**Fundamental Skills**

**Team:** 6-10 members per group

**Field Size:** 22m x 27m approx.

**Suggested Activity Area:**
- 1/8 of a Hockey Turf
- Tennis or Netball Court
- School Hall

**Skills and Small Games:**
(40 minutes)
Emphasis on basic skill learning including:
- Fundamental Movement Skills
- Passing
- Co-ordination
- Modified Games
- Play Activities and Minor Games

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**Play Area if Using a Full Turf**

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**Finish Session with 3v3 Hockey**
(20 minutes)
- Goals: Modified (cones)
- Balls: Modified
- Play On: Yes
- Goalkeepers: No
- Penalty Corners: No
- Safety Rules: only play with flat side of the stick, ball must stay on the ground - pushes only, no "raised sticks", no hacking on the stick, no tackling from the left (if this causes a dangerous situation), no physical contact with opponent.
- The game starts with a push forward or back from the middle of the field.
- No Obstruction, no “foot” rule
- A goal is scored when the ball is pushed through goal cones from inside the 5 metre zone. There is no offside
- When a goal is scored players rotate with the substitutes.
- If the ball goes over the backline the defender starts play again from the top of the scoring line.

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**Field Setup**

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