



PLAYERS: 6v6 plus
a team of 4/5 who
rotate as the joker

PITCH: half /quarter
pitch, can be made
bigger/smaller

EQUIPMENT:
Sticks | Ball | Bibs |
Cones | Goals

- Games can be between 10-12 minutes one way depending on the number of players/age group.
- Select an additional player (the 'joker'). This player wears a different coloured bib from the other two teams.
- The aim of the game is to score more goals than the opposition team. Traditional hockey goals can be used or cones could be used to indicate the scoring zone.
- Players score by pushing, hitting or slapping the ball into the goal from within the circle.
- All players act as outfield players (ie. no goalkeepers).
- The joker is on the side of the team in possession. This person switches between both teams throughout the game. Therefore the team with possession has a numerical advantage over the opposition at all times.



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| <ul style="list-style-type: none"> • Increase the size of the playing area and so increase the time and decrease the pressure for the players with the ball. • Decrease the size of the playing area to help the team without the ball. • Decrease the number of consecutive passes a team has to make to score a point. • Put two jokers into the challenge to help the teams keep possession. • Use a larger ball. • Give one team more players so they have the “overload”. | <ul style="list-style-type: none"> • Decrease the size of the playing area and so decrease the time and increase the pressure for the players with the ball. • Increase the size of the playing area to help the team without the ball. • Increase the number of consecutive passes a team has to make to score a point. • Use a smaller ball. • Give one team less players so they have the “underload”. • Allow the Joker to have three touches only. |
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THINGS TO THINK ABOUT

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| <ul style="list-style-type: none"> • The joker can be a difficult role, choose carefully and rotate the players taking the role. • Encourage players to get into an empty space so that there are always players to pass to. | <ul style="list-style-type: none"> • The best way to win the ball is to put pressure on the person who has the ball so they have less time to think about who they can pass to. • The pitch and can be made bigger or smaller to adjust to the number of players involved. • Don't forget to CHANGE IT |
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