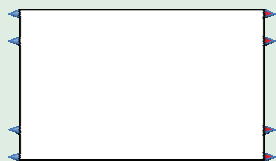


## GAME ORGANISATION

This game has been designed to play in a variety of settings and as such the pitch dimensions can vary.

### PITCH SIZE & ORGANISATION

- ✓ Tennis/basketball/badminton court or school hall
- ✓ On a hockey pitch 20m x 25m – around 1/8th of a pitch.
- ✓ Four goals are placed on the end line of each pitch at each corner. Goals should be two stick lengths (2m)
- ✓ It is advised that there is a channel between and behind pitches for safety reasons and to allow for coaches, subs and parents at the side of each pitch
- ✓ Recommended format:



### NUMBER OF PLAYERS

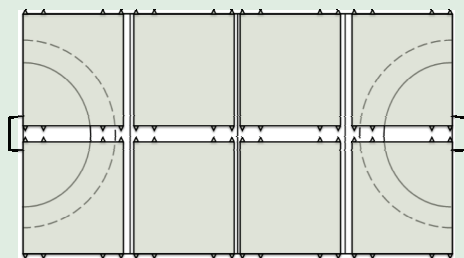
- ✓ 4 per team. No GK. Each team should have 1-2 subs that roll and roll off

### RECOMMENDED DURATION

- ✓ 12 minutes one way in tournaments
- ✓ 2 x 10 minutes in one off matches

### USING FULL PITCH

With this format 8 Fun 4s pitches can be set up on a full size pitch. This allows 64 players to play simultaneously. Note the channel between pitches.



### GAME-PLAY FREQUENCY

- ✓ Players of this age should be playing lots of non-competitive game play of this nature.
- ✓ Ideally players should be playing training games of this format on a weekly basis and friendly blitz/festivals at least every 3-4 weeks to maintain interest and development

# PHASE 1: FUN 4S GAME SHEET

Ages: U9/U10 Year Gps: NI J3+J4 Rol 2nd & 3rd



## UMPIRING TIPS

Umpires for this game can be aged 13 up.

Parents should also be encouraged to umpire

- ✓ 'Play on' - let the game flow
- ✓ Only blow the whistle if you need to stop the game
- ✓ The player who wins the free (or is closest takes it)
- ✓ Keep talking positively to the players and advise why you have blown the whistle
- ✓ No obstruction rule applied
- ✓ No tackling from the left side of the attacker



## SAFETY POINTS

- ❖ Shin guards and mouth guards should be worn
- ❖ Pitches should all be aligned in the same direction
- ❖ Players should be fully briefed of rules – especially:
  - ✓ No raised sticks
  - ✓ Pushing only
  - ✓ No chopping
- ❖ No physical contact



## TRAINING MODIFICATIONS

- Smaller sided games are the best preparation at this stage. These include:
  - ✓ 1 v 1 competitions
  - ✓ 2 v 2 games with end zone
  - ✓ 3 v 3 games with end zone or one goal
- Modifications within the game can include:
  - ✓ scoring in both sides before a point is scored



## RULES

**hookedforLife**  
IHA Long Term Player Development

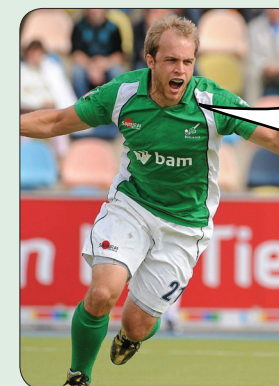
- ✓ Flat side of the stick only
- ✓ No striking the ball – pushing only “no raised sticks”
- ✓ Ball must stay on the ground
- ✓ No kicking the ball
- ✓ No chopping in defence
- ✓ Players cannot score directly from a free (frees are indirect)
- ✓ Defenders must be 3m from the ball
- ✓ If the ball goes off the end line (regardless who touched it last) a free out is awarded to the defending team
- ✓ Any frees to the attacking team within 5m of the goal are moved back 5m – frees are indirect (there are no penalty corners)

### START OF THE GAME

- ✓ A push pass starts the game – it can move forward or backward

### GOAL

- ✓ A goal is scored by pushing the ball through either of the attacking goals
- ✓ Goals can be scored from anywhere on the pitch as long as it is with a push



**I Love Fun 4s**

*“Timmy Cockram,  
Men’s International”*

Irish Hockey Association  
Newstead  
University College Dublin  
Belfield, Dublin 4

## THE PLAYER

### PLAYER CHARACTERISTICS AND NEEDS

- Need to be kept physically active with frequent breaks and regular changes in activity
- Often have wide range of physical abilities
- Co-ordination will often be under or not yet fully developed so players need lots of movement tasks focusing on
  - ✓ Agility
  - ✓ Balance
  - ✓ Co-ordination
  - ✓ Speed
- Need things to be consistent and fair
- Are sensitive to criticism
- Learn best when physically active and repeat things on a regular basis
- Are easily distracted and lose concentration quickly

### MOVEMENT SKILLS

At this stage physical literacy should be developed through fun games and activities which are done without and then with a stick and ball. This should form 50% of the session, especially at the early stage (ages 6-8). This aspect is covered in the Hooked on Fun Phase 1 resource.

Key areas to be developed are (and games to develop them):

- 1. Agility** – the ability to quickly change pace (start-stop, quick-slow) and direction

*Examples of Games:*

- ✓ Saucers and Domes
- ✓ Dodgems
- ✓ Octopus Tag

- 2. Balance** - being able to maintain body posture whilst moving and changing direction

*Examples of Games:*

- ✓ Stuck in the Mud
- ✓ Bridge Ball

- 3. Co-ordination** – the ability to perform a number of movements simultaneously

*Examples of Games:*

- ✓ Stuck in the Mud
- ✓ Gate Ball

- 4. Speed** - the ability to move quickly

*Examples of Games:*

- ✓ Bop along
- ✓ Gear change
- ✓ Foxes and Hounds

For Examples of Games see: Hooked on Fun Resource

# FUN PHASE: DELIVERY GUIDELINES

**Ages: 6-9 Boys & girls together**



## KEY TECHNIQUES & SKILLS

### THE FOLLOWING ARE THE PRIORITY SKILLS FOR THIS STAGE:

#### Moving with the ball

- Developing fundamentals of grip, ball position and basic vision
- Changing speed and direction
- Manipulating the ball – moving ball sideways
- Beating a player 1 v 1

#### Receiving the ball on the forehand (right) side

- Static
- On the move
- Moving off with the ball

#### Moving the ball

- Pushing passing static and on move
  - Static and on move
  - Passing forward, right and left

#### Receiving the ball on the forehand (right) side

- Static and on move
- Accelerate with first touch

## MENTAL & HEALTH

### MENTAL

- Character Building
- Fair play and ethics

### HEALTH

Children at this stage should be encouraged to play a variety of sports and hockey should form one of 3-4 sports played

## THE COACH

### A GOOD COACH WILL ENSURE:

- ✓ Players have fun and enjoy their hockey experience – smile and be enthusiastic
- ✓ A safe environment for all – arrive early & be prepared
- ✓ There is enough equipment for everyone (one stick and a ball each)
- ✓ Children are active most of the time with regular short breaks and changes in activity
- ✓ All players are involved the whole time
- ✓ No queues with children waiting to take part
- ✓ There are plenty of fundamental movement activities with and without a stick
- ✓ Have lots of time with a ball for as much of the session as possible
- ✓ Each player experiences success and gets lots of positive feedback
- ✓ Every player has enjoyed their training experience

## COACH SUPPORT

### COURSES

- Introduction Coaching Course (Volunteers or Teachers)
- Level 1 Coaching Course
- Stepping Stones – Hooked on Fun

### RESOURCES

- Building Blocks
- Core skills DVD
- LTPD Hooked on Fun Resource

### BACK UP

[www.hockey.ie/hookedforlife](http://www.hockey.ie/hookedforlife)

### IHA

01 716 3261

