



# HOOK IN 2 HOCKEY

**ACTIVITY GUIDE**



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Content developed by Steve Campbell (Hockey Victoria) with assistance from Jim Irvine (HV), James Liggins (HV) & John Mowat (HA).

We would also like to acknowledge and thank the Australian Sports Commission for permission to reproduce the CHANGE-IT framework (page 27) from their Playing For Life coaching philosophy.

# INTRODUCTION & PHILOSOPHY

The HookIn2Hockey activity guide is a resource to enable a hockey coach, teacher or parent to engage novice players in the fundamental hockey skills while retaining fun and allowing full player involvement.

The Guide is not prescriptive, the drills and games outlined can be substituted with a range of different activities that coaches may have previously used, either in hockey or perhaps transferred from other sports.

Coaches are encouraged to use the “game sense” philosophy, where the majority of time in a session encourages learning through games play. There will be times when you need to develop initial competency at a skill (outlined in this guide as drills). However once players can perform the skill with a level of competency, it is important to progress the skill practice into a game. Remember, you can always adjust the ‘intensity’ of a game by, for example, increasing the size of the goals, reducing the number of players on a team or not allowing tackling.

The activities in the guide are designed for groups of 6-8 players. Clubs are encouraged to selectively ask parents to supervise games for safety so that where required, groups can be split to allow players maximum involvement in all game play.



# HOW TO USE THE GUIDE

The Guide is split up into three sections; Warm Up Activities, Skills & Games. It is recommended that you structure your one hour HookIn2Hockey session as follows.

## RECOMMENDED SESSION STRUCTURE

Duration	Activity	Description
5 Minutes	Choose 1 x Warm Up Activity	
15 Minutes	Choose 1 x Skill Activity	5min Drill / 10min Game
15 Minutes	Choose Another Skill Activity	5min Drill / 10min Game
15 Minutes	Choose 1 x Game	2 x 7min halves

This leaves 10 spare minutes for organising children into groups, instructions, rest time and delivering a 'cool down'.

Clubs/Associations requiring assistance to put together their HookIn2Hockey sessions should contact their respective State Association.



# WARM UP ACTIVITY #1: Pirate Ship

## DRILL SETUP

Mark out a 25m x 25m field with 4 cones. Depending on the number of participants, you may set up multiple fields.

## DRILL DESCRIPTION

Players must stay within the boundary of the field. The coach (Captain) calls out a command and players (Crew) must follow the command. For the first couple of sessions only explain and use 4-5 commands.

As Captain, mix up the type and speed of your commands. Use the table below for example commands and actions.

Command	Action
<b>Man the Lifeboats</b>	Call out a number (e.g. 6) and the children have to get into groups of six and "row" their lifeboat.
<b>Scrub the Decks</b>	Children crouch down and pretend to clean the floor with their hands.
<b>Captain's Coming</b>	Children salute.
<b>Walk the Plank</b>	Children walk in a perfect straight line one foot exactly in front of the other with arms outstretched to the sides
<b>Boom Coming Over</b>	Teacher makes action of boom moving across deck. Children must duck down to avoid.
<b>Hit the Deck</b>	Children lie down on their stomachs as quickly as possible.
<b>North/South/East/West Or Left/Right/Forward/Backward</b>	Children all run in appropriate direction
<b>Peg Leg Jim</b>	The children all have to walk with one leg straight and the other normally.



## WARM UP ACTIVITY #2: Up, Down, Stop, Go!

### DRILL SETUP

Mark out a 25m x 25m field with 4 cones. Depending on the number of participants, you may set up multiple fields.

### DRILL DESCRIPTION

Players must stay within the boundary of the field. The coach will yell out either Go, Stop, Up or Down.

Players must react to each call differently:

Command	Action
GO	Children must stop still.
STOP	Children must move around the space either walking or running.
UP	Children must sit or lay down.
DOWN	Children must stretch up to the ceiling.

Note: Yes, the actions are opposite to the commands. It is important that players listen very carefully!



## WARM UP ACTIVITY #3: Body Parts

### DRILL SETUP

Mark out a 25m x 25m field with 4 cones. Depending on the number of participants, you may set up multiple fields.

### DRILL DESCRIPTION

Players must continually move around the field staying within the boundary, performing an activity that the coach calls out.

The coach will call out a number and a body part. Once this is called, players must get into groups of the number (i.e. 5) with the body part (i.e. elbow) facing the middle of the group.

#### Example list of Activities

Running

Walking

Hopping

Skipping

Jumping

Side Stepping

Disco

High Knees

Bounding

Baby Steps

**COACH INSTRUCTIONS EXAMPLE:** Coach will call “skipping”, let the players skip for 30 seconds and then call “4 hands”. The Coach will give the players time to form their groups and then call out “high knees” and the activity continues.





## WARM UP ACTIVITY #4: Scarecrow Tiggy

### DRILL SETUP

Mark out a 25m x 25m field with 4 cones. Depending on the number of participants, you may set up multiple fields.

Pick one or two players to be the taggers.

### DRILL DESCRIPTION

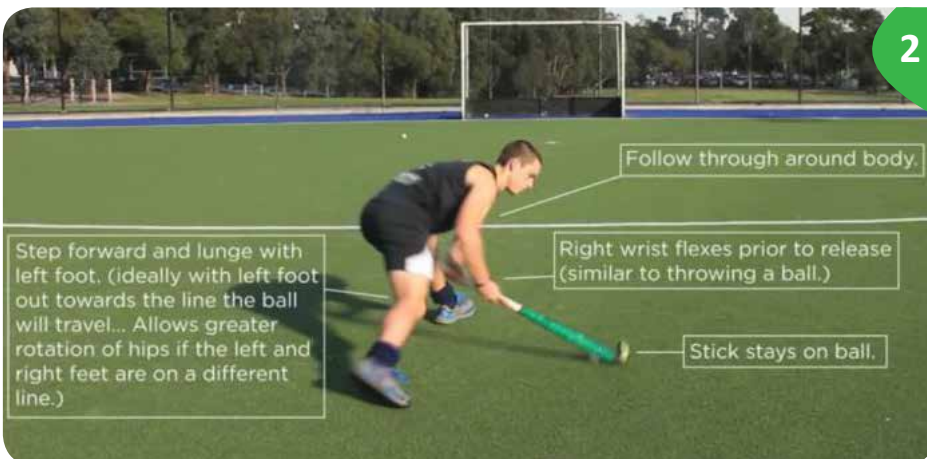
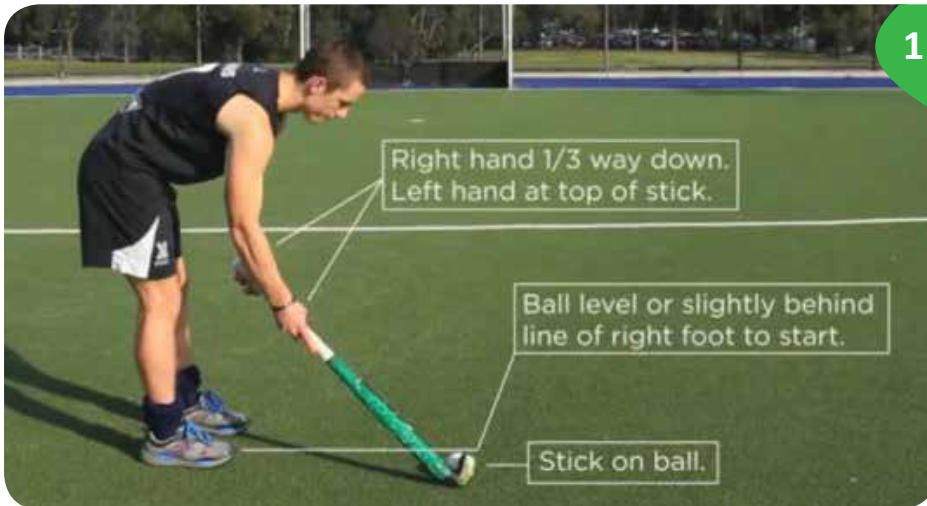
Players must continually move around the field but stay within the boundary. When a tagger tags a player, that player becomes a scarecrow. Scarecrows have to stand with their legs apart and arms held straight out. Other players can free a scarecrow by clapping between their legs. If a player is tagged while trying to free a scarecrow they too become a scarecrow.

**ALTERNATIVE RULES:** Coaches may choose to play Scarecrow Tiggy with players using hockey sticks & balls. All players start with a ball. If the tagger tackles a player and knocks their ball out of the area, the player becomes a scarecrow (and leaves their ball outside the area). To free a scarecrow, another player needs to dribble their ball through a scarecrow's legs. Once this occurs, they can go and get their ball and rejoin the game.



# SKILL: Push

## STATIONARY PUSH

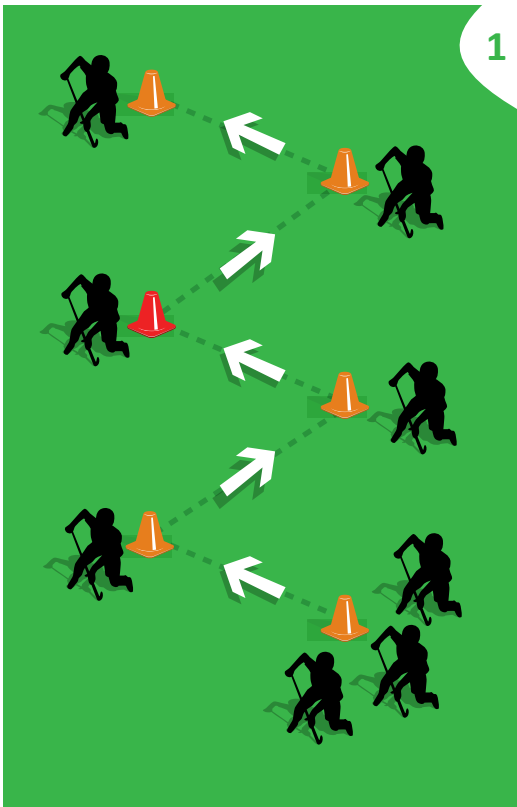


## V GRIP (PUSH & TRAP)



### KEY TECHNICAL POINTS:

- **Grip – V Grip**  
The middle of the player's webbing between their thumb and index finger should line up with the spine of the stick.
- **Ball Relative To Feet**  
Ball should start level with the right foot (back foot) and be released when the ball is level with left foot (front foot).
- **Follow Through**  
Ensure stick and body stays low (for aim and for safety).



## DRILL: FOLLOW YOUR PASS

### DRILL SETUP

Place cones 5m apart in a zig zag formation. Start with a player on each cone and a couple of players lining up at the first cone.

### DRILL DESCRIPTION

The first player in line pushes the ball to the player on the second cone, this player traps the ball and then pushes the ball to the next cone. Once a player has pushed the ball, they run to the cone where they pushed the ball.

Once the ball reaches the red cone, the next player at the start of the line can begin. Once the player on the last cone receives the ball they then run (with the ball) back to the start.

## GAME: EVERYONE PUSH

### GAME SETUP

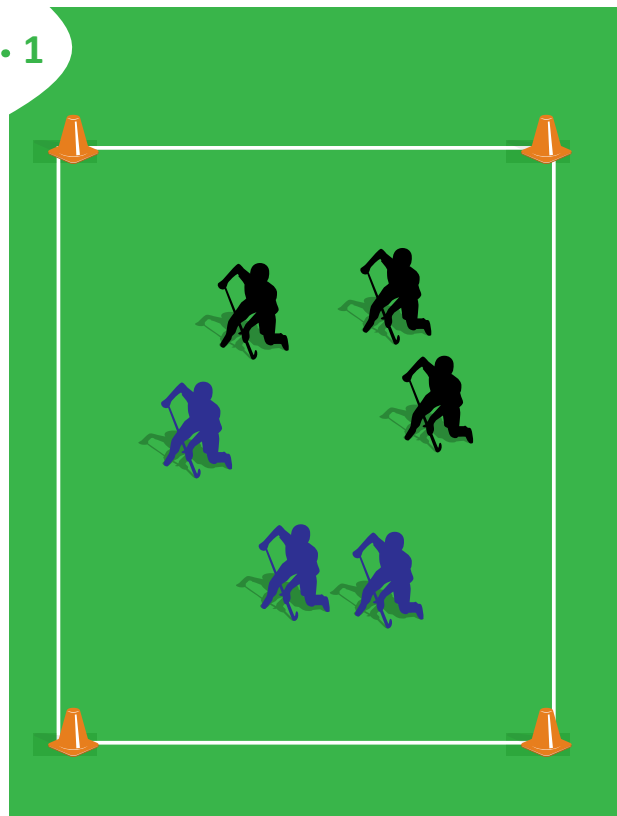
Set cones 10m apart in a square formation to create the field of play. Place players in teams of 3. Set up multiple grounds to cater for the number of players at training.

### GAME OBJECTIVE

To earn 1 point, all players on the one team must push the ball to each other (i.e. everyone gets a touch).

Initially, have the rule of “no tackling” to allow players time and space to execute passes under minimal pressure.

**Important:** Let the game flow, try not to blow the whistle too much or stop the game.



# SKILL: Trapping

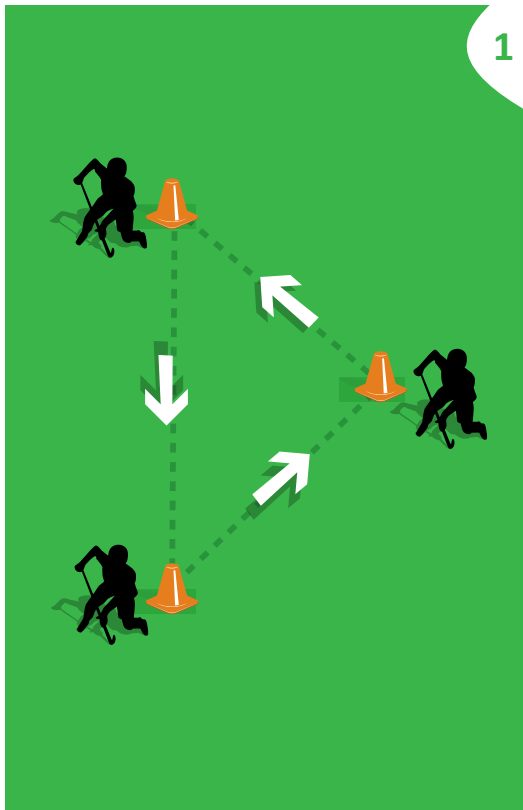
## FORESTICK TRAP



### KEY TECHNICAL POINTS:

- Grip – V Grip**  
 The middle of the players webbing between their thumb and index finger should line up with the spine of the stick.
- Stay Upright**  
 Encourage players to stay mobile and trap with the hook of their stick. It is strongly recommended that Coaches do NOT teach players to trap the ball with their whole stick on the ground.
- Feet Position**  
 One foot in front of the other, not square – some coaches use “boxers stance” as a cue.





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## DRILL: TRIANGLE

### DRILL SETUP

Place 3 cones in a triangle shape 5m apart. Players start and stay on their cones.

### DRILL DESCRIPTION

Players push the ball to the next player. It is important for players to move their feet and trap the ball on their forestick. Once they have passed the ball in one direction for a while instruct players to pass in the other direction.

## GAME: BOX TRAP

### GAME SETUP

Set the field of play 15m x 15m with 3m x 3m boxes in each corner of the field. Place players in teams of 3 or 4.

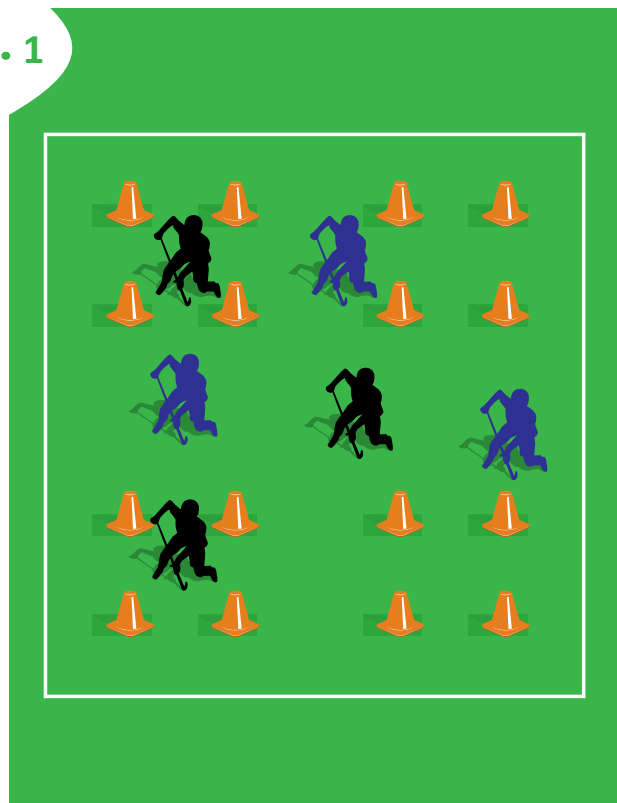
### GAME OBJECTIVE

Both teams can earn points by pushing the ball to a teammate who traps the ball in any of the 4 boxes.

The team without the ball is not allowed in any of the boxes.

First team to earn four points wins.

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# SKILL: Dribbling

## RUNNING WITH THE BALL

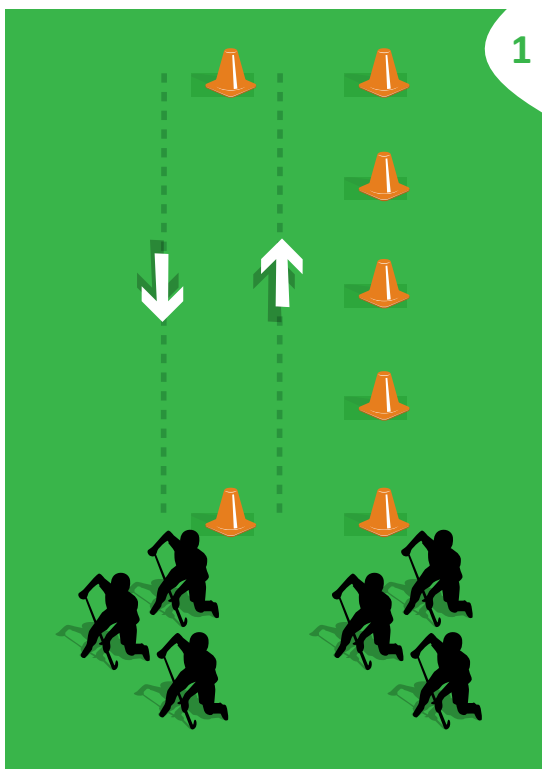


### TELL THE TIME GRIP (DRIBBLING)

#### KEY TECHNICAL POINTS:

- **Grip – Tell The Time Grip** (different to push & trap grip) Left hand is rotated slightly more, so that the back of the player’s left hand is facing up and more towards the player.
- **Ball & Stick Contact** Encourage players to keep ball on their stick at all times. Visual Cue - there’s chewing gum on the end of the stick. Audio Cue - no tapping sounds, “silent dribbling”.





## DRILL: RELAYS

### DRILL SETUP

Set 2 cones 8m to 10m apart with 3 to 4 players behind the cone (set up multiple stations if required).

### DRILL DESCRIPTION

Players will start at one cone and dribble the ball to the cone in front, around and back to the start, where they will pass the ball to the next player in line. Once all players have had a number of turns and are ready to move on, set up the next drill.

**EXTENSION:** Players must dribble the ball in between the cones and back again. Allow all players to have multiple turns.

## GAME: CATS & MICE

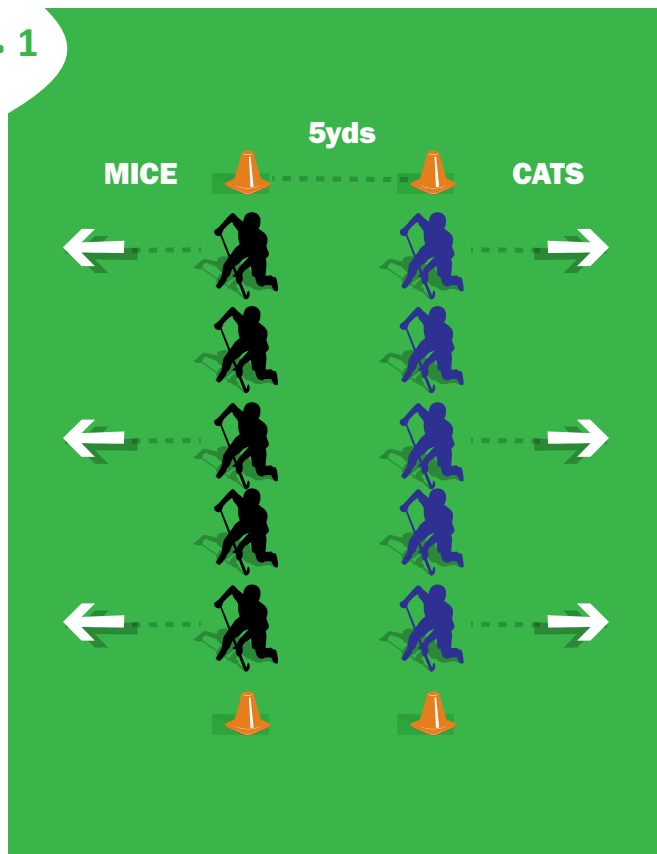
### GAME SETUP

Place players in 2 rows, 5m apart. One row is called Mice (black row) and the other called Cats (blue row). Each player has their own ball.

### GAME OBJECTIVE

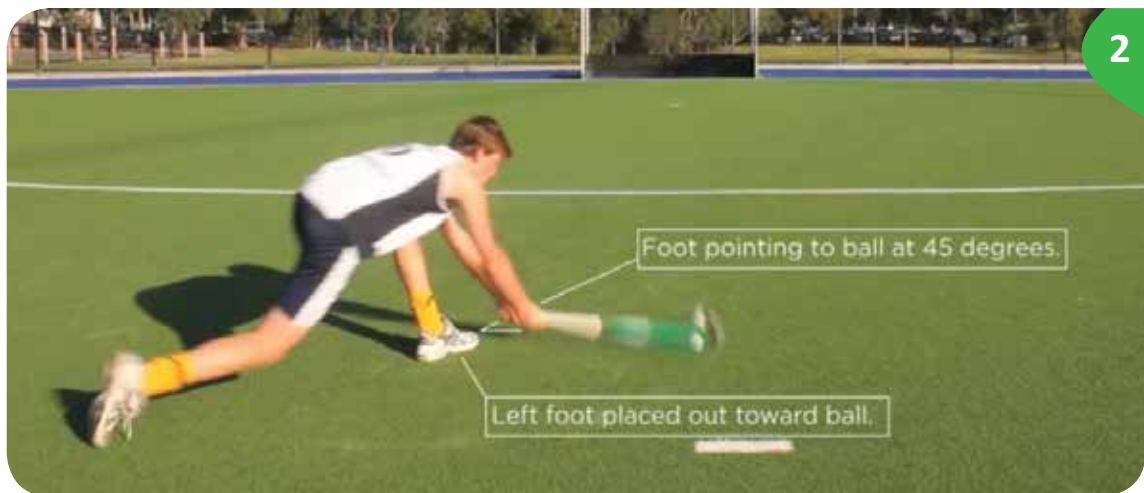
The coach will call either "Mice" or "Cats". If the coach calls "Mice", the Mice (black) must try and dribble their ball to the nearest line (8-10m away) while the Cats turn (leave their ball) and chase the Mice, trying to get the ball off the Mice. For every Mouse that gets to the line, they earn one point for their team. For every Cat that tackles a Mouse, they receive 2 points for their team (as they were chasing).

The scoring scheme is reversed when "Cats" are called.



## SKILL: Slap

## THE SLAP



## KEY TECHNICAL POINTS:

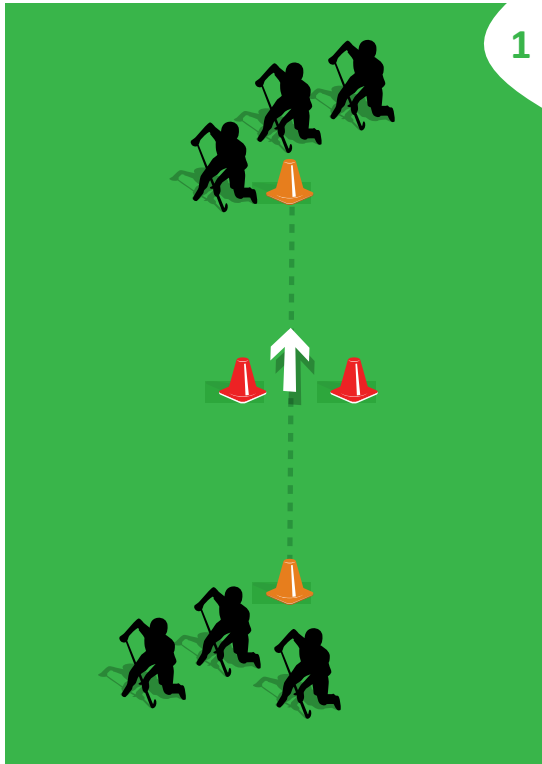
- **Back Swing & Follow Through**

Players should stay low (bend right knee) and swing their stick along the ground to create a 'U' shape around their body with the stick.

- **Ball Relative To Feet**

Ensure left foot (front foot) is level with ball when making contact.





## DRILL: SLAPS

### DRILL SETUP

Split players into groups of 4. Place two cones 10-15m apart with a gate (2 red cones) half way between the 2 orange cones. The red cones should be 2m apart (decrease width as players develop).

Set up multiple stations for a larger groups.

### DRILL DESCRIPTION

Players have to try and slap the ball to the player in the opposite group. Players receive 1 point if they slap the ball to the player and 2 points if they slap it through the red gate to the player in the opposite group. Once a player has slapped the ball they run to the other group and join the back of the line.

## GAME: HOCKEY TENNIS

### GAME SETUP

Set out cones 20m x 10m. Mark out half way with 2 cones on the sideline. Arrange players into teams of 3 or 4.

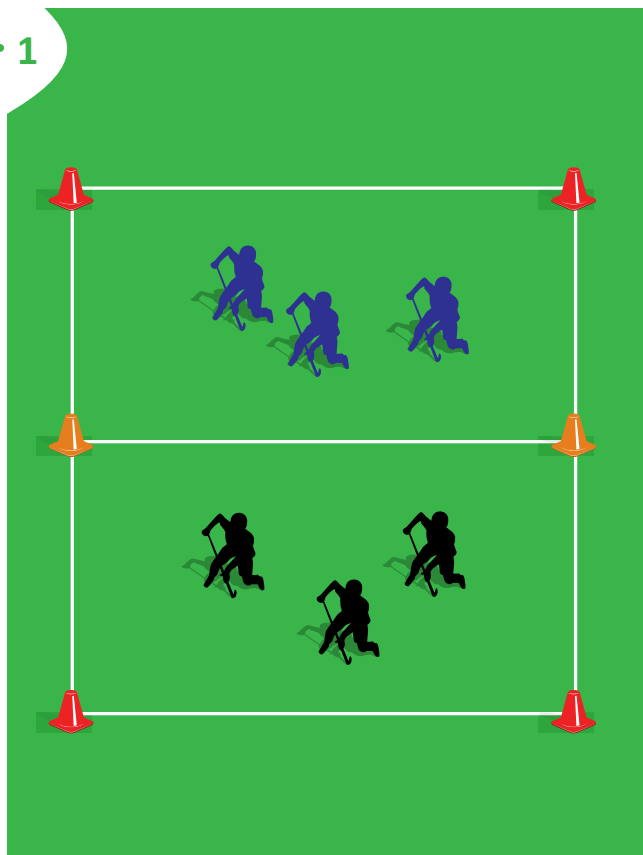
### GAME OBJECTIVE

Players have to slap the ball past the opposite team and over the baseline between the red cones to earn a point.

The opposite team have to try and trap the ball and then slap it back over the opposite baseline. No one is allowed to run with the ball. If the ball is slapped and goes out of bounds, a free hit is awarded to the opposite team where the ball went out.

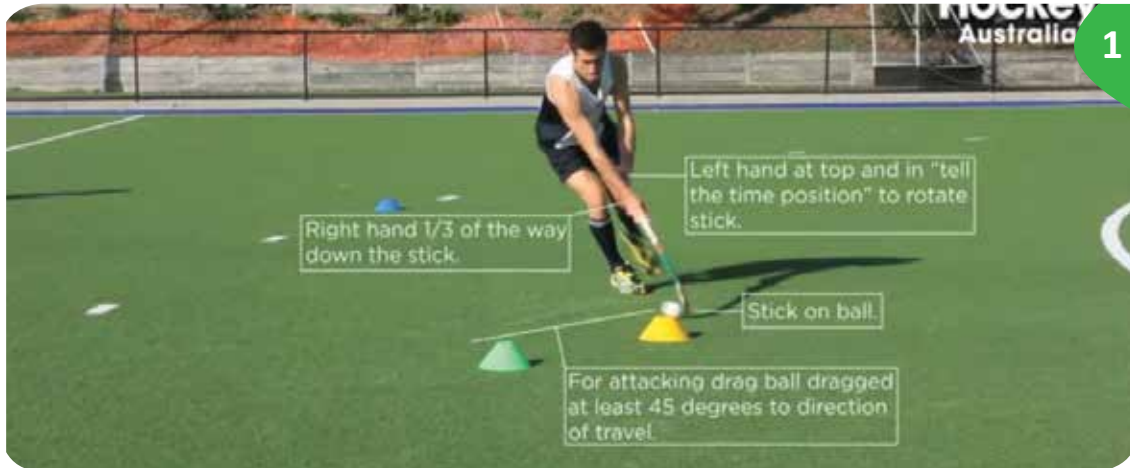
Teams must stay in their own half. First team to 5 points wins.

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## SKILL: Drag

## DRAG - LEFT TO RIGHT

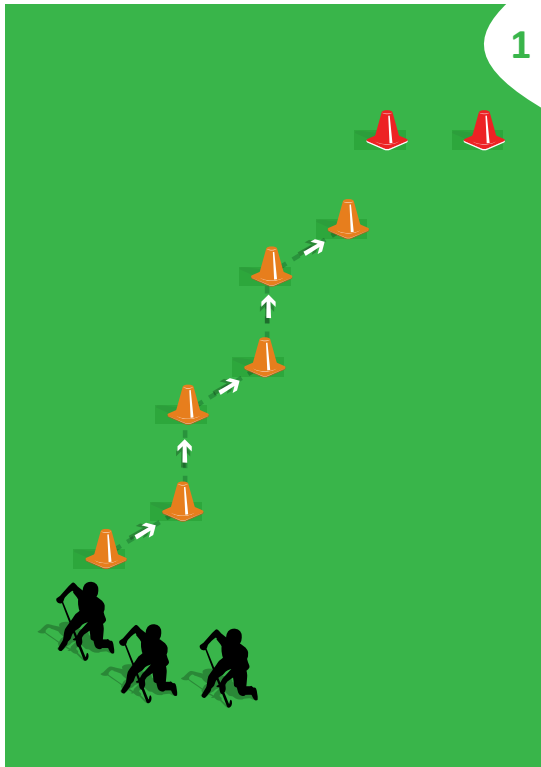
TELL THE TIME GRIP  
(DRIBBLING)

## KEY TECHNICAL POINTS:

- **Grip – Tell The Time Grip**  
(different to push & trap). Left hand is rotated slightly more, so that the back of the player's left hand is facing up and more towards the player.
- **Movement of Drag**  
The movement of the ball should be at 45 degrees (i.e on the diagonal). Transfer of weight is important; show players to push off their left foot (outside foot) for a left to right drag.



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## DRILL: DRAG, DRAG, SHOOT

### DRILL SETUP

Using 6 cones, place 2 cones 1-2m apart on a 45 degree angle. Repeat 2 more times. At the end of the 6 cones place 2 cones as goals.

### DRILL DESCRIPTION

Players will run at the cones and complete a left to right drag, run forward and complete another left to right drag and complete this one more time. After completing 3 drags the player can have a shot at the goal.

## GAME: DRAG, DRAG, SHOOT

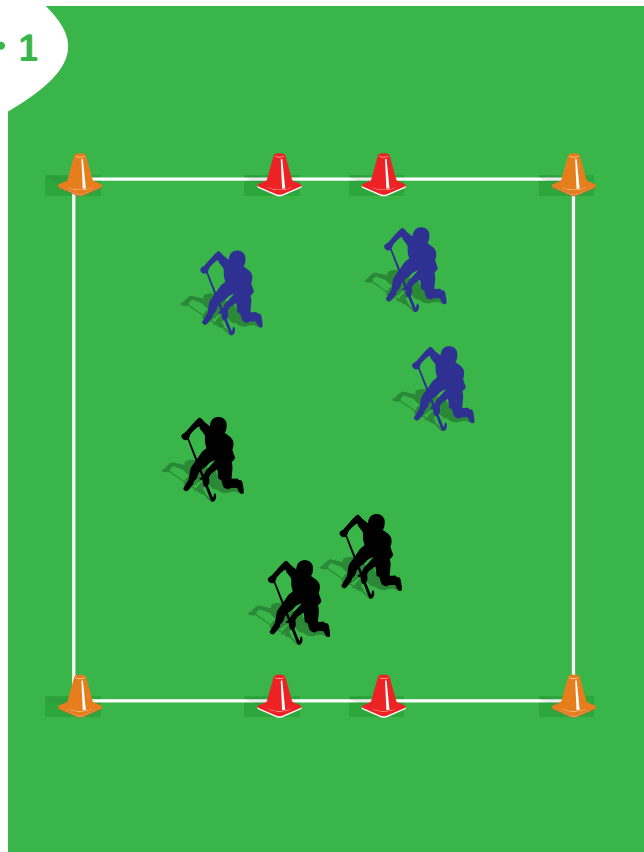
### GAME SETUP

Set cones 10m apart in a square formation. Place 2 cones at opposite ends as goals. Arrange players in teams of 3. Set up multiple grounds to cater for the number of players at training.

### GAME OBJECTIVE

Teams earn 1 point by dribbling or pushing the ball through the goal. Teams can also earn 2 points if a player on that team completes a Left to Right drag.

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# SKILL: Tackling

## BLOCK TACKLE



## TELL THE TIME GRIP (DRIBBLING)

### KEY TECHNICAL POINTS:

- **Grip – Tell The Time Grip** (different to push & trap). Left hand is rotated slightly more, so that the back of the player’s left hand is facing up and more towards the player. Note: Teach players to tackle with one hand.
- **Positioning**  
Defender stands to the attackers back stick side to make the attacker go to the defenders forestick.
- **Feet Position**  
One foot in front of the other, not square some coaches use “boxers stance” as a cue.



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## DRILL: TACKLE LANE

### DRILL SETUP

Set up a lane by laying two rows of cones 6-7m apart (or use the sideline).

### DRILL DESCRIPTION

The attacker (blue) starts with the ball at the top of the lane. The attacker must try and get past the tackler to the other end of the lane. If the attacker gets past the tackler or if the tackler steals the ball from the attacker the ball is “dead” and the attacker waits at the other end of the lane. Ensure everyone has a turn at tackling.

**EXTENSION:** Place a goal at the end of the lane.

## GAME – PROTECT THE NEST

### GAME SETUP

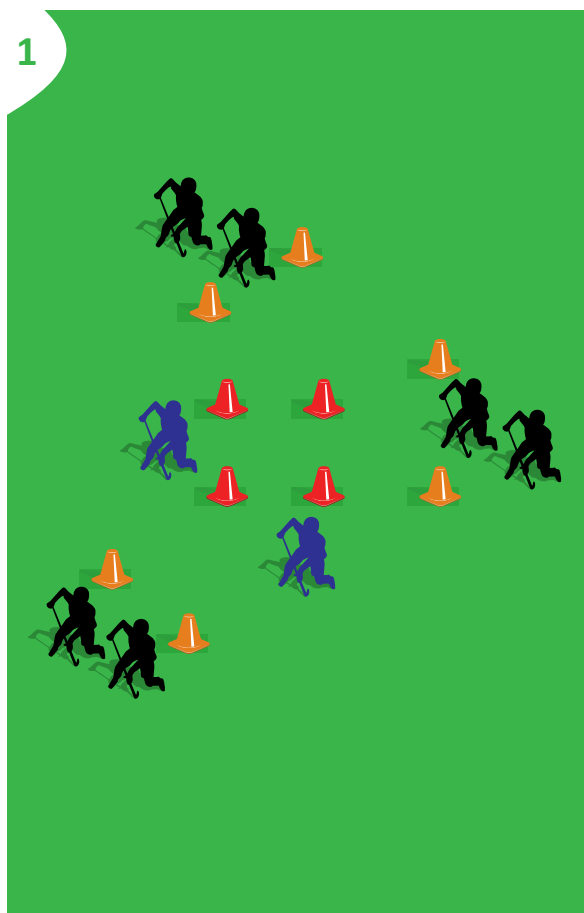
Set up a “nest” (red cones) and place 10 balls in the middle of the nest. Place 3 gates (orange cones) 10-15m away from the nest to form the robber’s home. Place 2 “Robbers” (black) behind each home. Designate two players to be Protectors.

### GAME OBJECTIVE

One Robber from each home must run out and try and steal **one ball only** from the nest and dribble it back to their home. The Protectors (blue) must try and tackle the Robbers when the Robbers are dribbling a ball away from the nest.

If the Robber dribbles the ball back to their home, the ball stays there and it is the second Robbers turn. If the Protector tackles the Robber, the Robber leaves the ball where it is and runs back to their home for the second Robber to have a turn. Once there are no balls left in the nest, rotate players (new Protectors) and start the game again.

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# GAME #1: 2 Goal Game

## FIELD SETUP

Set up 25m x 25m field with 4 cones. Set up two goals at each end of the ground. Each goal should be set up 5m from the sideline and baseline. Set up 2 goals at the other end exactly the same.

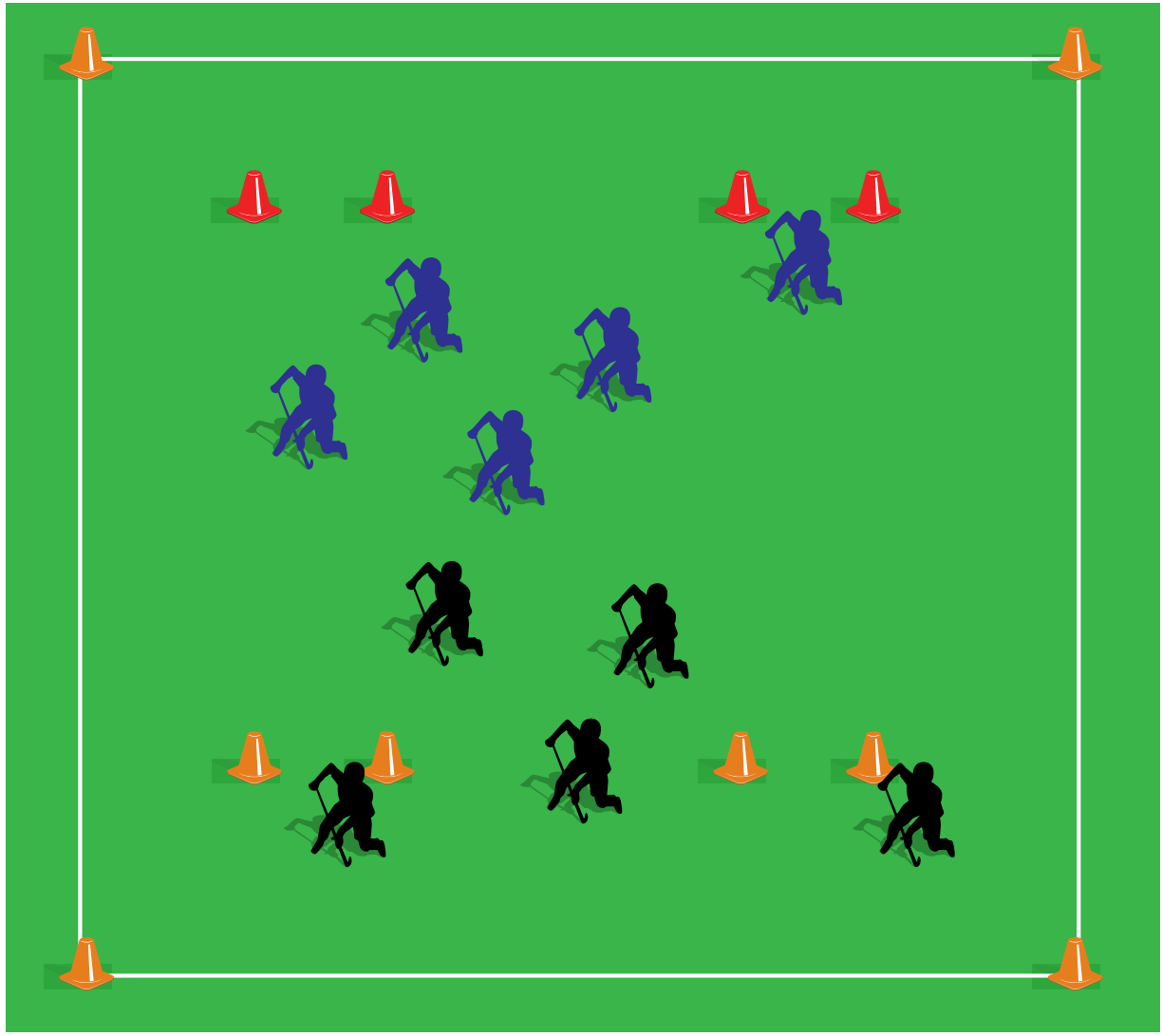
## OBJECTIVE

Teams have to try and score by dribbling or pushing/slapping the ball through one of their two goals. This game is great for educating players to move the ball laterally, open up space and use their peripheral vision.

## RULES

Team black must try and score through the red goals while team blue will be trying to score through the orange goals.

Players are allowed to run behind the goals and shoot from both directions. If the ball goes out of bounds, a free is awarded on the sideline where the ball went out to the opposite team.



## GAME #2: Hocktopus

### FIELD SETUP

Keep the field small and tight. It is better to play in a small area and play multiple games, than in a big field and drag out the game. Set up a 25m x 15m field with 4 cones.

### OBJECTIVE

Players have to try and dribble their ball from one side of the field to the other without being tackled by the “Hocktopus” or the “Seaweed”.

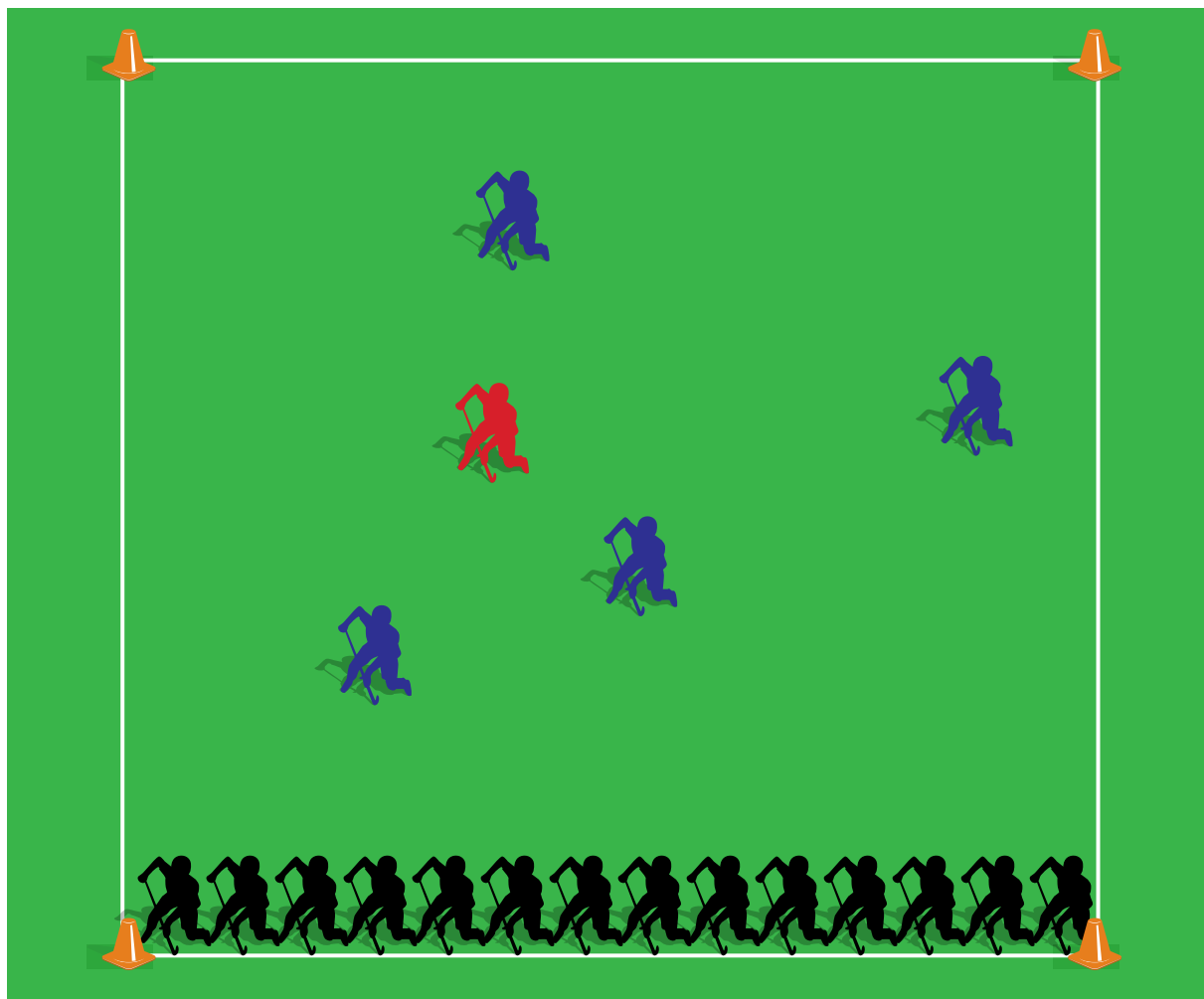
### RULES

All players have their own ball.

Choose a player (or the coach) to be the Hocktopus. The Hocktopus is allowed to move. The Hocktopus tries to tackle other players and knock their ball out over the boundary.

If a player’s ball is knocked out of the boundary they become a Seaweed. Seaweeds are not allowed to move their feet. Seaweeds have to try and steal the ball off other players and knock it out of the boundary. Players are allowed to chase their ball to save it. Last player left with a ball wins.

**SAFETY:** Remind “Seaweeds” about proper tackling technique (no crazy swinging).



# GAME #3: 3 Goal Game

## FIELD SETUP

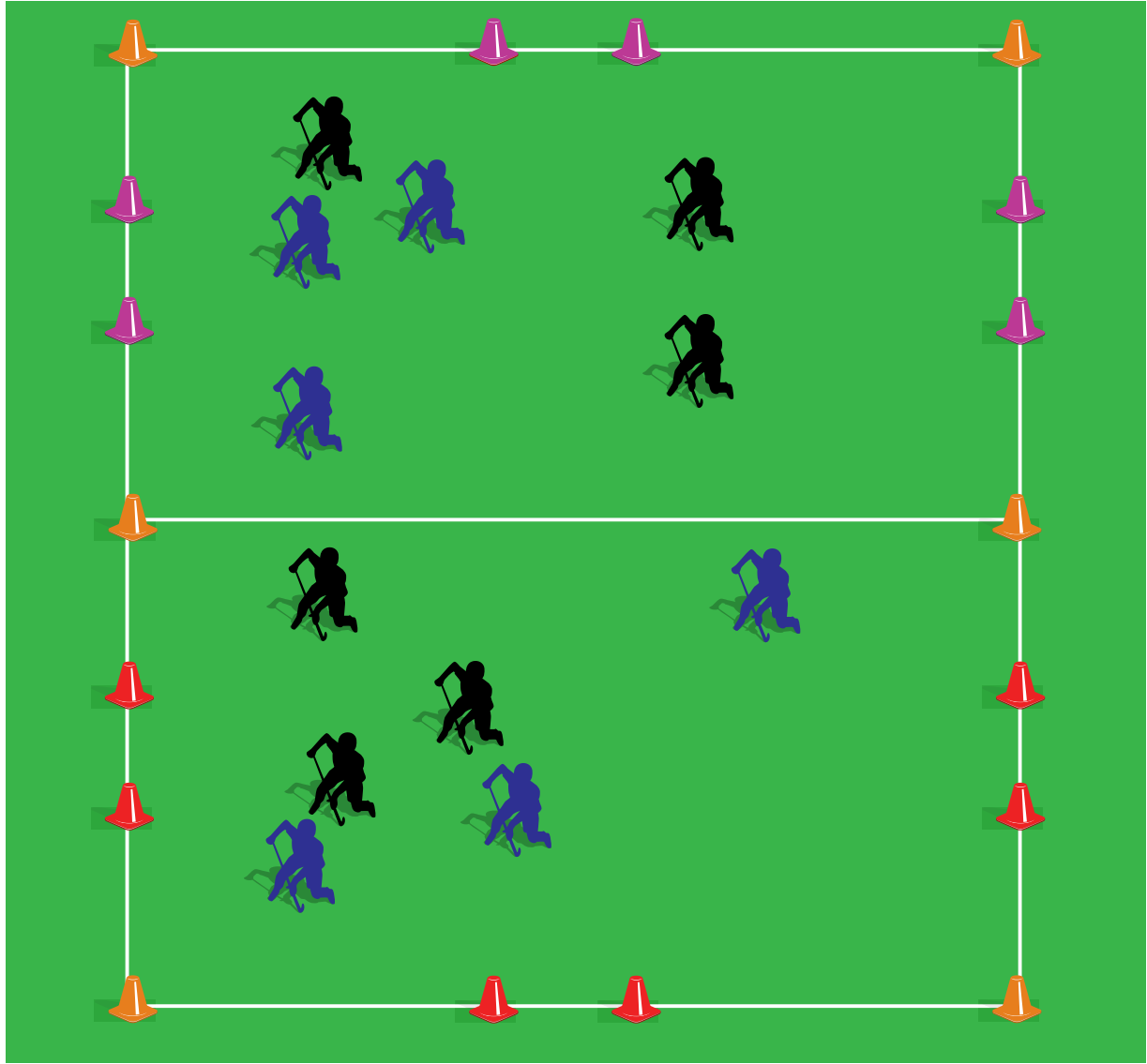
Set up 25m x 30m rectangular field with 4 cones. Place another 2 cones on each sideline at the half way mark. In one half, set up 3 goals in the middle of the 3 boundary lines and repeat the same for the opposite half.

## OBJECTIVE

Teams must try and score a goal in one of their 3 goals. For example the Black Team is aiming for the red goals and Blue Team is aiming for the purple goals.

## RULES

Place players into teams of 6. For each team, place 3 forwards in the attacking half and 3 defenders in the defensive half. Players must stay in their own half (stops all players following the ball). Forwards can score from anywhere in their attacking half. At half time, forwards become defenders and vice versa.





## GAME #4: End Zone

### FIELD SETUP

Set up a 25m x 30m rectangular field with 4 cones. To create the end zone place 2 cones on both sidelines 6-7m from the baseline.

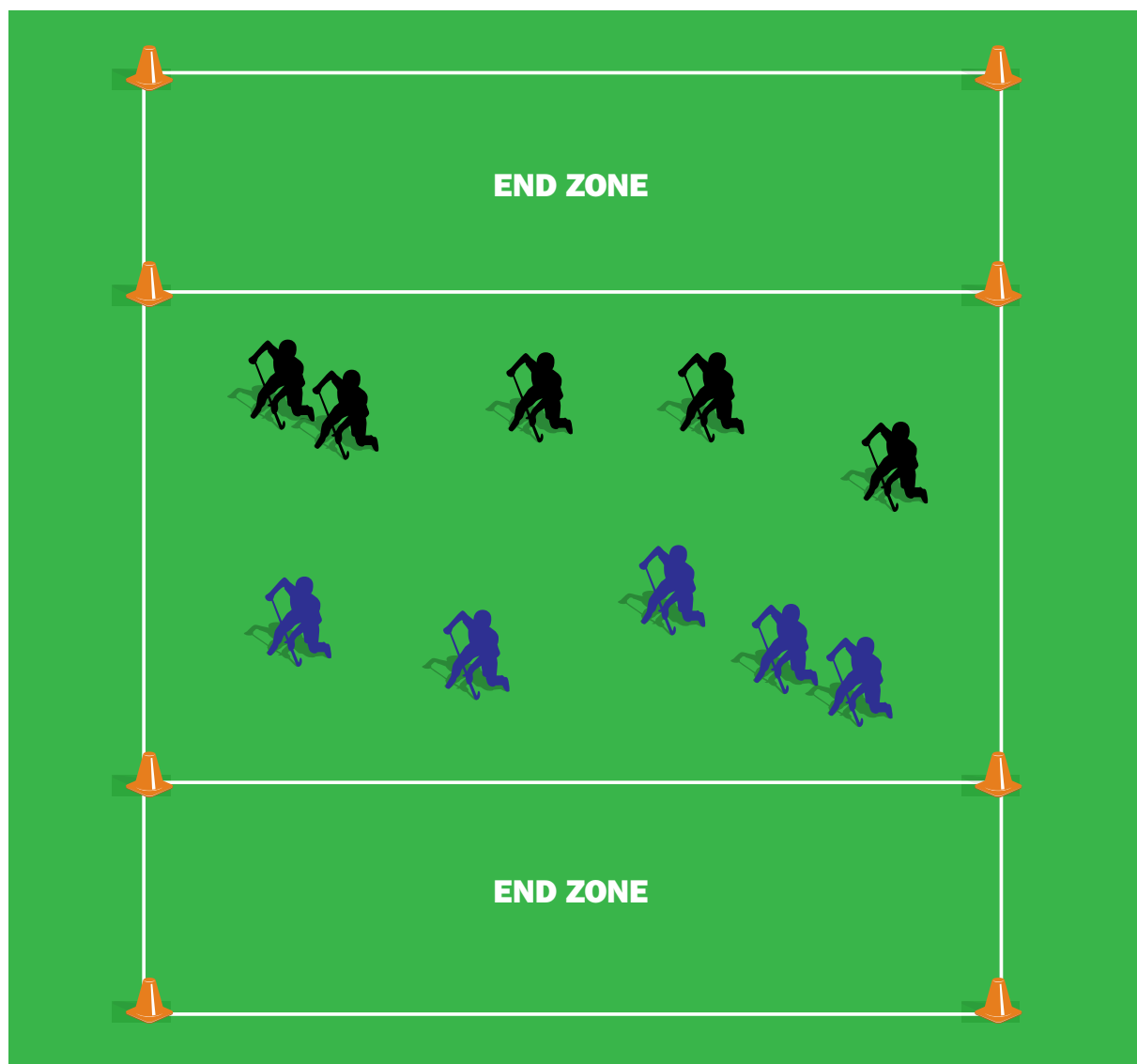
### OBJECTIVE

Teams earn a point when the ball is passed into the end zone and trapped by a team mate.

### RULES

Players must try and score by passing the ball to a team mate who is inside the end zone. Defenders are not allowed in the end zone.

**ALTERNATIVE RULES:** Each time a player scores a goal, they enter the end Zone as a 'receiver'. As the game goes on, the weaker team has more players on the field and the weaker players remain on the field and become more involved in the play. The first team with all players in the end zone wins.



## GAME #5: Slap & Push

### FIELD SETUP

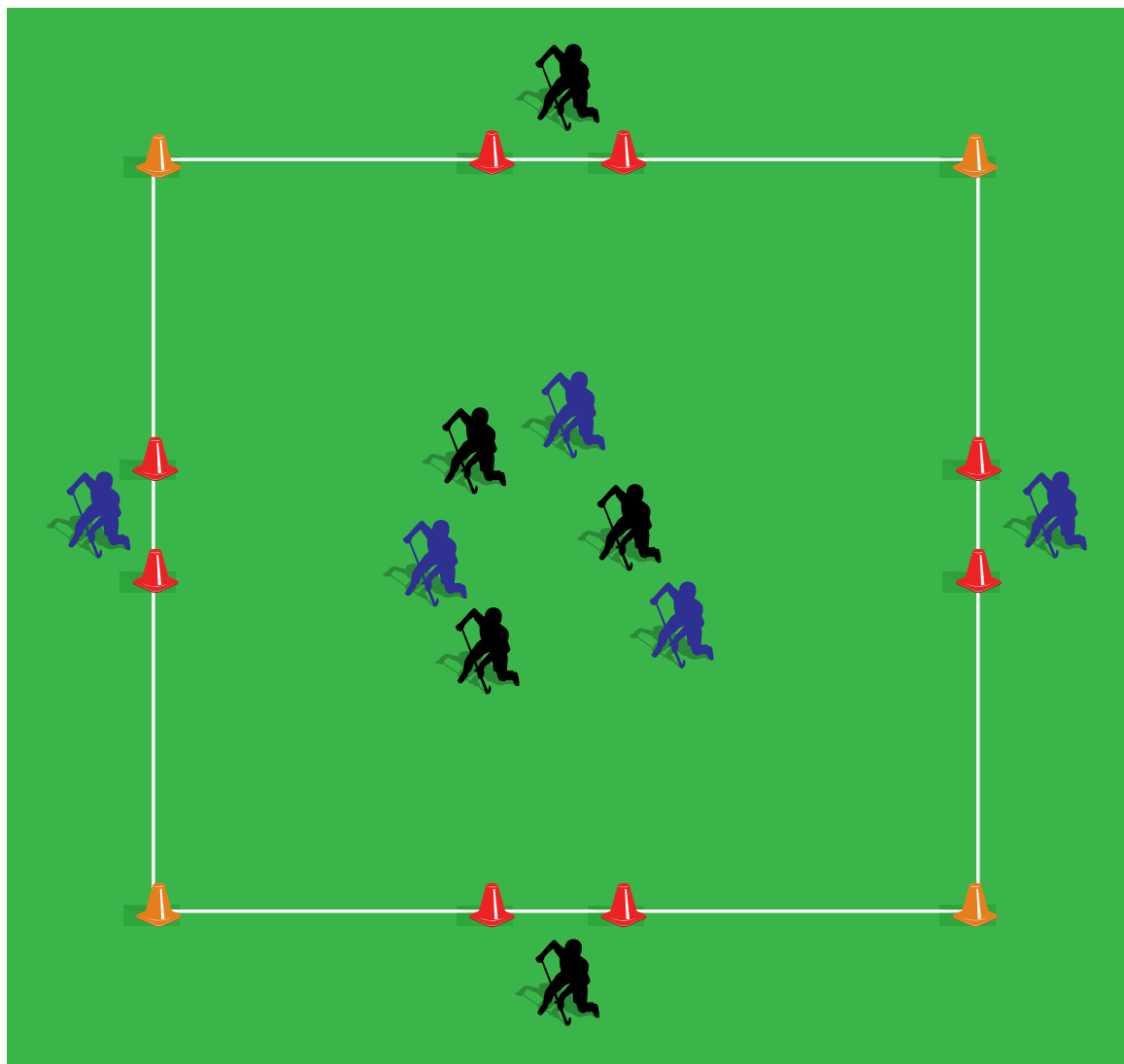
Set up a 25m x 25m square field with 4 cones. Create one 2m goal on each sideline. Divide players into two teams. Place two players from one team behind each goal on opposite sidelines. Place two players from the other team behind each goal on the other opposite sideline. The remaining players form a 3 v 3 (or 4 v 4) in the middle.

### OBJECTIVE

The players in the middle aim to push the ball through the goals to one of their teammates (and in doing so score 1 point). Once their teammate receives the ball they aim to execute an effective slap to be successfully trapped by a teammate (and in doing so score 2 points) to resume the game.

### RULES

Start by playing normal rules. After 5 minutes introduce new rules. For example, teams need to pass three times before they can score.



# ADAPTING YOUR GAME

There will be times when your game is not working and you will need to make adjustments to one or more aspects of the game in order for it to work more effectively.

The CHANGE-IT framework is a key element of the Australian Sports Commission's Playing For Life coaching philosophy and is an excellent tool for coaches who want to make changes to their games.

Coaches should be able to identify what is going wrong in a game and use one of the below options to CHANGE IT. For example, if players are too crowded together you may increase the area, reduce the number of players or change the games rules so that there is more space to execute skills.

<b>C</b>	<b>COACHING</b> Modify your teaching style to suit the needs of each player – instructions, demonstrations, feedback.
<b>H</b>	<b>HOW TO SCORE</b> Vary the method of scoring so that everyone can be included or to make an activity easier or harder.
<b>A</b>	<b>AREA</b> Change the field size to vary the intensity of play, difficulty of the activity and in some cases safety of the activity.
<b>N</b>	<b>NUMBER OF PLAYERS</b> The number of players on a team can be changed to vary the game experience, create or lower game intensity or emphasise specific tactics.
<b>G</b>	<b>GAME RULES</b> Game Rules can be changed to make it easier or harder, highlight a skill or tactical aspect, vary the game experience or make it more inclusive.
<b>E</b>	<b>EQUIPMENT</b> Different equipment can be used to make the activity easier/harder, suit the physical characteristics of the children or as a novelty to increase engagement in the game.
<b>I</b>	<b>INCLUSION</b> Adapt or modify different aspects of the activity so that everyone is included.
<b>T</b>	<b>TIME</b> Vary the duration of the activity to vary the volume and intensity of the activity.



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