



CAPITAL HOCKEY 6 A-SIDE

ATHLETE & COACH RESOURCE



Capital Vision:

New Zealand's leading hockey brand demonstrating sustained success on the national and international stage underpinned by a connected and fully aligned Capital community.

Capital Hockey: Coaching Philosophy

- Growing people to reach their potential
- Hockey is simply the vehicle
- Positive and meaningful relationships are at the core of what we believe
- Cultivating authentic experiences drive out culture and makes us different
- Elevating those around us

Capital Hockey: Wants to see:

- People Centred Coaches – value the person holding the stick not the hockey playing ability of the person
- Participation is key – keep it fun and engaging, equal game time, rotation of player positions and team roles
- Happy, positive teams, focussed on person and athlete development, skill mastery & team bonding/culture
- Role modelling of positive behaviours – towards coaches, players, peers, umpires, officials, parents, administrators etc
- Praise attitude, effort & improvement



Purpose:

The purpose of this document is to provide some assistance for coaches and players to understand basic concepts when playing 6 a-side hockey. This will allow foundation for coaches to support their athletes to develop as well as development for them as a coach. This will also provide introductions to some general concepts that will be used in 11 a-side hockey which will allow both athletes and coaches an easier transition.

Contents:

- Rules
- Core Hockey Principles
- Core Hockey Fundamentals
- Positions
- Playing Formation
- Alternative Formations
- Substitutions
- Core Hockey Skills
- Skills Terminology
- Hockey Terminology



Rules

Kwik Sticks (6-a-side)

Age: Year 7 & 8

Team:

- 6 players, a fully kitted goalkeeper is optional.
- No kicking back (person standing in front of goal).

Field Size: Games are played on half-sized turfs.

Game Length:

- Games are 2 x 20 minute halves with 3 minutes for half time.

Rules:

- Standard FIH rules of hockey with the following exceptions;
 - No drag flicking
 - No over heads
 - No stick above shoulders
 - If no circles are available, the circle will be deemed to be an 11-yard line from the baseline. The ball must be within the 11-yards to score a goal.
 - If no circles are available, the ball must travel beyond the 11-yard line on a penalty corner before a goal can be scored.



Kiwi Sticks

Age: Year 5 & 6 Pupils

Team:

- Experienced – 6 players, a fully kitted goalkeeper is optional.
- Development – 6 players, no goalkeeper.
- No kicking back (person standing in front of goal).

Field Size:

- Experienced - Games are played on half-sized turfs.
- Development – Games are played on a half-sized or quarter-sized turf depending on the location of the hub.

Game Length:

- Games are 2 x 20 minute halves with 3 minutes for half time.

Rules:

- Experience – Standard FIH rules of hockey with the following exceptions;
 - No drag flicking
 - No over heads
 - No stick above shoulders
 - If no circles are available, the circle will be deemed to be an 11-yard line from the baseline. The ball must be within the 11-yards to score a goal.
 - If no circles are available, the ball must travel beyond the 11-yard line on a penalty corner before a goal can be scored.
- Development – Standard FIH rules of hockey with the following exceptions;
 - No drag flicking
 - No over heads
 - No stick above shoulders
 - If no circles are available, the circle will be deemed to be an 11-yard line from the baseline. The ball must be within the 11-yards to score a goal



- No penalty corners. If there is an infringement inside the circle (or 11-yard line), the free hit is to be taken at the top of the circle in line with the infringement.

Mini Sticks

Age: Year 3 & 4 Pupils

Team:

- 6 players, no goalkeeper.
- No kicking back (person standing in front of goal).

Field Size: Games are played on a quarter-sized turf.

Game Length:

- Games are 2 x 20 minute halves with 3 minutes for half time.

Rules:

- Mini Experienced – Standard FIH rules of hockey with the following exceptions;
 - No drag flicking
 - No over heads
 - No stick above shoulders
 - If no circles are available, the circle will be deemed to be an 11-yard line from the baseline. The ball must be within the 11-yards to score a goal.
 - No penalty corners. If there is an infringement inside the circle (or 11-yard line), the free hit is to be taken at the top of the circle in line with the infringement.
- Mini Development – Standard FIH rules of hockey with the following exceptions;
 - No drag flicking
 - No over heads
 - No stick above shoulders
 - If no circles are available, the circle will be deemed to be an 11-yard line from the baseline. The ball must be within the 11-yards to score a goal.



- No penalty corners. If there is an infringement inside the circle (or 11-yard line), the free hit is to be taken at the top of the circle in line with the infringement.
- No auto-pass.

Core Hockey Principles

- **With the Ball:**
 - Increase time (through early preparation and swift execution of skills)
 - Find space (less combative style of hockey – move ball around the field inter-passing within tiers and between tiers,
 - Dynamic Play - give the first pass you see, pass & go mentality to create space and options, this is also the introduction to creating a +1 scenario.
 - Continual movement off the ball (recycle leading).
 - Maintain ball on strong side and look to pass or dribble on opposition weak side
- **Without the Ball:**
 - Reduce time by applying immediate pressure on ball carrier, but stay in the game, force out wide, force a mistake & delay
 - Congest space and protect the middle
 - Force opposition on your strong side
 - Recognise transition phase and employ counter control/attack measures quickly



Core Hockey Fundamentals

- Body Position (knees bent, bottom down, left elbow extended with stick away from feet, weight distributed on top half of feet (to aid agility and balance))
- V-Grip, hands 30 cm apart on the stick for receiving, ball carrying, tackling. Left hand dominant hand, right hand with a looser grip.
- Ball carrying ~ 1/2am, ball comfortably out in front and slightly to the right of the right foot, left elbow promoted
- Ball control in receiving and ball carrying (soft hands & ball on stick)
- Vision (pre-scan, scan & post-scan)
- Encourage forehand application and two hands on the stick
- Provide information (voice, stick cues, facials, arm movements etc)
- Footwork – fast feet, agility, change in direction, change in pace, transfer of weight
- Timing
- Ability to anticipate, make quick decisions, take risks, be creative/play with flair & deception.



Positions

Strikers

- Don't stay in their starting positions – must constantly swap positions to confuse the defence
- Need to create width and height through leading
- Must play with speed and intensity and make the most of their opportunities in the circle
- Have an important defensive role because they are the first line of defence in screens

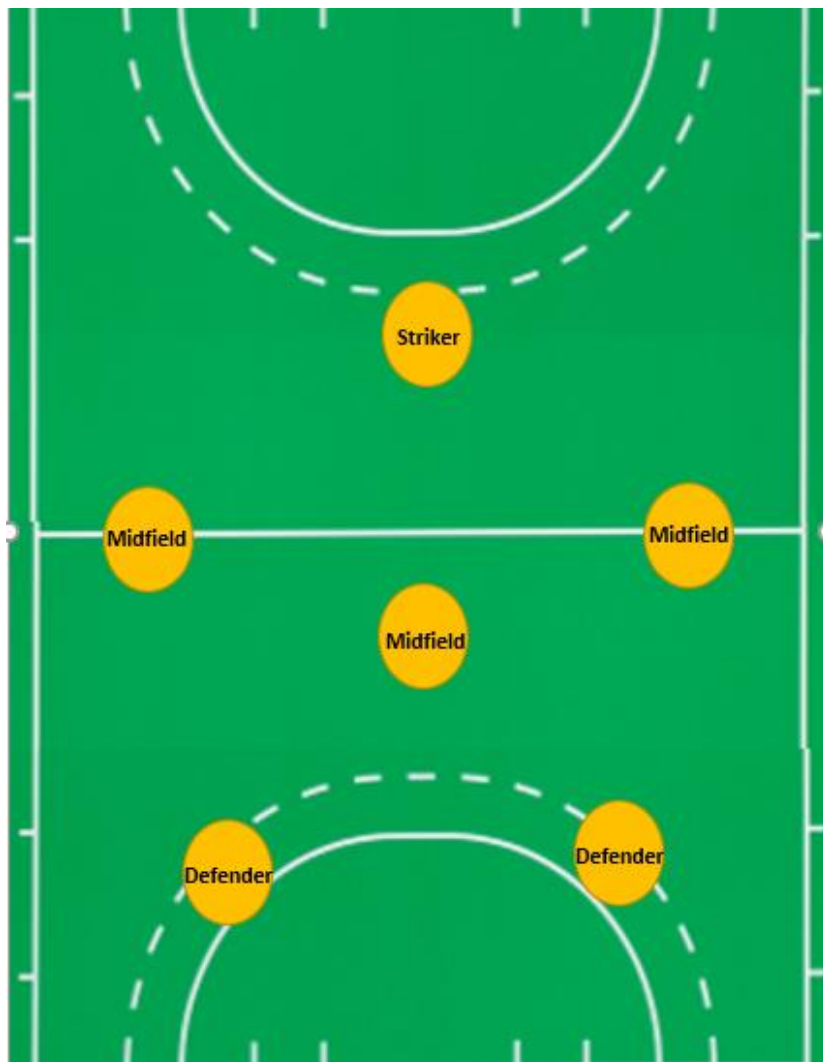
Midfielders

- Midfielders play both a defensive and an attacking role
- The midfield links the strikers and defenders, ensuring that the whole team attacks and defends as a unit
- Midfield players need to be able to “create the game” – they need to win the ball and then have the vision and awareness to set up attacking plays

Defenders

- Defenders must understand how to mark their players.
- Need to recognise when they can promote to assist the attack, and when they need to play more defensively
- Good communication is key for a solid defensive group – they need to call players lines and ensure that everyone is marking their player

Formation



Neutral Structure

This formation is considered a neutral formation due to the stability at the back with three defenders as well as having the ability to attack and score goals through the two strikers.

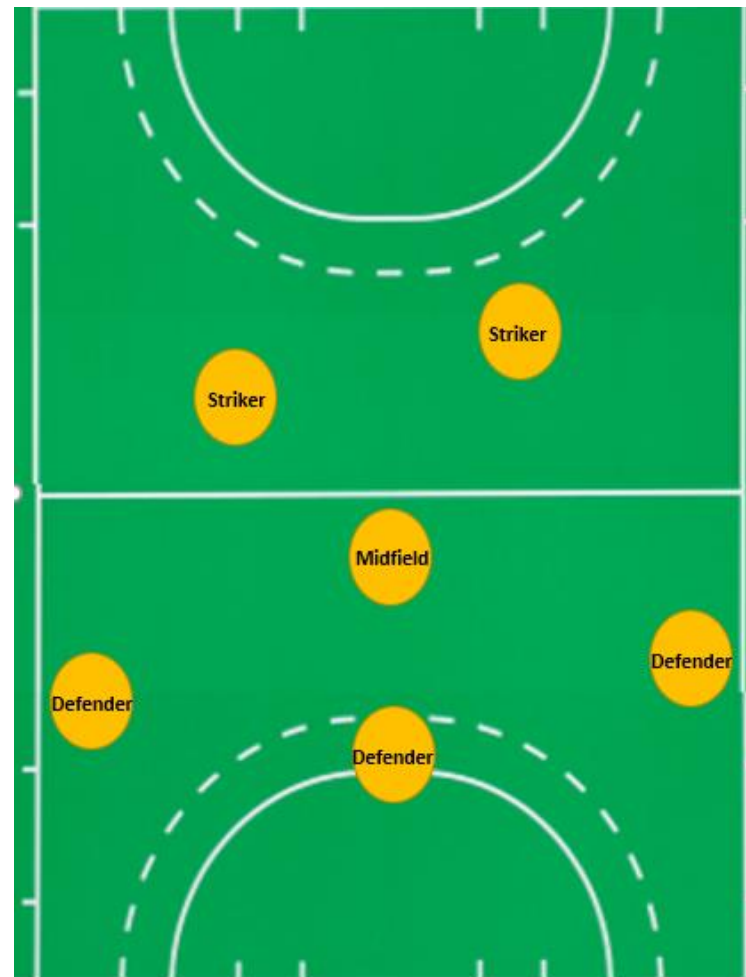


Alternative Formations

Attacking Structure



Defensive Structure



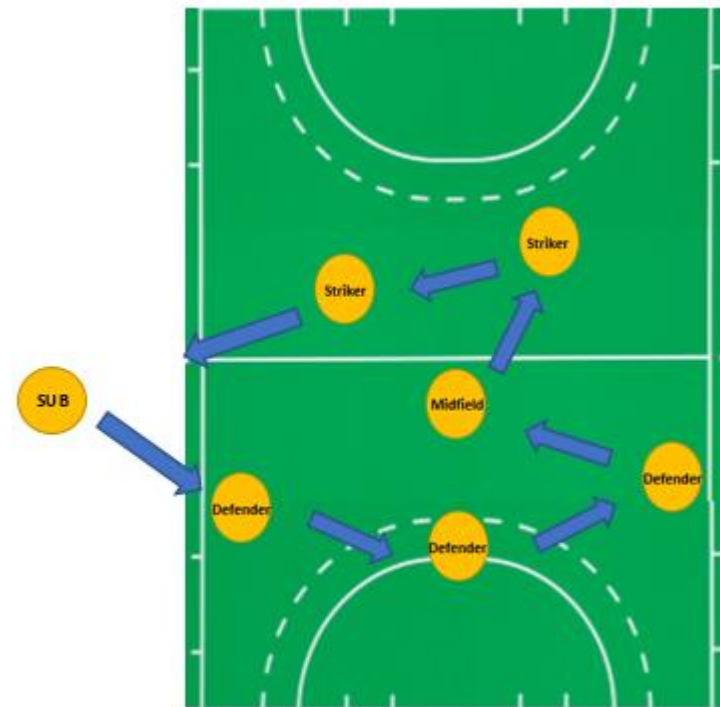
Substitutions

Capital Hockey believes that players should play all positions at this young age to allow athletes to have an understanding of all the positions and what their roles are.

This will also aid athletes in the long term become a complete player as they move up through the age grades.

Substitution Format

It is a good idea to have a Substitution system however this is dependent on how many you have on the side. An example of this is below, as this allows all athletes to play all positions. Coaches should look to sub every 4-5 minutes.





Core Hockey Skills

These are core skills required at small sticks level. All of the below skills can be found in the Small Sticks Coaching Resource

With a breakdown of coaching points on the technical skill plus drills and small games related to the skill.

Apply the 80:20 rule – practice the skills you use 80% in the game (basic skills), Instill a BASICS FIRST ATTITUDE

- **Push Pass** – static & on the move – ensure follow through and no donkey kick. Ensure arms straight and no flick of the wrists
- **Receiving** – open (in space), closed (in congestion), moving forward, moving back – with **soft hands**
- **Ball carrying** – on stick with eyes up, ball out in front, moving ball on angles, different speeds
- **Elimination** – Left-to-Right, Right-to-Left – preferably on opposition weak side, V-drag
- **Tackling** – Immediate pressure but patience, fast footwork (one in front of the other), side-on running, stick inside left knee to protect feet & await an opportunity to make a tackle. Manipulate out wide and don't allow space to cut-in (never position yourself square or ahead of the player)



Skills Terminology

Push passing - Moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball. When a push is made, both the ball and the head of the stick are in contact with the ground.

Receiving - This term describes the method of gaining control of the ball off of a pass or a loose ball. Trapping the ball involves using your stick while keeping it in the player's possession. It can include stopping the ball completely or redirecting the ball in a controlled manner.

Open Dribble – This is a way of moving the ball with small taps in a controlled manner.

Closed Dribble - This is a way of moving the ball by having the ball close to your stick (in contact).

Indian Dribble – This is a way of moving the ball from side to side quickly by turning the stick over the ball.

Elimination Skills - Skills used to avoid or evade members of the opposition and maintain possession of the ball. The main principle is the ability to drag the ball from either right to left or from left to right to eliminate.

V Drag – An elimination skill executing the drag a V-shape is created with the ball.

Hitting - A strike of the ball using a downward swinging movement of the stick. This stroke is used to make long passes or to take shots on goals.

Sweep Hitting - A type of hit where the stick is kept close to the ground when striking the ball.

Right & left steal – An action to stop an opponent from keeping possession of the ball.

Channelling - A defensive tactic used to force an opponent to the side-lines and away from the defensive goal (middle).

Block Tackle - An attempt to take the ball away from an opponent with the stick.



Intercepting - When a player takes possession of the ball away from the other team by getting between a pass.



Hockey Terminology

Height – Getting players high up the field to create space

Width – Getting player out wide to create space

Outletting – Passing patterns out of defence through the midfield to the strikers

Press – A defensive structure or shape to make it hard for the opposition to pass through you

Pointing – Having a player directly in front of the ball on the line to the goal

Transition phase – This is the phase immediately after you have gained or lost the ball. A fast reaction time to either try score a goal or re-gain the ball is imperative.