

# Summer Hockey 5's

2011-2012 Summer Hockey program for 5/6 & 7/8's

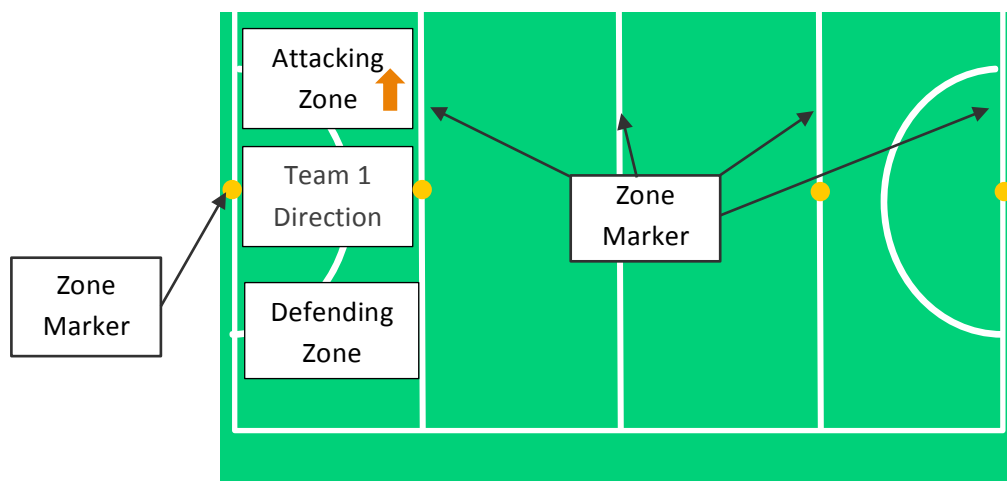


## Aim:

1. To improve the transition process from Grads & Minkey and getting away from "Ball Following Packs".
2. To further develop positional game play
3. Reintroduce the hitting component (*Risks reduced due to less players in the packs*)

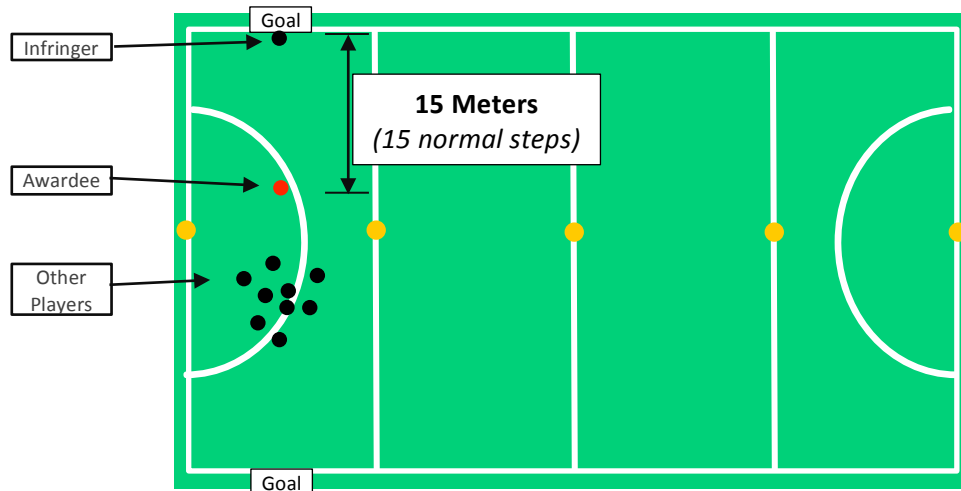
## Approach:

- Played on Quarter Turf, with each team allowed a **max** of 2 Reserves.
- Played without Goalies (90% of the teams over the past 3 years have played without goalies). This also allows the players to further develop their defensive skills.
- Split into 2 Zones, Attacking & Defending.
  - Attacking 2 Players (will be the Defending Zone for the other team)
  - Defending 2 Players (will be the Attacking Zone for the other team)
  - Centre Half can move freely through both Zones. The Centre Half wears a Coloured bib. (The Opposing Team Centre Half will have a different coloured bib)



- Zones marked by markers/cones
  - As per pic above.....
- Only 5 Players per side on the field at any one time
  - Can interchange as and when they want
- Free hit to other team if players **play out of their zones**
  - Ex: if a Defender carrying the ball runs past the Zone marker and into the Attacking zone, then the other team are awarded the free hit.
- Ball allowed to be hit, but SAFELY and without danger to others
  - Must watch back swing for Danger
  - Low slap hits are best

- Ball allowed to be raised to knee height, but not directly at a player  
(\*\* Except on One on Ones – pushing or flicking only\*\*)
  - Encourage players to go around players and not through them
- Infringements within 3 metres of goal – One on One (Person being awarded vs person infringing) Infringer – On goal line, Awardee –15 Metre mark. Other players at centre line. Max time of 15 seconds.



- Goals used will be the normal goals and the small Ali Training boards/net
  - Please check that the small training boards have padding on them

### **Coaches:**

Are encouraged to further develop game skills by;

- Ensuring the players keep their space
- Look for passes to LEADING players
- Manning closely when defending
- Tackling low and without wild "swings" of the stick

### **Umpires:**

- Stand with the Zone marker to their backs. (Or stand over the marker)
  - Easier to control the game from the centre of the field
  - Can see when the player moves into the wrong zone
  - Out of the field of play (Umpire won't get in the way of the game)
- Will be tough on Dangerous play, especially Back Swings when players HIT the ball
  - If they see someone ABOUT to swing dangerously, and players are close enough to be hit, they will BLOW THE WHISTLE HARD & LOUD.
- One on Ones. When timing the 15 Seconds, the umpire will count to 15 using the word "hippopotamus". *i.e. 1 hippopotamus, 2 hippopotamus, 3 hippopotamus...* OR if they can see the Scoreboard, use the countdown clock.
- Smaller goals will be used in some games.
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