



RECOMMENDED HOCKEY MODULES

For Under 6 Yrs, U9, U11, U13, Youth & Adult Participants

MARCH 2009



CONTENTS

Introduction	3
Purpose	4
Safety	4
Small Sticks Hockey - Modules For 5-13 Year Olds	6
▶ Under 6	7
▶ Under 9 Development	8
▶ Under 9	9
▶ Under 11 Development	10
▶ Under 11	11
▶ Under 13 Development	12
▶ Under 13	13
Secondary School Hockey- Modules For 13-19 Year Olds	14
▶ Secondary School Development	15
▶ Secondary School Mixed	16
▶ Secondary School Advanced	17
Senior/Open Grades - Modules For 18+ Year Olds	18
▶ Senior/Open	19
▶ Indoor	20

INTRODUCTION

This document has been developed by Hockey New Zealand with input from the Regional Development Managers/CoachForce personnel and information from the FIH Club Development Manual. The 2008 RDM/CF Conference included a workshop on hockey modules and discussions took place around the types of hockey played at Association level currently; and the merit in producing a Hockey New Zealand formalised “recommended hockey modules” document. After collating all the information provided, Hockey New Zealand Coaching and Development have compiled this set of modules in the hope of standardising hockey throughout all Associations. This is a working document and feedback is welcomed.

Regional Development Manager/CoachForce personnel from the following Associations took part in the workshop:

- ▶ Auckland
- ▶ BOP/Tauranga
- ▶ Canterbury
- ▶ Hawkes Bay
- ▶ North Harbour
- ▶ Northland
- ▶ Otago
- ▶ South Canterbury
- ▶ Southland
- ▶ Tasman
- ▶ Waikato
- ▶ Wellington

PURPOSE

1) To best utilise the available playing surfaces.

In comparison to most sports hockey is unique, as the game can be played on many different surfaces without having to be modified a great deal. Skills sets do not differ greatly on any surface i.e. grass, asphalt, artificial turfs. With this in mind, various grounds (not all hockey specific) within an Association can be used to cater for participants, modules can be set up at grounds that have facilities that suit the module to be played (i.e. secondary 6 a side at a school ½ turf or tennis courts).

2) Provide a quality product for hockey members.

It is important to offer a quality product to participants, as there are many sports and recreation activities for the public to choose from. By streamlining modules played within an Association, Region or Nationally, consistency will be achieved and products can develop over time and branded to help when promoting the game and recruiting members.

3) To adapt the traditional 11 a side version of hockey to suit the physical development stages of the athletes.

See attached SPARC Document: *Athlete Characteristics and Needs*.

SAFETY

Those conducting hockey are responsible for ensuring that all players, coaches, and officials are aware of safety procedures.

Hockey New Zealand strongly recommends that all players wear fitted mouth guards and shin pads.



ATHLETE CHARACTERISTICS

5-8 year olds / Primary Years 1-4		
	PLAYER CHARACTERISTICS	PLAYER NEEDS
PHYSICAL	<ul style="list-style-type: none"> • Are developing and mastering fundamental gross motor skills • Have slow, steady musculoskeletal growth • Mainly use large muscles – have better control of large than small muscles • Have high energy levels but tire easily and recover quickly • Girls and boys have similar abilities • Learn best if physically active 	<ul style="list-style-type: none"> • Focus on general skills (and fitness) development: • Frequent rest periods • Rotation of roles – no specialisation in positions • Modification of rules, field sizes and equipment • Not fitness testing • Activities that are progressive in intensity without the necessity of a warm-up
9-12 year olds / Primary Years 5-8		
	PLAYER CHARACTERISTICS	PLAYER NEEDS
PHYSICAL	<ul style="list-style-type: none"> • Developing motor coordination and fine motor skills • Growth spurts can occur • Maturity differences within and between genders • Skeletal system grows faster than muscular system, thus increasing injury risk • Hand eye coordination is mature • Have steady increases in motor skills, strength, balance and coordination 	<ul style="list-style-type: none"> • Skill development that becomes more sport specific • A continued degree of modified sports, but gradual introduction of adult structured games/events • High level of activity with equal involvement • Skill learning through games • Progressive activities • Coaches who plan with goal setting based on needs
13-16 year olds / Secondary Years 9-12		
	PLAYER CHARACTERISTICS	PLAYER NEEDS
PHYSICAL	<ul style="list-style-type: none"> • Growth spurts occur and are likely to cause clumsiness • Complex motor skills become more refined • Hormones affect body composition • Speed, agility and coordination are developing rapidly • Are capable of handling appropriate physical training/workload and developing energy systems (e.g. aerobic, anaerobic) • Have maturity differences within and between genders 	<ul style="list-style-type: none"> • Coaches who plan with goal setting based on needs • Training programmes that recognise their physiological stage of development • Opportunity for sport specific and position specific skill development • Simple tactics
17-19 year olds / Secondary Year 13 + Tertiary Level		
	PLAYER CHARACTERISTICS	PLAYER NEEDS
PHYSICAL	<ul style="list-style-type: none"> • Most reach skeletal physical maturity • Have better posture and coordination • Can achieve advanced levels in complex skill and movements • Are reaching physiological maturity 	<ul style="list-style-type: none"> • Sport/event/position specific training • Specific strength training as appropriate • Increased precision in prescription of programmes and performance assessment

SMALL STICKS HOCKEY

MODULES FOR 5-13 YEAR OLDS



UNDER 6**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)

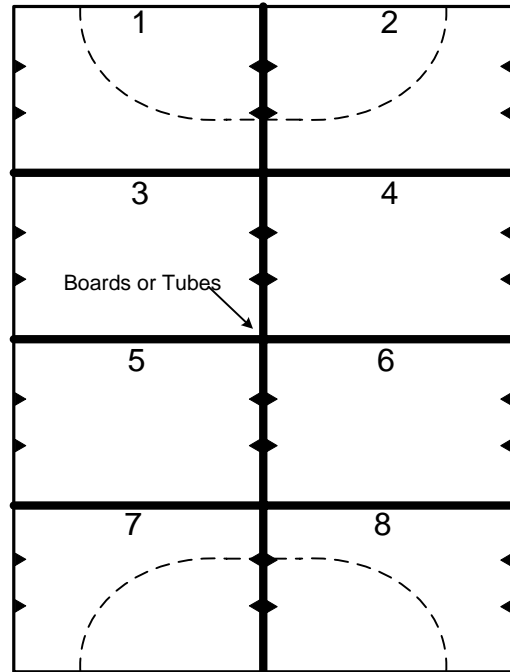
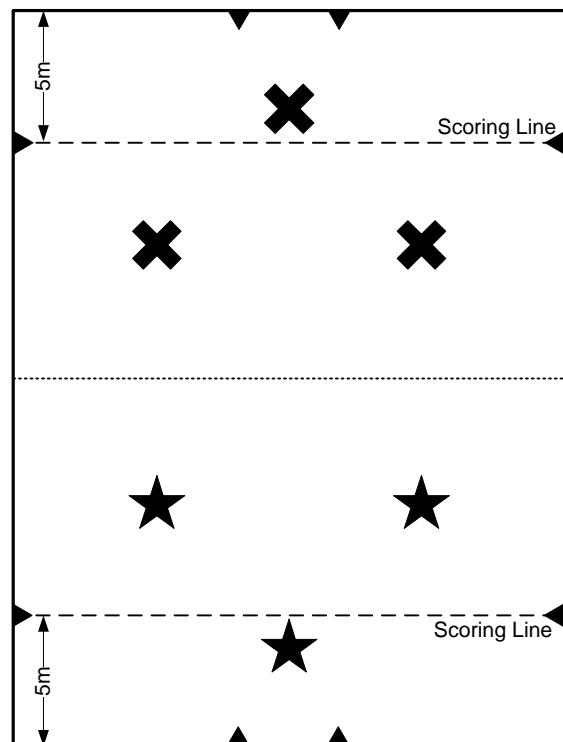
Emphasis on basic skill learning including:

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

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.

PLAY AREA IF USING A FULL TURF**FIELD SET UP**

UNDER 9 DEVELOPMENT

FOUR A SIDE

TEAM: 6-8 members

FIELD SIZE: 22m x 27m approx.

SUGGESTED PLAYING AREA:

- ▶ 1/8 of a Hockey Turf
- ▶ Tennis or Netball Court
- ▶ School Hall

INCLUDES:

- ▶ Basic skill development is enhanced with small group games and an understanding of the rules is introduced.
- ▶ Goals: Modified (cones/markings)
- ▶ Balls: Modified (light balls)
- ▶ Play On: Yes
- ▶ Goalkeeper: No
- ▶ Penalty Corners: No

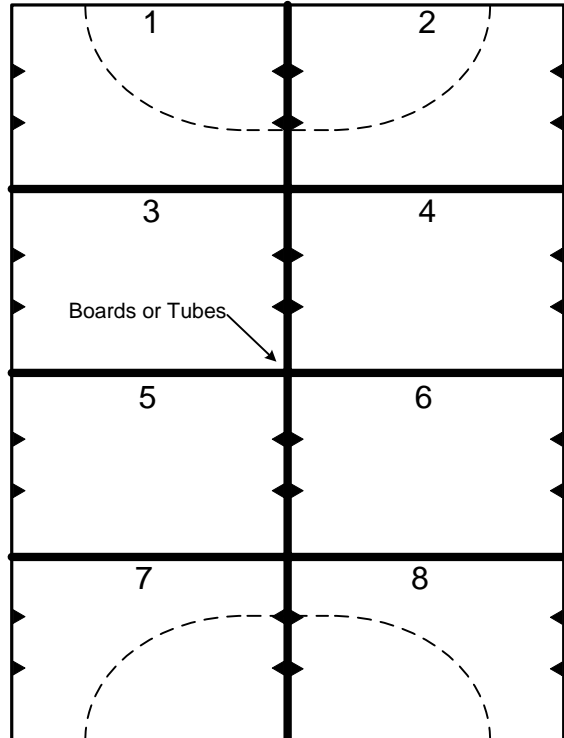
DURATION:

30 minutes

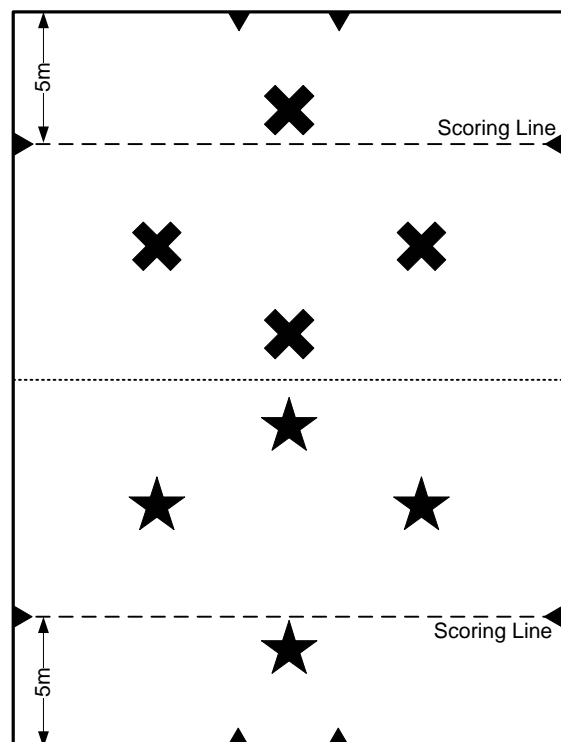
RULES:

- ▶ Safety Rules: only play with flat side of the stick, ball must stay on the ground, 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. Each team must be behind the centre line at the start whistle.
- ▶ No obstruction, no "foot" rule - the ball may not be deliberately kicked but if there is no clear advantage and it is not dangerous - play on.
- ▶ Free hit and side hit in: everybody must be 5 metres away.
- ▶ There are no penalty corners, or penalty strokes in this module.
- ▶ Instead of penalty corner, take a free hit on the 5 metre line (no direct shot on goal allowed).
- ▶ Long corner at cross of 5 metre line and sideline (no direct shot on goal allowed).
- ▶ A goal is scored when the ball is pushed through goal cones from inside the 5 metre zone.

PLAY AREA IF USING A FULL TURF



FIELD SET UP



UNDER 9

SIX A SIDE

TEAM: 8-10 members

FIELD SIZE: 25m x 55m approx.

SUGGESTED PLAYING AREA:

- ▶ 1/4 of a Hockey Turf
- ▶ Netball Court
- ▶ School Hall

INCLUDES:

- ▶ Concepts of attacking, defending and basic rules are introduced.
- ▶ Goals: Modified (cones/markings)
- ▶ Balls: Modified (light balls)
- ▶ Play On: Yes
- ▶ Goalkeeper: No
- ▶ Penalty Corners: No

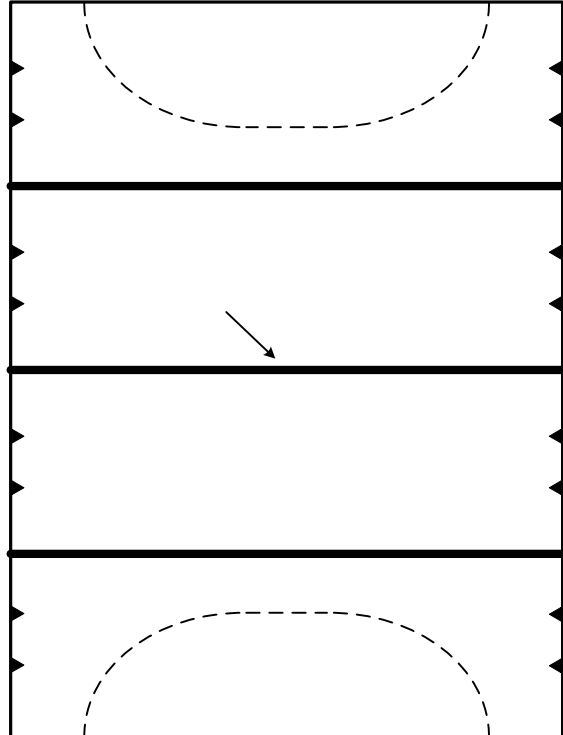
DURATION:

40 minutes

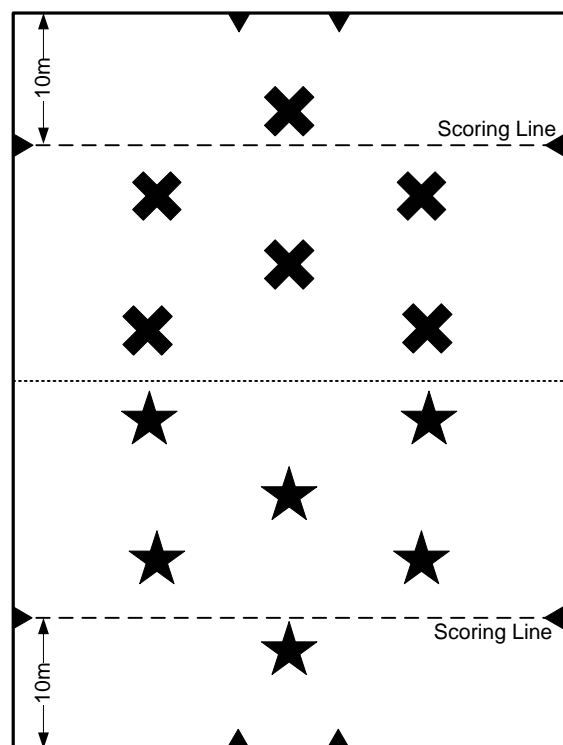
RULES:

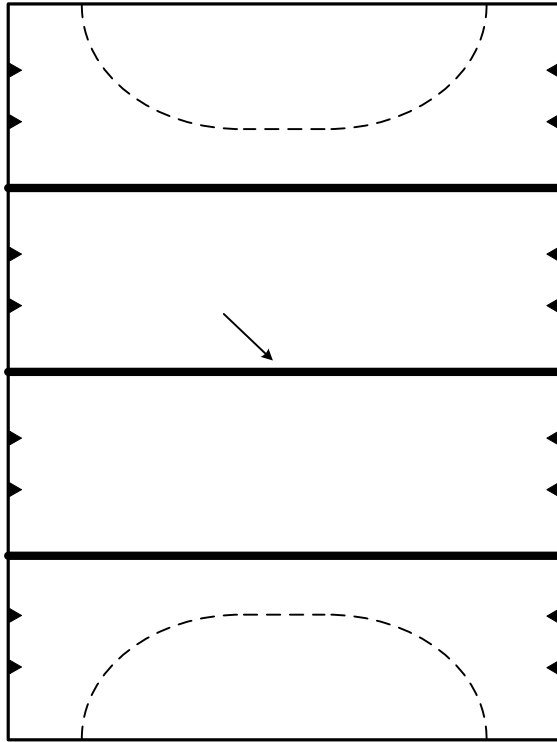
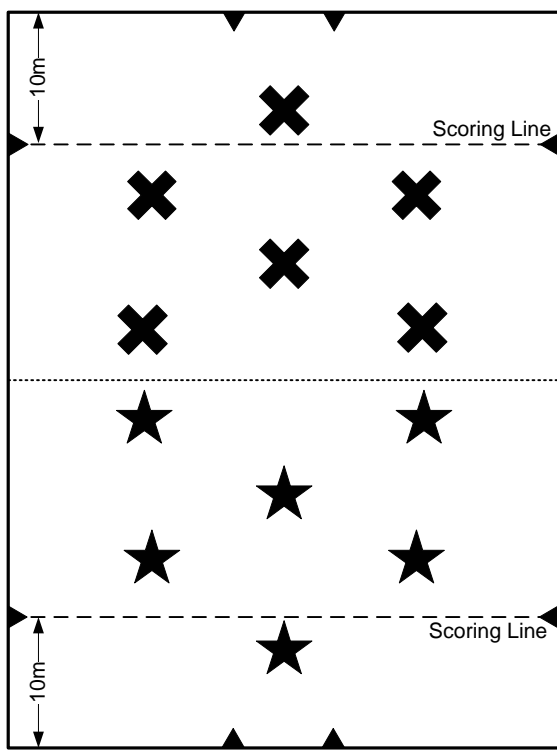
- ▶ Safety Rules: only play with flat side of the stick, ball must stay on the ground, no "raised sticks", no hacking on the stick, no tackling from the left (if this causes a dangerous situation), no physical contact with opponent.
- ▶ The game starts with a push forward or back. Each team must be behind the centre line at the start whistle.
- ▶ No obstruction, no "foot" rule - the ball may not be deliberately kicked but if there is no clear advantage and it is not dangerous - play on.
- ▶ Free hit and side hit in: everybody must be 5 metres away.
- ▶ There are no penalty corners, or penalty strokes in this module.
- ▶ Instead of penalty corner, take a free hit on the 10 metre line (everybody 5 metres away and no direct shot on goal allowed).
- ▶ Long corner at 5 metres from corner on the sideline (everybody 5 metres away and no direct shot on goal allowed).
- ▶ A goal is scored when the ball is pushed through goal cones from inside the 10 metre zone.

PLAY AREA IF USING A FULL TURF



FIELD SET UP



UNDER 11 DEVELOPMENT	
SIX A SIDE	<p style="text-align: center;">PLAY AREA IF USING A FULL TURF</p> 
TEAM: 8-10 members	
FIELD SIZE: 25m x 55m approx.	
SUGGESTED PLAYING AREA:	
<ul style="list-style-type: none"> ▶ 1/4 of a Hockey Turf ▶ Netball Court ▶ School Hall 	
INCLUDES:	<p style="text-align: center;">FIELD SET UP</p> 
<ul style="list-style-type: none"> ▶ Team dynamics, decision making and defensive and attacking concepts. ▶ Goals: Modified (cones/markings) ▶ Balls: Modified (light ball) ▶ Play On: Yes ▶ Goalkeeper: No ▶ Penalty Corners: Optional 	
DURATION: 40 minutes	
RULES:	<ul style="list-style-type: none"> ▶ Safety Rules: only play with flat side of the stick, ball must stay on the ground, 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. Each team must be behind the centre line at the start whistle. ▶ No obstruction, no "foot" rule. ▶ Free hit & sideline hit: only the opponent needs to be 5 metres away. ▶ Penalty corner or, if there are no circles, free hit on 15 metre line (everybody 5 metres away and no direct shot on goal allowed). ▶ Long corner at 5 metres from corner on the sideline (everybody 5 metres away and no direct shot on goal allowed). ▶ A goal is scored when the ball is pushed through the goal cones from inside the circle or inside the 15 metre zone.

UNDER 11**EIGHT A SIDE****TEAM:** 10-12 members**FIELD SIZE:** 45m x 55m approx.**SUGGESTED PLAYING AREA:**

- ▶ 1/2 of a Hockey Turf
- ▶ School Hall
- ▶ Sports Field

INCLUDES:

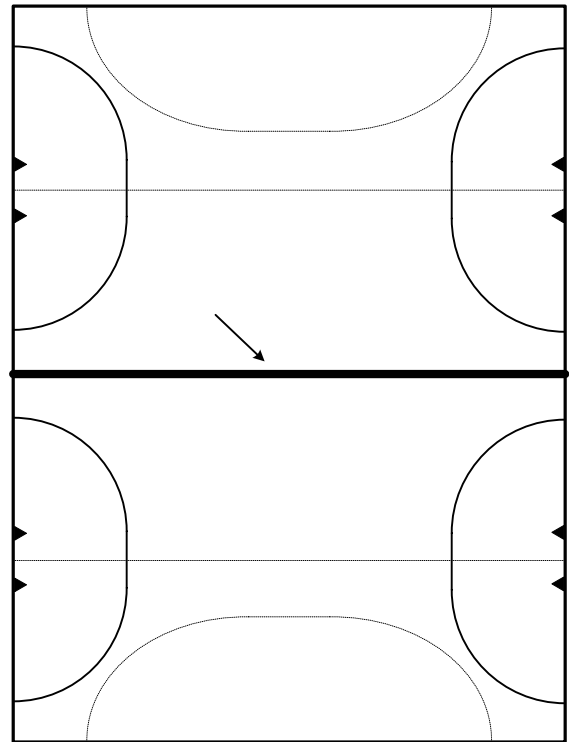
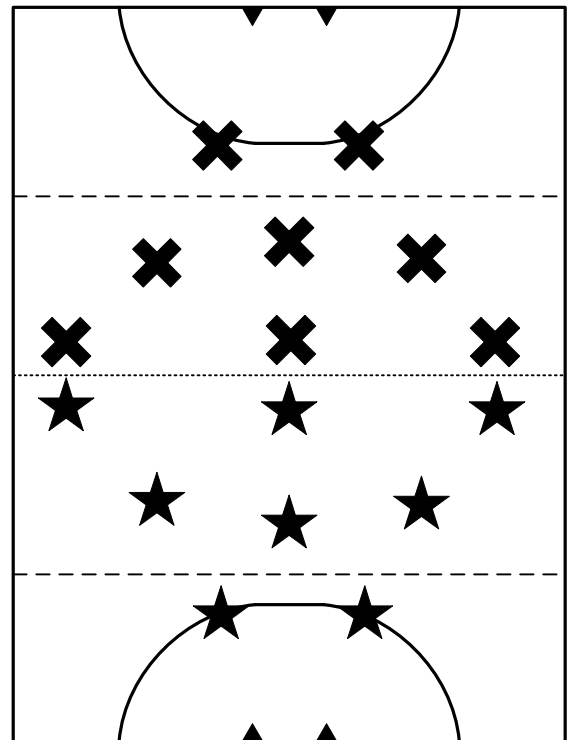
- ▶ Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space.
- ▶ Goals: Modified (cones/markings)
- ▶ Balls: Modified (light ball)
- ▶ Play On: Yes
- ▶ Goalkeeper: Optional
- ▶ Penalty Corners: Optional

DURATION:

40 minutes

RULES:

- ▶ Safety Rules: only play with flat side of the stick, ball must stay on the ground, 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. Each team must be behind the centre line at the start whistle.
- ▶ No obstruction, no "foot" rule.
- ▶ Free hit & sideline hit in: only the opponent needs to be 5 metres away.
- ▶ Penalty corner or, if there are no circles, free hit on 15 metre line (everybody 5 metres away and no direct shot on goal allowed).
- ▶ Long corner at 5 metres from corner on the sideline (everybody 5 metres away and no direct shot on goal allowed).
- ▶ A goal is scored when the ball is pushed through the goal cones from inside the circle or inside the 15 metre zone.
- ▶ Penalty stroke at 6.4 metres from goal (standard distance).
- ▶ If goalkeepers are used they must be wearing full protective gear.

PLAY AREA IF USING A FULL TURF**FIELD SET UP**

UNDER 13 DEVELOPMENT

EIGHT A SIDE

TEAM: 10-12 members

FIELD SIZE: 45m x 55m approx.

SUGGESTED PLAYING AREA:

- ▶ 1/2 of a Hockey Turf
- ▶ School Hall
- ▶ Sports Field

INCLUDES:

- ▶ Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space.
- ▶ Specialist skills/strategies
- ▶ Goals: Standard
- ▶ Balls: Standard
- ▶ Play On: No
- ▶ Goalkeeper: Yes
- ▶ Penalty Corners: Yes

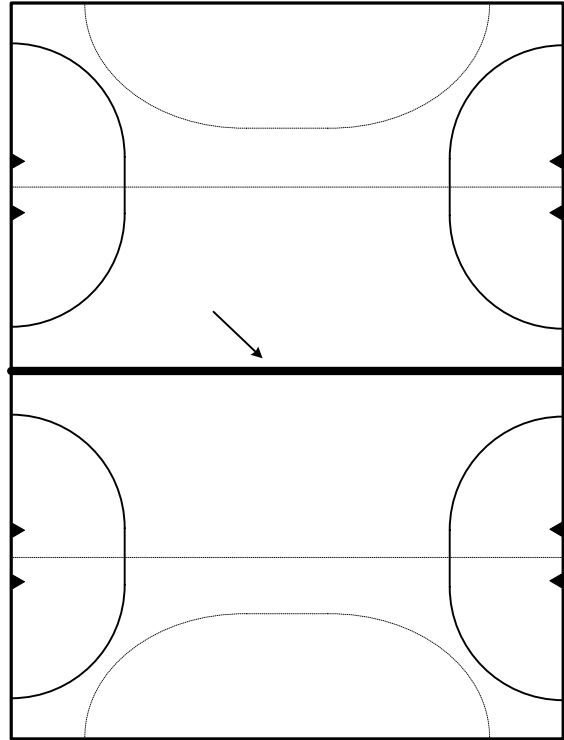
DURATION:

40 minutes

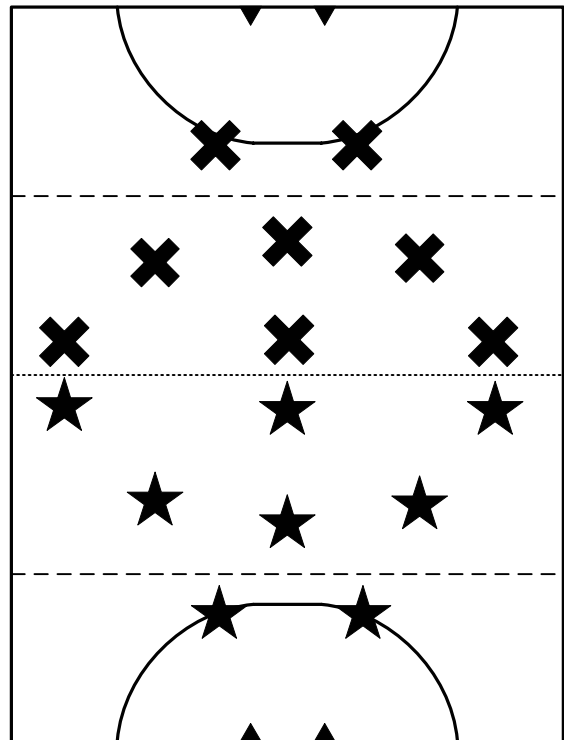
RULES:

- ▶ Standard FIH Rules of Hockey apply except for only 8 players per team on half field.

PLAY AREA IF USING A FULL TURF



FIELD SET UP



UNDER 13**ELEVEN A SIDE****TEAM:** 13-16 members**FIELD SIZE:** 91m x 55m approx.**SUGGESTED PLAYING AREA:**

- ▶ Full Sized Hockey Turf
- ▶ Sports Field

INCLUDES:

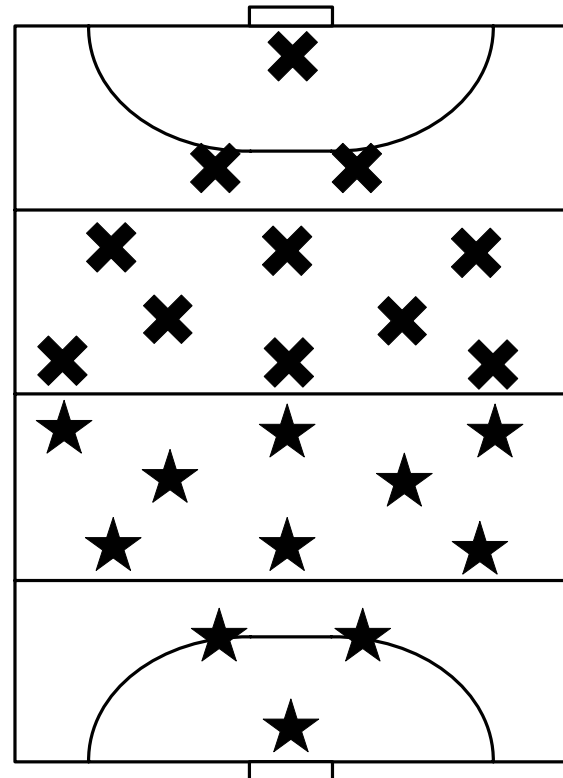
- ▶ Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space.
- ▶ Introduction to full field eleven a side
- ▶ Specialist skills/strategies
- ▶ Goals: Standard
- ▶ Balls: Standard
- ▶ Play On: No
- ▶ Goalkeeper: Yes
- ▶ Penalty Corners: Yes

DURATION:

50 minutes

RULES:

- ▶ Standard FIH Rules of Hockey apply.

FIELD SET UP

SECONDARY SCHOOL HOCKEY

MODULES FOR 13-18 YEAR OLDS



SECONDARY SCHOOL - DEVELOPMENT

SUPER SIX (SIX A SIDE)

TEAM: 8-10 members

FIELD SIZE: 45m x 55m approx.

SUGGESTED PLAYING AREA:

- ▶ 1/2 of a Hockey Turf

INCLUDES:

- ▶ Introduction to skills, highly inclusive and fast paced
- ▶ Goals: Standard
- ▶ Balls: Standard
- ▶ Play On: No
- ▶ Goalkeeper: Optional
- ▶ Penalty Corners: Optional
- ▶ Boards down sidelines (10cm high)

DURATION:

50 minutes

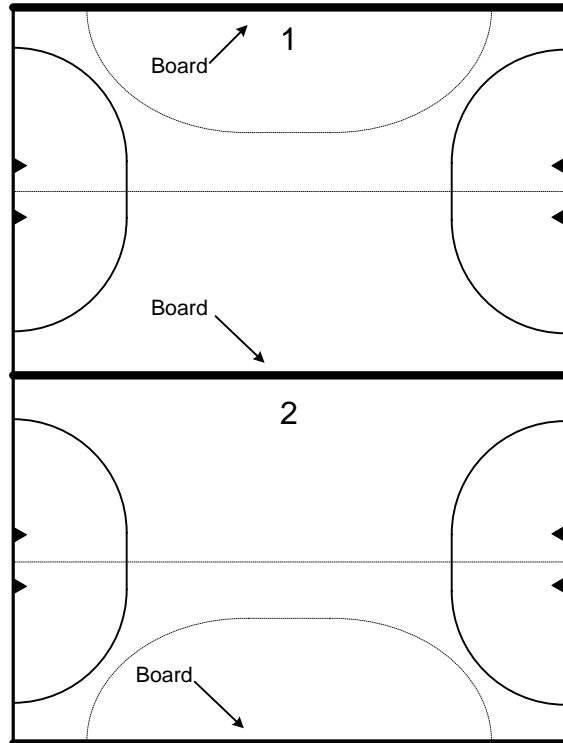
RULES:

- ▶ Standard rules of hockey apply with the following exceptions.
- ▶ A goal is scored when the ball passes completely over the goal line and under the cross-bar.
- ▶ The ball does not have to be touched by an attacker inside the circle before a goal is scored.
- ▶ If the goal is scored by an attacker inside the circle 3 points are awarded; from outside the circle 1 point is awarded.
- ▶ If the goal is from a penalty stroke 3 points are awarded.
- ▶ In addition to the standard reasons for awarding a penalty corner, a penalty corner can be awarded for an intentional offence by a defender outside the circle but within that half of the field.
- ▶ Standard rules for taking a penalty corner apply.

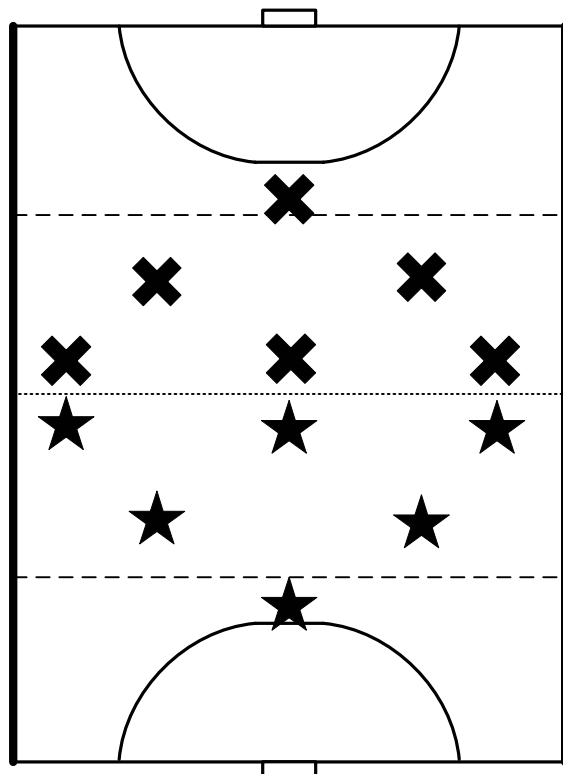
For more information on Super Sixes please visit the FIH website:

www.worldhockey.org/development

PLAY AREA IF USING A FULL TURF



FIELD SET UP



SECONDARY SCHOOL - MIXED

SUPER SIX (SIX A SIDE)

TEAM: 8-10 members

FIELD SIZE: 45m x 55m approx.

SUGGESTED PLAYING AREA:

- ▶ 1/2 of a Hockey Turf

INCLUDES:

- ▶ Preseason or community based hockey inclusive of both genders
- ▶ Introduction to skills
- ▶ Fast paced
- ▶ Goals: Standard
- ▶ Balls: Standard
- ▶ Play On: No
- ▶ Goalkeeper: Optional
- ▶ Penalty Corners: Yes
- ▶ Boards down sidelines (10cm high)

DURATION:

50 minutes

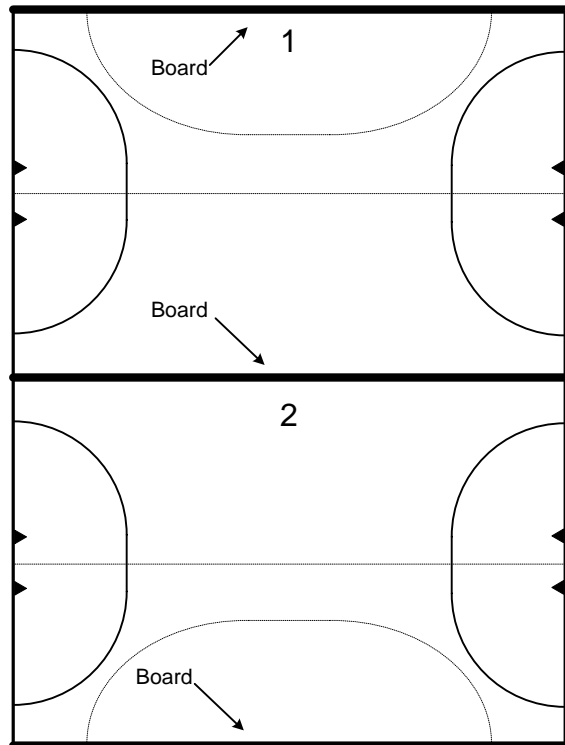
RULES:

- ▶ Standard rules of hockey apply with the following exceptions.
- ▶ A goal is scored when the ball passes completely over the goal line and under the cross-bar.
- ▶ The ball does not have to be touched by an attacker inside the circle before a goal is scored.
- ▶ If the goal is scored by an attacker inside the circle 3 points are awarded; from outside the circle 1 point is awarded.
- ▶ If the goal is from a penalty stroke 3 points are awarded.
- ▶ In addition to the standard reasons for awarding a penalty corner, a penalty corner can be awarded for an intentional offence by a defender outside the circle but within that half of the field.
- ▶ Standard rules for taking a penalty corner apply.

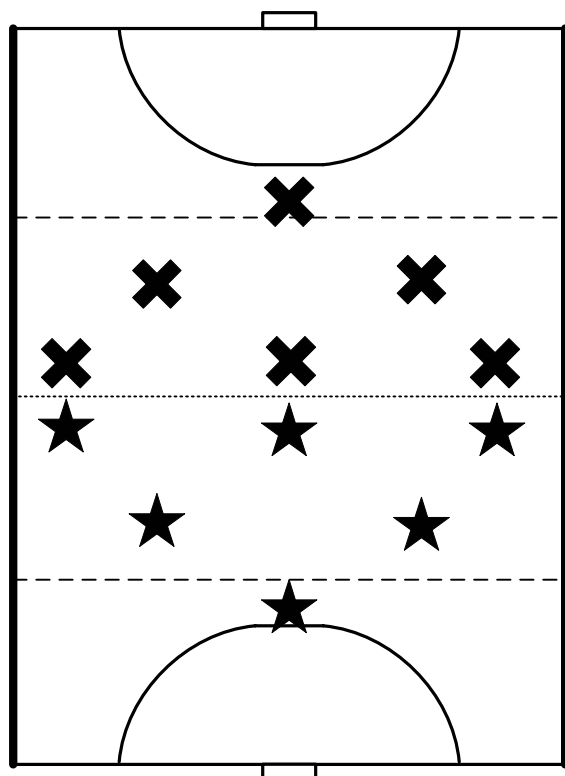
For more information on Super Sixes please visit the FIH website:

www.worldhockey.org/development

PLAY AREA IF USING A FULL TURF



FIELD SET UP



SECONDARY SCHOOL - ADVANCED

ELEVEN A SIDE

TEAM: 11-16 members

FIELD SIZE: 91m x 55m approx.

Suggested Playing Area:

- ▶ Full Sized Hockey Turf

INCLUDES:

- ▶ Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space.
- ▶ Competitive level hockey
- ▶ Specialist skills/strategies
- ▶ Goals: Standard
- ▶ Balls: Standard
- ▶ Play On: No
- ▶ Goalkeeper: Yes
- ▶ Penalty Corners: Yes

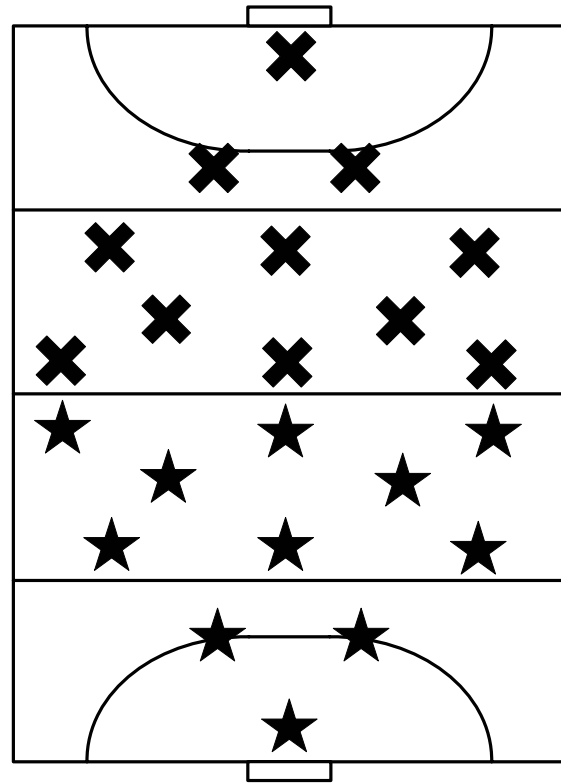
DURATION:

50-60 minutes

RULES:

- ▶ Standard FIH Rules of Hockey apply.

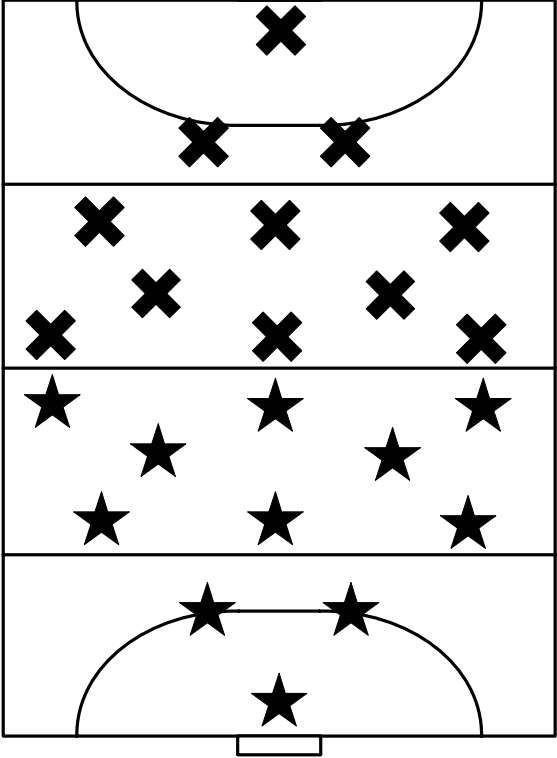
FIELD SET UP



SENIOR/INDOOR HOCKEY

MODULES FOR 18+ YEAR OLDS



SENIOR/OPEN GRADES - 18 YEARS +	
ELEVEN A SIDE	FIELD SET UP 
TEAM: 11-16 members	
FIELD SIZE: 91m x 55m approx.	
Suggested Playing Area: ▶ Full Sized Hockey Turf	
INCLUDES: ▶ Team dynamics; decision making; defensive and attacking concepts; positional understanding and concepts of space. ▶ Competitive level hockey ▶ Specialist skills/strategies ▶ Goals: Standard ▶ Balls: Standard ▶ Play On: No ▶ Goalkeeper: Yes ▶ Penalty Corners: Yes	
DURATION: 70 minutes	
RULES: ▶ Standard FIH Rules of Hockey apply.	

INDOOR HOCKEY

SIX A SIDE

TEAM: 8-10 members

FIELD SIZE: 44m x 22m approx.

SUGGESTED PLAYING AREA:

- ▶ Gymnasium
- ▶ School Hall

INCLUDES

- ▶ Skill development, fitness and small game concepts.
- ▶ Goals: Modified (3m wide)
- ▶ Balls: Modified (indoor)
- ▶ Play On: No
- ▶ Goalkeeper: Yes
- ▶ Penalty Corners: Yes
- ▶ Circle markings 9 m radius

DURATION:

40 minutes

RULES:

- ▶ The rules are the same as outdoor hockey with the following exceptions:
- ▶ Safety Rules: No hitting, no flicking
- ▶ Ball must be played along the ground apart from a shot at goal.
- ▶ Penalty corners - all members of defending team behind the base and only the goalkeeper is allowed inside the goal.
- ▶ The ball can be played against the sideboards.
- ▶ A goal is scored when the ball passes completely over the goal line after being touched by an attacker inside the circle.

For more information on Indoor Hockey please visit the FIH website:

www.worldhockey.org

FIELD SET UP

