE GOAL

- a.** Width: 3.6 metres. It must be positioned against the outer edge of the back-line in line with the centre of the pitch (goals are the same size as those used in 11-a-side hockey)

## RULE 7 - THE BALL

- a.** For matches involving younger, inexperienced players, it is preferable to use an In2Hockey ball. The ball is the same size, but weighs 100 grams (4ozs) so is lighter than a standard hockey ball
- b.** This recommendation is very much dependent on the standard and experience of the players. If they have been playing hockey for a period of time, they may well be comfortable with a standard ball, but the age and ability of all players involved should be taken into account

## RULE 8 - THE STICK

- a.** The stick shall be a standard regulation hockey stick. It shall have a flat face side and a rounded side
- b.** The ball may be played with the flat face side of the stick or the edge of the rounded side, on condition that the flat side is visible (i.e. not flat to the turf/pitch). It should be noted that playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is measured to be dangerous or is leading to dangerous play)
- c.** It should be noted that playing the ball with the edge of the rounded side is always subject to dangerous play (i.e. it will be penalised by the umpires if it is deemed to be dangerous or is leading to dangerous play)

**NOTE: THE UMPIRES SHALL FORBID THE USE OF ANY STICK THAT DOES NOT COMPLY WITH THE RULES OF HOCKEY**



## RULE 9 - PLAYER EQUIPMENT & CLOTHING

- a. It is strongly recommended that shin-protectors and mouth-guards are worn by all outfield players at all times, (inclusive of training sessions/games)
- b. No player shall wear any equipment that may be dangerous to themselves or other players. This includes raised jewellery, baseball caps with a stiffened peak and / or any sharp object
- c. The use of appropriate footwear for the playing surface (trainers or turf shoes) and suitable warm clothing (track-suit) is encouraged

**NOTE: THE UMPIRES SHALL FORBID THE WEARING OF ANY EQUIPMENT THAT DOES NOT COMPLY WITH THIS RULE**

## RULE 10 - GOALKEEPER EQUIPMENT

In the interest of safety, goalkeepers must wear full goalkeeping equipment including:

- > Full helmet with throat guard
- > Body protector (groin and chest areas)
- > Hand protectors
- > Leg protectors
- > Feet protectors (kickers)
- > Abdominal guard or box

Goalkeepers should also have a stick

**NOTE: THE UMPIRES WILL NOT ALLOW ANY TEAM TO PLAY WITH A GOALKEEPER WHO IS NOT PROPERLY PROTECTED**



## RULE 11 - STARTING & RE-STARTING THE GAME

- a. The game is started with a hit or push or scoop taken from the centre of the centre line. It follows the umpire's whistle as play commences at the start of each half, and after a goal has been scored. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit
- b. Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played
- c. The ball can be played forwards, backwards or sideways
- d. The taker can use a self-pass (i.e. pass the ball to themselves)

## RULE 12 - SCORING A GOAL

- a. A goal is scored when the ball has been struck by, or deflected off, an attacking player while it (the ball) is in the shooting circle. It must cross completely over the goal-line between the goal-posts and under the cross-bar

## RULE 13 - BALL OUTSIDE THE FIELD OF PLAY

### Over the side-line:

- a. When the ball passes completely over the side-line it shall be put back into play in any direction by a hit, push, scoop or self-pass taken by an opponent of the player who last touched it. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. This is called a side-line hit-in
- b. Until the hit-in is taken, no opposition player shall be within 5 metres of the ball

### Over the back-line off an attacking player:

- c. When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. It is to be taken level with the top of the shooting circle and in line with the place where it crossed over the back-line

### Over the back-line off a defending player:

- d. If the ball is accidentally played over the back-line by a defending player and no goal is scored, the game is started with a hit to the attacking team on the half-way (27.5m) line and in line with where it crossed the back line. This means the ball is in the attacking half of the pitch and therefore rule 15e applies
- e. The Rules relating to the taking of a free hit (15.a - 15.e) shall apply to all such restarts
- f. If the ball is deliberately played over the back-line by a defending player, the game is re-started with a penalty corner to the attacking team. The ball can be hit or pushed. A self pass is not permitted at a penalty corner
- g. The penalty corner is taken on the back-line, 10 metres from the goal-post
- h. No player, other than the taker, shall be within 5 metres of the ball until it is played

## RULE 14 - FAIR PLAY

- a. Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct

**NOTE: THE UMPIRES SHALL ADMINISTER A PERSONAL PENALTY TO ANY PLAYER WHO PERSISTS IN BREAKING THIS RULE**

- b. Players must not intentionally use any part of their body to play the ball (except the hand to protect themselves in a dangerous situation)
- c. Players must not play at any high ball with the stick held at above shoulder height unless they are attempting to prevent a goal from being scored (i.e. to defend a shot on goal). The shot must be on target! If it is going wide of the post or over the cross bar the defending player is not permitted to try to play at it with the stick at above shoulder height
- d. Goalkeepers are also permitted to use a high stick when defending a shot on goal. In both cases (i.e. outfield players and goalkeepers) it is essential that the stick is used safely and wisely
- e. Players must not use the rounded side of the stick when playing the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent
- f. Players must not play in any way that is dangerous
- g. Players must not kick the ball
- h. Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player
- i. Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire

## RULE 15 - FREE HIT

- a. Free hits are to be taken close to where the offence occurred. The ball can be hit, pushed, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit
- b. The ball must be stationary at a free hit
- c. Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball
- d. Opponents who remain within 5 metres when the free hit is taken (this is very common when the self pass is used) must not interfere with the play until they have moved 5 metres away from where the free hit was taken, or the ball has moved 5 metres. Running alongside the taker (channelling) will be penalised as interference
- e. If the free hit is awarded in the half that the team is attacking, all players except the taker must be a minimum of 5 metres from the ball. The ball must move a minimum of 5 metres (in any direction), or be touched by another player of either team, before it can be played into the circle

## RULE 16 - PENALTY CORNER

- a. Penalty corners are taken on the back-line on a marker that is 10 metres from each goal-post
- b. The players may choose which side of the goal to take the penalty corner
- c. The ball can be hit or pushed however a self pass is not permitted.
- d. The taker must have at least one foot off the pitch (behind the back-line)
- e. All other attacking players must be outside the circle
- f. The five defending players (four outfield plus Goalkeeper) must stand behind the back-line at least 5 metres from the ball. The remaining two defending players must be in the other shooting circle - at the opposite end of the pitch
- g. If a defender, other than the goalkeeper, crosses the line before the attacker plays the ball, then that defender shall be sent to join their teammates in the circle at the other end of the pitch and they cannot be replaced by another defender. The penalty corner shall be taken again
- h. If the goalkeeper crosses the line before the attacker plays the ball, the defending team shall send one of the other defenders to join their teammates in the circle at the other end of the pitch and they cannot be replaced by another defender. The penalty corner shall be taken again
- i. Before any shot at the goal, the ball must first pass outside (beyond) the circle edge
- j. If the first shot at goal is a hit, it must not cross the goal-line at above 460mm, (the height of the back-board) unless it takes a deflection off an attacking or a defending player on the way
- k. No shot will be allowed if it is judged as dangerous to other outfield players
- l. If the ball passes beyond 5 metres of the circle edge, the penalty corner restrictions (Rules) shall cease to apply
- m. Any penalty corner awarded immediately before half or full time shall be completed
- n. If the penalty corner breaks down normal play should resume

**A penalty corner shall be awarded for any one of the following reasons:**

- o. A defending player accidentally committing an offence inside the circle
- p. A defending player deliberately committing an offence outside the shooting circle, but within their own half of the pitch
- q. A defending player deliberately playing the ball over their own back-line from anywhere on the pitch
- r. A defending player committing a deliberate offence in the shooting circle that does not prevent a probable or actual goal
- s. When the ball becomes lodged in a goalkeeper/player's clothing or equipment while in the circle they are defending



## RULE 17 - PENALTY STROKE

- a.** Penalty strokes are taken on the penalty stroke spot which is 5 metres from the goal-line into the pitch
- b.** Apart from the defending goalkeeper and the penalty stroke taker, all other players must be beyond the centre-line
- c.** The goalkeeper must remain on the goal-line until the ball is played
- d.** The taker must be positioned behind the ball and must not touch the ball a second time
- e.** The clock stops (time is stopped by the umpires) immediately a penalty stroke is awarded

**A penalty stroke shall be awarded for any one of the following reasons:**

- f.** An offence by a defending player inside the circle that prevents the probable scoring of a goal
- g.** An intentional offence in the circle by a defending player against an opponent who has possession of the ball or an opportunity to play the ball
- h.** Following a penalty stroke, play is re-started with a centre pass if a goal has been scored. If no goal is scored, play is re-started with a hit out to the defence taken at the top of the shooting circle

## RULE 18 - INCIDENT

- a.** If the game is temporarily suspended because of an accident or injury where no offence occurred it shall be re-started with a bully close to the spot where the incident occurred
- b.** Players must stand square of each other and prior to playing the ball and following the umpires whistle, they shall tap the ground with their stick once and tap each other's stick above the ball once
- c.** All non-involved players must be a minimum of 5 metres from the ball

**NOTE: NO BULLY SHALL EVER BE PLAYED WITHIN 14 METRES OF THE BACK-LINE, (INSIDE THE SHOOTING CIRCLE).**

- d.** Players who are cut or bleeding will be required to leave the pitch immediately and shall not be allowed to return until the bleeding has been suppressed or stopped

## RULE 19 - PERSONAL PENALTIES

- a.** There are four types of personal penalties in a game of In2Hockey and three of them are supported by warning cards
- b.** The first type of personal penalty is a verbal warning
- c.** The second is a green card. Examples of why this may be given are: a stick tackle for the first time; or knocking the ball away for the first time
- d.** The third penalty is a yellow card and this represents a suspension of a minimum of two minutes. Examples of why this may be given are: an intentional offence; a stick tackle for a second time; or knocking the ball away for a second time
- e.** The fourth is a red card and this represents a permanent suspension from the match. Examples of why this may be given are: for intentionally hitting or striking out at another player; or a second yellow card offence

## RULE 20 - UMPIRES

- a.** In2Hockey shall be controlled by one or two umpires (preferably two)
- b.** The umpires are responsible for all decisions and penalties

# IN<sub>2</sub>HOCKEY RULES

VALID FROM SEPTEMBER 2015

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IN<sub>2</sub>HOCKEY  
TAKE IT TO THE NEXT LEVEL

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