

SMALL SIDED HOCKEY

GET DELIVERING QUICKLY



ENGLAND
HOCKEY

Here are some ideas as to quickly and cost effectively split the pitch up to cater for more players;

- Use throw down lines to mark out scoring zones. They are low cost, can be used for wider hockey coaching and can be put down and taken up very quickly!
- Cable ducting can be a low cost way of adding barriers between pitches which can be easily stored at the side of the pitch when not in use.
- Think about how much space your players require, could Back to Hockey or junior sessions take place on a quarter of a pitch?
- Players want to ultimately play the game they love and recognise. Look to keep the authenticity of the rules and adapt them according to the audience playing, i.e. shorter games for novice players and fewer rules/players-a-side for younger people.
- Using a rectangular scoring zone measuring from the injection spots means you can quickly set them up and they are a similar distance surface area wise to a 'D' / Circle.
- Maximise the pitch time you have by playing in short sharp bursts (10 minute quarters), players will get a more intense work out with small sided games.
- 'Challenges' are a great way to keep the game flowing for any offence caused within the 'scoring zone' which would normally equate to a penalty corner, for example;
 - One attacking player starts with the ball around 5 meters outside the scoring zone.
 - If you have a goalkeeper they start on the goal line, if not start with a defending player around 3 meters inside the scoring zone.
 - Position all other players on the half way line, as soon as the attacking player moves with the ball these players can re-engage with the game.

