

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

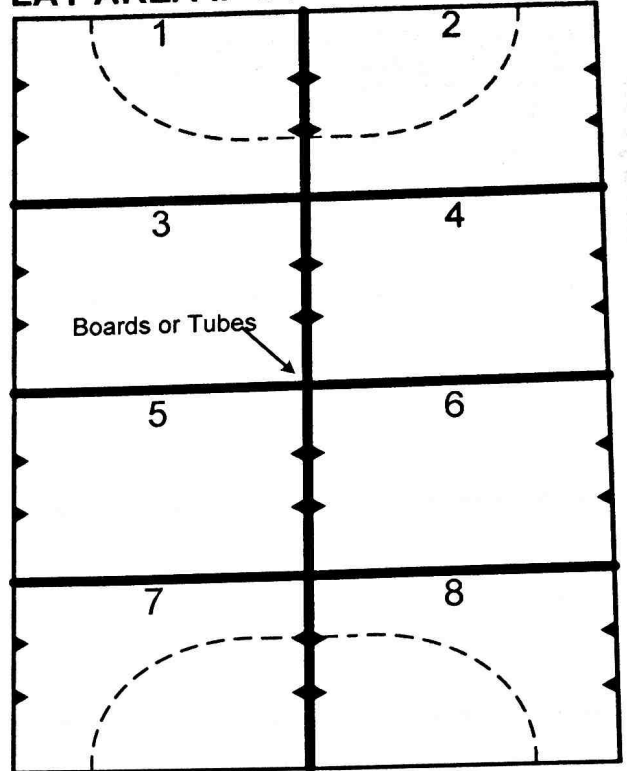
SKILLS AND SMALL GAMES:

(40 minutes)

Emphasis on basic skill learning including:

- ▶ Fundamental Movement Skills
- ▶ Passing
- ▶ Co-ordination
- ▶ Modified Games
- ▶ Play Activities and Minor Games

PLAY AREA IF USING A FULL TURF



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.

FIELD SET UP

