



## Kiwi Sticks Coaches Resource

Key Resources in creating this document:

Thank you to Tauranga Hockey and Harbour Hockey, your resources were an excellent point of reference.

Recommended Online Resources:

Hockey New Zealand Online Coaching Portal  
Sport Plan: Field Hockey

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## Duty Club Responsibilities

### Saturday Mornings

MCH encourages duty clubs to run fundraising BBQ's on Saturday mornings – email [admin@mchockey.co.nz](mailto:admin@mchockey.co.nz) for details.

#### Equipment:

- The bell is kept in the turf managers shed
- Game cards are kept in a box in the umpire's dugout
- The cones are also in the dugouts
- The novaflow pipe is kept in the turf gutter

#### Prior to the start of ALL games:

- Signal to teams (3) three minutes to start.

#### Start of Game:

- The bell should be sounded at the beginning, half time and end of the game.
- If teams take longer at half time, they then have a shorter second half, games must be finished by the allocated time.
- The person that is ringing the bell must have their back to the game in the final countdown to end the game. The only time a game will continue is when playing out a Penalty Corner.

### Saturday Morning:

On a Saturday at least one adult from the Club needs to be on duty at the turf from 9am until 12.15pm or completion of Fun Sticks. The Turf Manager will open and water the turf before 9.00 am.

#### Prior to the start of Mini Sticks games:

- Place the middle pipes to make the turf four quarters. Place tall cones as goals 4m apart at each end of the four fields.
- Place cones or markers 10m from each new fields baseline to create the shooting zone.

#### Fun Sticks games:

- Assist the Funsticks organiser to get the turf ready and help get all the gear from the turf pavilion
- Assist where possible during the session
- At the completion of Funsticks return the turf ready for full field hockey by returning goals and putting novaflow pipes back into guttering.

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**Other Responsibilities**

- Ensure Mid Canterbury Hockey Turf Bylaws and Code of Conduct are adhered to.
- Ensure players only use the designated practice/warm up area, at the west end of the turf. Playing/warming up is not allowed in any other areas around the turf.
- Ensure that only Coaches, Managers and Players are inside the dugouts and fenced turf areas.
- Parents and supporters must remain outside the dugouts and fenced turf areas, aside for Funsticks where parents are encouraged to seek out the coordinator to assist if possible.
- Ensure teams only use half of the dugout area. Half is allocated for teams preparing to play and half for teams leaving the turf after playing.
- Ensure all players are wearing protective gear required.

The Duty Club's role is important to running a successful competition for young players. Thank you and enjoy!

### **Mission Statement:**

To create a fun, safe environment for children to come and learn the skills and game of hockey with emphasis placed on each child receiving equal turf time.

### **Key Coaching Points:**

- Encourage passing to the “open side” of the turf
- Equal turf time for players
- Encourage width and depth/stretch
- Don't be afraid to stop the game and tell everyone to spread out
- Break the “can't pass backwards or across goal” stigma
  - Focus should be on teaching players structure and tactics that will serve them in future not on winning.

## Rules to know:

**Age:** Year 5 and 6, Mixed Gender

**Game Time:** 20 minute halves with a 2 minute half time

**Players:** 6 Field Players

**Goalies:** 1, fully padded goalie. If the team does not have a goalie, they play with 6 field players still.

**Turf Size:** 1/2 of standard turf

**Goal Size:** Full size goal

**Shooting Zone:** To score a goal an attacking player must touch the ball with the correct side of their hockey stick within the attacking circle into the goal.

**Penalty Corners:** There will be penalty corners awarded in this grade. Four defenders and the goalie will start in the goal behind the line. The remaining two players from the defensive team will go stand in the other circle. One player from the attacking team will push the ball from the backline out to one of the other attacking players. To be able to score a goal the ball must travel outside of the circle before it can be taken back into the circle and a shot completed.

**Long Corners:** When the ball crosses the backline and the last player to touch the ball was a defender the attacking team will receive a free hit in line with half way. From here all players must be 5m away and the ball must either travel 5m or be touched by another player before it can go into the circle.

**Penalty Strokes:** Shall not apply

**Ball out of play over backline by attacking team:** Hit or push to defenders from top of the circle, in line with position it went over the backline.

**Ball out of play sideline:** Side line hit must be taken at the place on the side line where the ball went out. The player may use a self pass (auto-pass) or make a pass.

**Free Hits:** Free hits must be taken near where the infringement occurred. At a free hit, centre pass or side line hit-in, the player may use an auto play/self-pass. No player to be within 5 metres (5 Big Steps) of player taking a free.

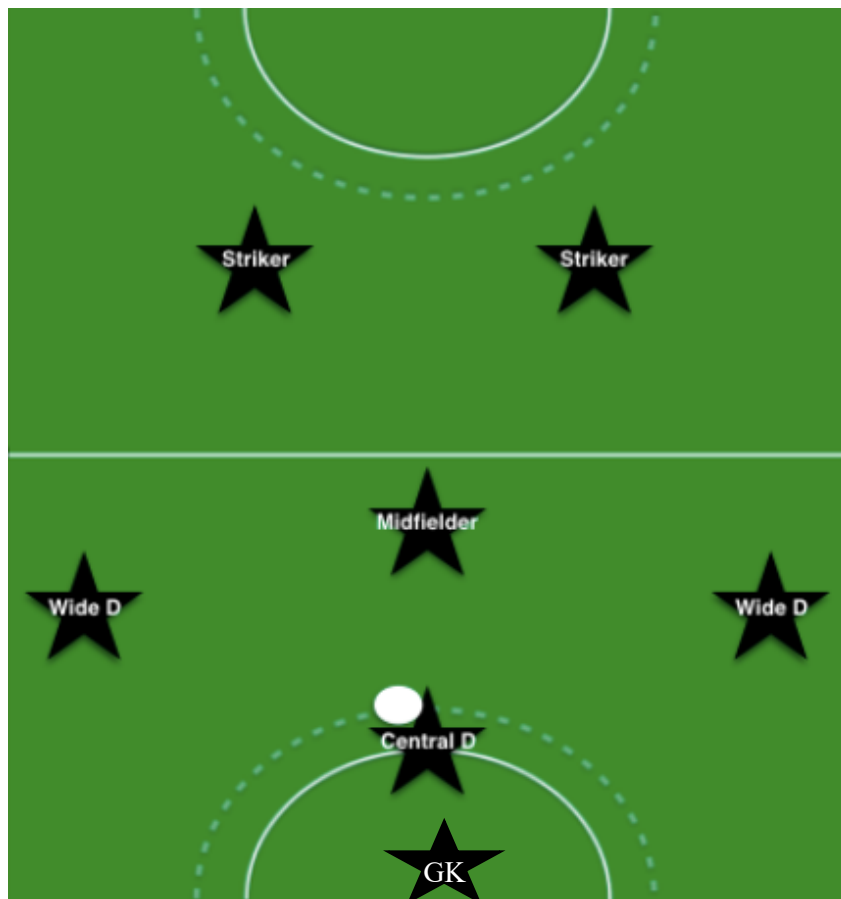
**Substitutions:** The game will not stop for substitutions. Incoming player must wait at the halfway line until outgoing player is off the field of play.

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Recommended Structure:

Playing formation:

- 2, 1, 3, 1
  - Two Strikers
  - One Midfielders
  - Three Defenders
  - One Goalie
- Encourage a 5 dice plus the central defender
  - Players should be used to this concept in years to come as we are hoping for this structure to be played in Mini sticks
  - This structure will help create space
  - Encourage the play to go wide and decongest the middle



## **Positional information:**

It is important throughout junior development to maintain players flexibility and versatility when it comes to playing various positions. An understanding of all positions and the relating responsibilities is crucial. It is encouraged to give players exposure to multiple positions in each game, this ensures that each individual has a chance to be involved in both attacking and defensive plays.

Below are some basic explanations of each positions role, depending on your team you may choose to give them more or less information.

### **Wide defenders and central defender**

Encourage them to tackle, not turn and run straight back to the goal to go stand in the circle when the other team wins the ball.

#### **Wide Defenders:**

- Remain out near the side lines to be a passing option for the central defender and midfielder
  - Encourage the play to go from the centre, out wide and down the line to the strikers
- Mark and/or tackle the opposition striker
  - Detailed tackling technique and drills to help with this are contained in this document.
- Encourage wide defenders to auto play/self-pass the free hit if there is no clear pass to keep the game moving

#### **Central Defender:**

- Hold the centre of the turf, be a passing option for the wide defenders and a back passing option for the midfielder.
- Make clean strong tackles



### **Midfielder**

- Hold the centre of the turf and stop the other team going straight up the middle
- Pass the ball wide to the wide defenders or strikers
- Dribble the ball on angles
- If the ball is won back pass it to the open side not back into where it came from

### **Strikers**

- Be in positions to take shots at the goal
- Creating width and depth/stretch on the turf
- Be a passing option out wide for the wide defenders and midfielder
- Always moving around trying to get away from defenders

### **Alternative Structures:**

#### **Playing Formation:**

**1:** 2, 3, 1, 1

- Two Strikers
- Three Midfielders
- One Defenders
- One Goalie

**2:** 1, 3, 2, 1

- One Striker
- Three Midfielders
- Two Defenders
- One Goalie

**3:** 3, 2, 1, 1

- Three Strikers
- Two Midfielders
- One Defender
- One Goalie

**4:** 3, 1, 2, 1

- Three Strikers
- One Midfielders
- Two Defender
- One Goalie