

# Canterbury Hockey

## *Small Sticks*



 **mikegreer**homes

# Small Sticks Modified Hockey

Hockey can be played at a very young age, as long as it is modified and adapted to the physical strength, the motor skills and psychological characteristics of the age group. Hockey New Zealand’s modified games have been developed in accordance with Sport NZ’s “Athlete Characteristics and Needs” (see below) to provide the participants with age appropriate formats that will ensure hockey is an educational, safe, and fun sport.

## 5-8 Year Olds / Years 1-4

<i>Player Characteristics</i>	<i>Player Needs</i>
PHYSICAL	PHYSICAL
<ul style="list-style-type: none"><li>▪ Are developing and mastering fundamental gross motor skills</li><li>▪ Have slow, steady musculoskeletal growth</li><li>▪ Mainly use large muscles - have better control of large than small muscles</li><li>▪ Have high energy levels but tire easily and recover quickly</li><li>▪ Girls and boys have similar abilities</li><li>▪ Learn best if physically active.</li></ul>	<p>Focus on general skills (and fitness) development:</p> <ul style="list-style-type: none"><li>▪ Frequent rest periods</li><li>▪ Rotation of roles - no specialisation in positions</li><li>▪ Modification of rules, field sizes, and equipment</li><li>▪ Activities that are progressive in intensity with the necessity of a warm-up.</li></ul>

## 9-12 Year Olds / Years 5-8

<i>Player Characteristics</i>	<i>Player Needs</i>
PHYSICAL	PHYSICAL
<ul style="list-style-type: none"><li>▪ Developing motor coordination and fine motor skills</li><li>▪ Growth spurts can occur</li><li>▪ Maturity differences within and between genders</li><li>▪ Skeletal system grows faster than muscular system, thus increasing injury risk</li><li>▪ Hand eye coordination is mature</li><li>▪ Have steady increases in motor skills, strength, balance, and coordination.</li></ul>	<ul style="list-style-type: none"><li>▪ Skill development that becomes more sport specific</li><li>▪ A continued degree of modified sports, but gradual introduction of adult structured games events</li><li>▪ High level of activity with equal involvement</li><li>▪ Skill learning through games</li><li>▪ Progressive activities</li><li>▪ Coaches who plan with goal setting based on needs.</li></ul>

# Small Sticks Modified Hockey

## *Hockey – The International Game*

Hockey (field) is played by two teams of 11 players, made up of 10 field players and one goalkeeper.

- The goalkeeper wears specific equipment and a different colour shirt to the field players and is the only player that can play the ball with their body.
- Hockey is played mostly on synthetic playing fields
- All hockey sticks are right handed and the hook has a flat side and a rounded side. The ball may only be played with the flat side.
- The hockey ball is spherical with a circumference of 224-235mm and weighs between 156-163 grams
- There is no off side in hockey and unlimited interchange
- The game consists of 4 x 15 minute quarters, 2 minute interval between quarters 1 & 2 and 3 & 4, and a half-time interval of 5 minutes between quarter 2 & 3.
- Two umpires officiate a game working on opposite ends and sides of the field
- Hockey fields are rectangular, 91.40 metres long and 55 metres wide
- The object of hockey is to score more goals than the opposition. Goals are scored by playing the ball into the goal from within the attacking circle.



## *Small Sticks – The Game*

- Small Sticks is played by two teams of 6-7 players, goalkeepers are involved at year 5-8
- Small Sticks is played on synthetic turf
- All hockey sticks are right handed and the hook has a flat side and a rounded side. The ball may only be played with the flat side. Junior hockey sticks that are appropriate to the height of the child must be used.
- The Small Sticks ball is different per grade, refer to specific guide
- Players should be interchanged regularly
- Small Sticks hockey games consist of thirds with longer breaks for coaching
- Player safety is paramount: Potentially dangerous player behaviour, use of stick or dangerous ball should be removed from the play
- Consult specific grade for umpire changes.





# Year 3 & 4 Mini Sticks

## *Six-A-Side*

### Team:

- 8-10 members (6 on field)

### Field Size:

- Approx. 40-45 long & 30-40 wide

### Suggested Playing Area:

- Approx. 1/4 of a hockey turf

### Includes:

- Concepts of attacking, defending, & basic rules are introduced
- Goals: Standard
- Balls: Modified (light balls)
- Auto Pass: Yes
- Goalkeeper: No
- Penalty Corners: No

### Duration:

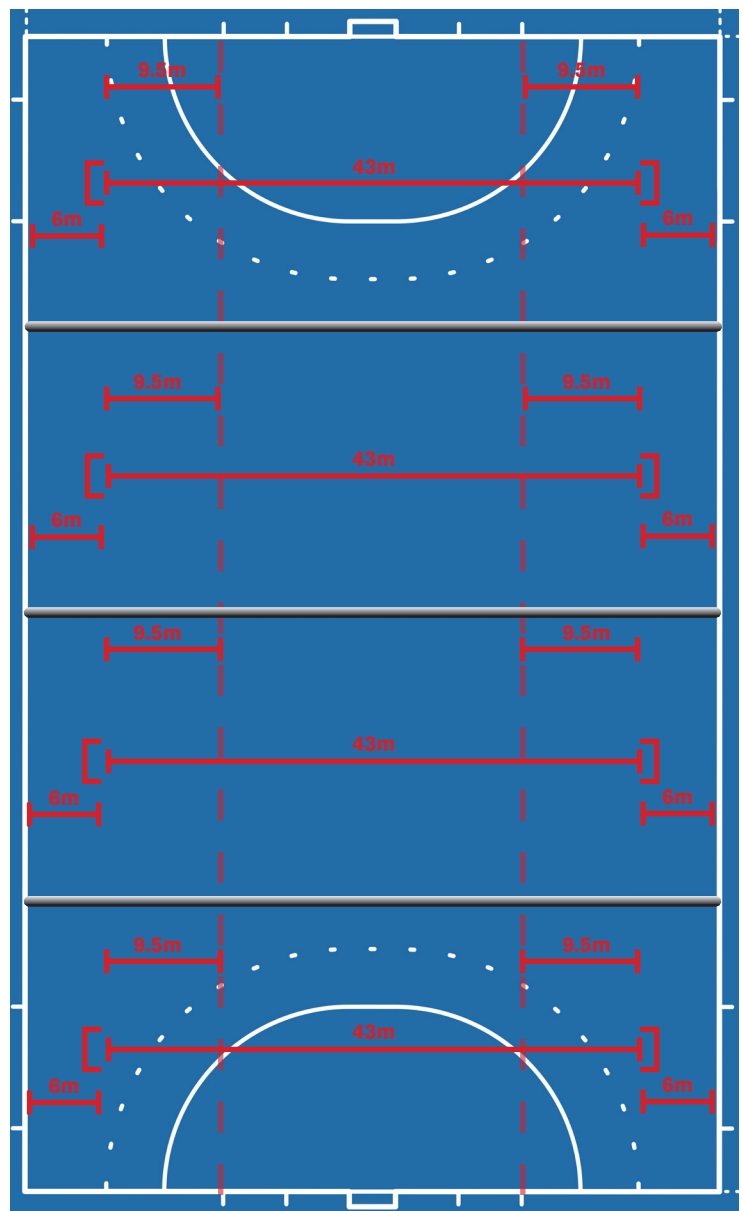
- 42 minutes
- 12 minute thirds with 3 minute breaks

### Rules:

- **Safety Rules:** Only play with flat side of the stick, ball must stay below the knee.
- The game starts with a push forward or back. Each team must be **behind the centre line** at the start whistle.
- The ball cannot be deliberately stopped with the foot, or kicked. However, when the ball merely touches the foot, play should continue.
- Free hit and side hit in: **everybody** must be 5 metres away. The ball can be played straight into the shooting zone or circle
- There are no **Penalty Corners**, or **Penalty Strokes** in this module.
- Instead of a **Penalty Corner**, take a free hit 1 metre from the shooting zone or circle.
- **Long Corners** are taken 1 metre outside the shooting zone or circle. The ball can be played straight into the shooting zone or circle.
- A **goal is scored** when the ball is pushed into the goal from inside the 9.5 metre zone or circle.

### Game Time:

Children at this age still find it difficult to concentrate for a vast period of time. However, this is the ideal learning age, with their physique and co-ordination being perfectly suited to learn a wide range of new techniques. In games children are now asked to use their team mates, rather than playing alone. The use of space on the playing field should be introduced, avoiding all players swarming around the ball! Rotate your players, so that they all get a sense of attacking and defending.



# Year 5 & 6 Kiwi Sticks

## *Seven-A-Side*

### Team:

- 8-10 members (7 on field including goalkeeper)

### Field Size:

- Approx. 55 long & 45 wide

### Suggested Playing Area:

- 1/2 of a hockey turf

### Includes:

- Team dynamics, decision making, defensive & attacking concepts, positional understanding & concepts of space
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes (unless in **No GK grade**)
- Penalty Corners: No (Power Play, see Appendix 1)

### Duration:

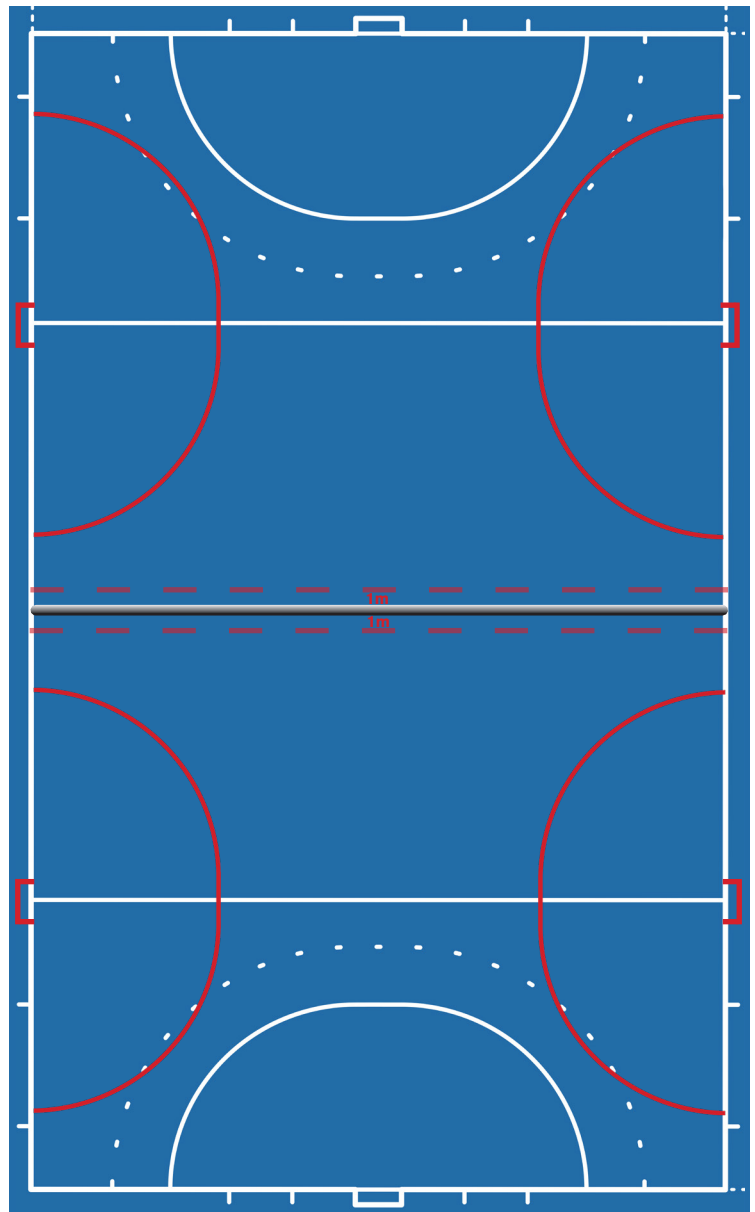
- 48 minutes
- 14 minute thirds with 3 minute breaks

### Rules:

- The game starts with a push forward or back. Each team must be **behind the centre line** at the start whistle.
- The ball cannot be deliberately stopped with the foot, or kicked, if a **foot is disruptive** of play, call a free hit. However, when the ball merely touches the foot and no advantage is gained, play should continue.
- **Free hit and side hit in:** only the opposition needs to be 5 metres away. The ball can be played straight into the shooting zone or circle
- There are no **Penalty Corners**, or **Penalty Strokes** in Kiwi Sticks.
- Instead of a **Penalty Corner**, take a **Power Play** (see Appendix 1).
- **Long Corners** are taken midway between the halfway line and the top of the circle, in line with where it went out at the baseline (a cone will be placed there). The **ball must travel 5 metres** or be touched by another player before entering the circle.

### Game Time:

The children in this age category have good coordination skills, and are usually willing to learn. Technical skills should be more advanced than in the younger age group. Expand on what has already been learnt. Player positions should still be rotated, with players being taught the roles of each position. Retaining possession should be encouraged, utilising the width of the field. Individuals understand the concept of achieving an individual goal for the game.



- A **goal is scored** when the ball is played into the goal from inside the circle.
- **Goalkeepers** must be wearing full protective gear.

# Year 7 & 8 Kwik Sticks

## *Seven-A-Side*

### Team:

- 8-10 members (7 on field including goalkeeper)

### Field Size:

- Approx. 55 long & 45 wide

### Suggested Playing Area:

- 1/2 of a hockey turf

### Includes:

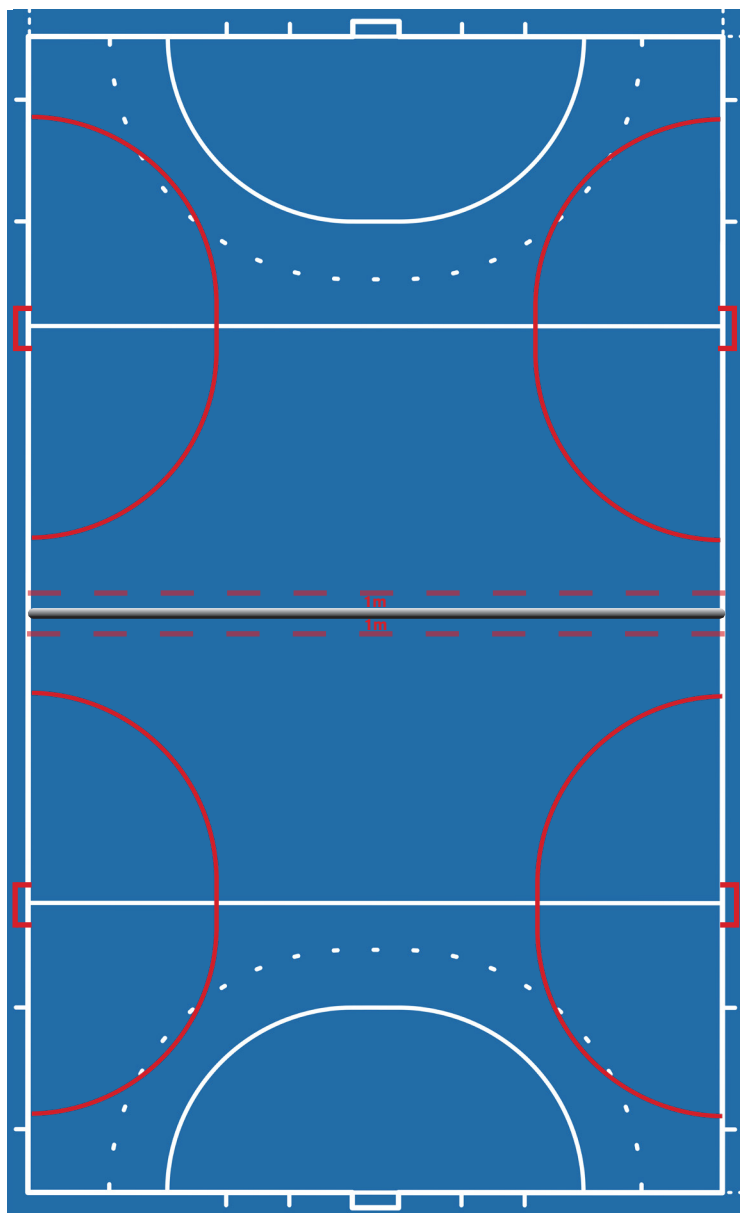
- Team dynamics, decision making, defensive and attacking concepts, positional understanding and concepts of space
- Goals: Standard
- Balls: Standard
- Auto Pass: Yes
- Goalkeeper: Yes
- Penalty Corners: Yes

### Duration:

- 54 minutes
- 16 minute thirds with 3 minute breaks

### Rules:

- Standard **FIH Rules of Hockey** apply, except for the following:
- Only **7 players** per team on a half turf.
- **Long Corners** are taken midway between the halfway line and top of the circle, in line with where it went out at the baseline (a cone will be placed there).
- No play directly into circle from free hits in attacking half, including long corners. The **ball must travel 5 metres**, or be touched by another player before entering the circle.



# Appendix 1

## KIWI STICKS POWER PLAY

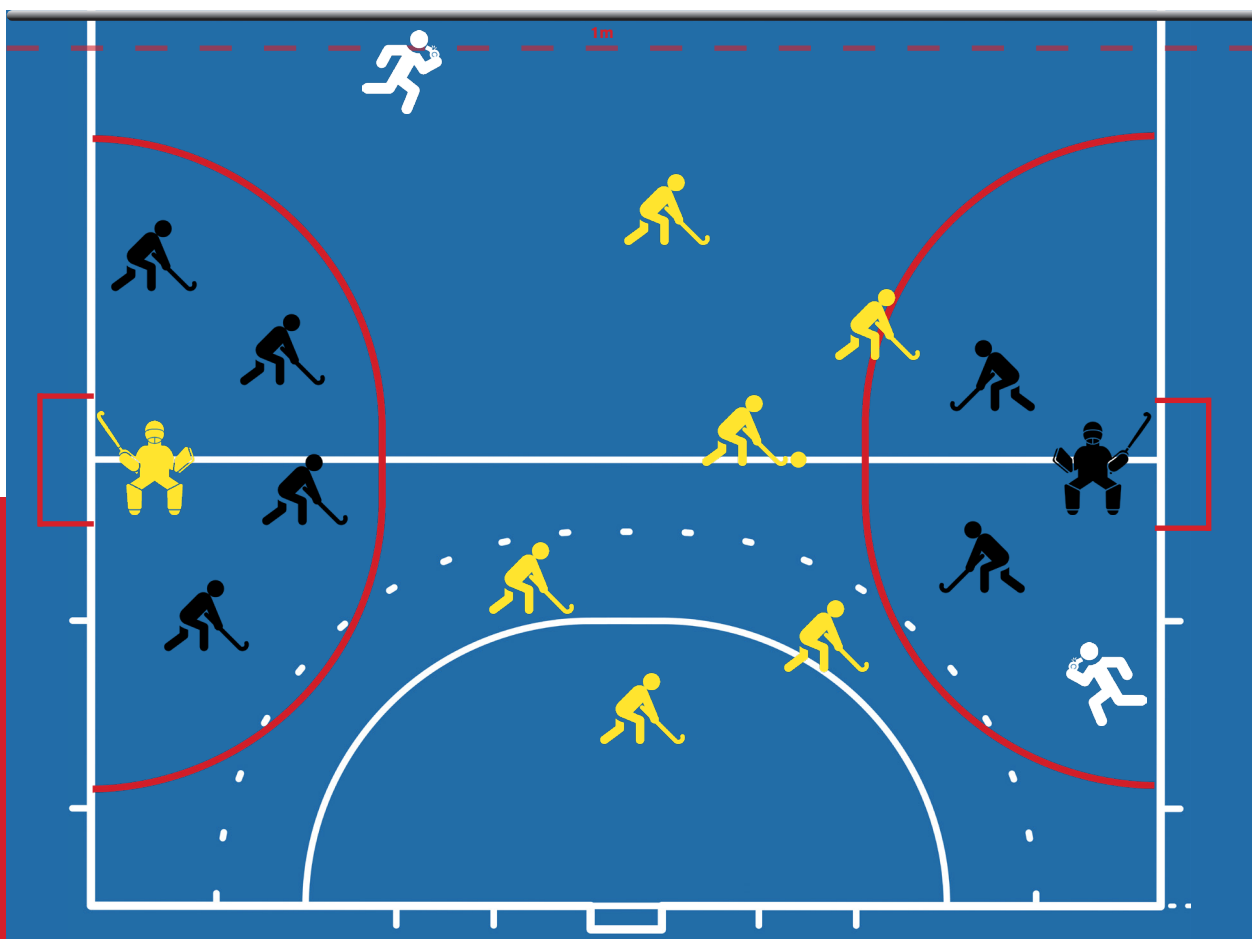
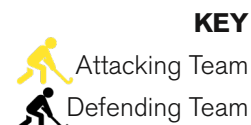
For breaches of the rules by the defending team inside the circle, a Power Play will be awarded to the attacking team, instead of a Penalty Corner.

The Power Play is a free hit taken by the attacking team at the long corner mark. Attackers can be positioned anywhere on the field.

The Defending team must position three players in the defensive circle (Including Goalkeeper) and four in the attacking circle.

When everyone is in position, the umpires indicate for the Power Play to be taken, once the ball moves, normal play resumes. The ball must travel 5 metres or be touched by another player before entering the circle.

### *Kiwi Sticks Power Play*



This replaces Penalty Corners (PC) for Kiwi Sticks Year 5 and 6.

#### **Main reasons for this rule change:**

- Gets game play going
- Improves player safety
- Simplified rules for players/coaches/umpires - especially in comparison to PCs
- Adding an attacking overload and starting to dissuade fouls in key areas of the field
- Reduces cost - removes the need for PC specific safety equipment
- Removes the perceived need for specialist skill acquisition
- Align Kiwi Sticks with the same rules across the grade, providing a clear 'step' from Mini Sticks



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