

GAME ORGANISATION

This game is designed for U11 or U12 Groups. Ideally ALL players in Ireland should experience this format before moving to the 8 or 11 a side version of the game.

PITCH SIZE & ORGANISATION

- ✓ Super 6s is played on a quarter of a full size hockey pitch
- ✓ Four games can be played simultaneously across the pitch as shown below using the half way line and 23m lines as sidelines for each of the four pitches
- ✓ Each pitch has a scoring area which is marked (preferably using throw down lines) parallel to and 15m from the goal line.

NUMBER OF PLAYERS

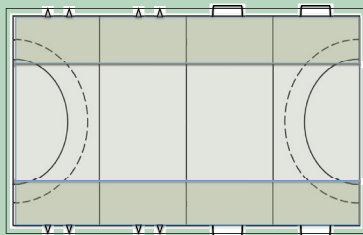
- ✓ 6 per team. 5 plus a GK (fully kitted). All players should be rotated to take a turn in goal .
- ✓ 3 reserves per team so total squad is 9
- ✓ This allows 48 players to be involved in four games being played simultaneously on one full sized pitch

RECOMMENDED DURATION

- ✓ 1 period of 15 mins in blitzes/tournaments
- ✓ 2 halves of 13 mins in one off matches

USING FULL PITCH

The recommended layout is as follows:



GAME-PLAY FREQUENCY

- ✓ Players of this age group should experience organized match play every 3-4 weeks
- ✓ Shortened games of this nature should occur at least alternate weeks in training (continue to use smaller sided games as well)
- ✓ Intra and inter club games are highly recommended

PHASE 2: UNDERSTANDING PHASE SUPER 6S GAME SHEET

Ages: U11/U12 Year Gps: NI J5/J6 Rol 4th /5th



UMPIRING TIPS

One Umpire is required (although two is possible) and should be aged 14 upwards. Knowledge of hockey is preferable

- ✓ Ensure both teams know the rules before the start
- ✓ 'Play on' - let the game flow
- ✓ Only blow the whistle if you need to stop the game - allow as much advantage as possible
- ✓ Talk to the players throughout to ensure players understand potential / actual infringements
- ✓ Indicate (tell them) when you are playing an advantage
- ✓ The player who wins a free should take it to prevent over domination by one player



SAFETY POINTS

- ❖ Shin guards and mouth guards are compulsory
- ❖ There should be no spectators or players standing behind the goal – stand at the corner of the pitch or on the sides (not between two pitches)
- ❖ Discourage players/coaches standing on the lines between pitches



TRAINING MODIFICATIONS

- Smaller sided games are the still the best means in developing players at this stage. These include:
 - ✓ 3 v 3 games with end zone or one goal
 - ✓ 4 v 4 – either Fun 4s format or with one goal
- Modifications within the game can include:
 - ✓ 3 touch hockey



RULES

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- ✓ The normal rules of hockey apply except:
- ✓ The penalty corner should be replaced by a 1 v 1 with the keeper. The player who wins the free in the scoring zone brings the ball directly back to the edge of the scoring area (ie 15m from goal). All other players must also retreat to the edge of the scoring area and the GK must start behind the goal line. As soon as the striker is ready they can attack the goal. No other player should interfere with play until the GK has touched it, or a shot has been taken.
- ✓ Hitting is allowed but no lifted shots at goal
- ✓ The whistle should only be blown for the ball hitting a foot if the defender gains an advantage
- ✓ Defending players must retreat 5m from all frees
- ✓ Free takers CANNOT shoot direct from the free

BEGINNER'S GUIDE TO THE RULES: START OF THE GAME/FREES:

- ✓ A self pass (free taker carries ball) or pass starts the game – it can move forward or backward
- ✓ Defending players must retreat 5m from all frees
- ✓ Goals cannot be scored from a self pass
- ✓ Frees near to (but outside) the scoring zone can be taken from where the offence occurred. However it is not possible for the free taker to shoot

GOAL

- ✓ A goal is scored by a shot going into the goal having been struck by an attacker within the circle. There are no own goals.
- ✓ A goal cannot be scored direct from an autopass
- ✓ Undercutting with a strike (hit) ball is not permitted although a flick or lifted push is allowed.

GENERAL

- ✓ The ball should be in control at all times – raised balls that are dangerous are illegal
- ✓ The ball cannot hit a foot and become an advantage to that team (play on if not)
- ✓ All players must control their sticks & dangerous waving of the sticks above the head is an offence
- ✓ There is no offside

THE PLAYER

PLAYER CHARACTERISTICS AND NEEDS

- Has improved co-ordination (including hand to eye) so is at an ideal age for learning skills
- Steadily increasing motor skills and ABCs (Agility, Balance, Co-ordination and Speed)
- Has more control over movement
- Still has shortened attention span so training sessions need to move quite quickly
- Willing to learn and achieve – especially within a small team context
- Likes consistency in standards and fairness
- Is often highly competitive and thus needs careful control
- Will learn from role models
- Will start to prefer single gender sessions towards end of phase

KEY TECHNIQUES & SKILLS

The following are the priority skills for this stage:

- **Moving with the ball**
 - Ball manipulation – to include introduction of 3D techniques
 - Changing speed and direction
 - Beating a player 1 v 1
- **Passing and receiving the ball on the forehand and reverse side**
 - On the move
 - Moving off with the ball
 - Moving for the ball
 - Receiving the ball on the forehand and reverse side
 - Understanding of 2 v 1
- **Goalshooting – various techniques**
- **Introduce goalkeeping to all players**
 - Balance, co-ordination and footwork in kit
 - Body position and movement
 - Saving and clearing with both feet
 - Saving and clearing with hand and stick

PHASE 2: UNDERSTANDING PHASE DELIVERY GUIDELINES

AGES: 10-12 SINGLE GENDER



MOVEMENT SKILLS

- Basic ABCs of Movement development
- Agility
- Balance
- Coordination

PHYSICAL DEVELOPMENT

- Aerobic endurance developed up to growth spurt
- Strength developed through body weight exercises
- Flexibility

MENTAL & HEALTH

MENTAL

- Character building
- Responsibility
- Patience
- The difference between right and wrong

HEALTH

- 25% of fitness through hockey
- Basics of healthy nutrition and hydration (what to eat & drink)

THE COACH

A GOOD COACH WILL ENSURE:

- ✓ Plenty of practice time to master skills but still using lots of game play
- ✓ They vary tasks to keep players active and enthused
- ✓ Focuses more on skill improvement both in training exercises and game play
- ✓ Is tolerant and enthusiastic and ensures each player has FUN
- ✓ Is supportive providing good role modeling
- ✓ Encourages team work and fair play
- ✓ Increases difficulty of exercises progressively
- ✓ Listens to the players
- ✓ Encourages effort and motivates to continue
- ✓ There should be no queues (people waiting for their turn to practice)

COACH SUPPORT

COURSES

- Introductory Coaching Course (teachers/volunteers)
- Level 1 Award
- Stepping Stones – Understanding Workshop

RESOURCES

- Building Blocks
- Core skills DVD
- LTPD Hooked on Fun skill cards (Phase 1)
- Hooked on Games

BACK UP

www.hockey.ie/hookedforlife

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