

# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## HOCKEY - JOKER

SCHOOL  
GAMES

### Quick introduction

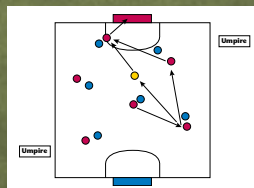
The joker plays on the side in possession, thus increasing the chances of scoring. Squad sizes of up to 10 and games of 10-12 minutes allow many young people to access the activity.

### Think tactics

Get your team to discuss the best way to use the joker.

### Getting started

- Games can be between 10-12 minutes one way depending on the number of players/age group.
- Split the group into equal teams (up to six players is ideal for this game). Squads could be made up of 10 players with players rotating every few minutes.
- Select an additional player (the 'joker'). This player wears a different coloured bib from the other two teams.
- The game is played on a smaller area (half /quarter of an artificial turf pitch and can be made bigger/smaller to adjust to the number of players involved).
- 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.



# HOCKEY – JOKER



## Organising the game

- 6v6 players with one joker single or mixed sex games.
- Each team is made up of 10 players plus a team of players who rotate as the joker player made up of four/five players.
- Use a hockey leader to act as timekeeper and two to act as umpires.
- Appoint a manager to each team to give positioning guidance, encouragement and to manage substitutions.

## Think inclusively

- The joker can be a difficult role, choose carefully and rotate the players taking the role.

## Make it easier

- Increase the size of the goals
- Add more players onto one team
- Practise some of the core skill hockey moves first such as pushing, receiving and moving with the ball.

## Keeping it enjoyable

- Try a computerised scoring system
- Appoint a manager and coach for each team
- To decide which team starts with the ball in the middle play a game to see which team can get their ball inside/nearest a small coned square from a distance away.
- Make sure the goals are an appropriate size.

## Officiating

- Umpires should discuss the rules with the players before the game.
- Players should indicate if the ball touches their feet or they are the last person to touch the ball before it goes out of the field of play.
- Players should accept the umpire's decisions.

## Spirit of the Games: Excellence through Competition



As the joker do you really believe you can make a difference to the team for which you are playing?



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# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## HOCKEY – ★ QUICK SHOT 1 V 1



### Quick introduction

This is an exciting moving and shooting game that uses a small area to occupy up to 12 players.

### Think tactics

How can you get the ball quickly, or get in a good position to take the ball from your opponent?

### Getting started

- Split the group into equal teams (up to six players).
- The game is played in a small area (quarter of a pitch).
- Traditional hockey goals can be used or cones could be used to indicate the scoring zone.
- Each team lines up along opposing side lines and each player has a number (1-6 for example).
- The ball is placed in the middle of the pitch.
- When the official shouts a number the two players with that number race around and through their defending goal to the middle of the pitch in order to pick up the ball and score in the opposition's goal.
- If a player finds that they become the defending player within the 1v1 then they can try and tackle the attacking player in order to gain possession of the ball and score in the opposite goal.
- Players should aim to tackle well and should avoid making dangerous tackles (from behind the ball carrier etc.) or stick tackles (making contact with the stick as opposed to the ball).

# HOCKEY – QUICK SHOT 1 V 1



## Organising the game

- 6v6 players.
- Use hockey leaders to run the game and act as officials.
- Appoint a manager to each team to give guidance and encouragement.

## Think inclusively

- Some players could be given a shorter distance to run.

## Make it easier

- To make it easier to score increase the size of the goals and reduce the size of the pitch.
- For younger players use the specialised Quicksticks balls. The ball is bigger and lighter and will give them greater success at moving the ball around the pitch.
- Practise pushing, hitting or slapping the ball at the goal before starting the game.

## Officiating

- Two officials are appointed and they stand in the middle of the pitch so they can see both goals.
- The first official announces which numbers run on each turn (making sure that all players have an equal number of runs) and makes sure that the ball is always set in the middle of the pitch before the next go.
- The second official keeps score, working with the first official to confirm which team won each round.

## Keeping it enjoyable

- The officials could call two or even three numbers out creating a 2v2 or 3v3 situation (for example numbers 2 and 4).
- Decide with the teams how many turns each player has, making it fair for all players.
- The officials can make a plan to decide who runs against whom and what order they are going to call numbers.
- Mix up the numbers, instead of calling 'number ones' the officials may call 'number three red and number five blue.'
- Set a time limit for a goal to be scored before the next two numbers are called. For example 30 seconds to score a goal. Teams could decide upon an appropriate time limit before the game starts.

## Spirit of the Games: *Excellence through Competition*



How can you make sure that all tackles are legal and will not foul the opponent?



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# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## HOCKEY – IN2HOCKEY GAME

SCHOOL  
GAMES

### Quick introduction

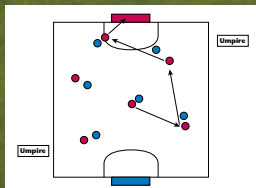
IN2HOCKEY is based on the traditional game and aims to make the game simpler for young people. It can involve squads of up to 10 rotating players in games of 10-12 minutes.

### Getting started

- Games can be between 10-12 minutes one way depending on the number of players/age group.
- Split the group into equal teams (up to seven players per team). Squads could be made up of 10 players with players rotating every few minutes.
- The game is played on a small area (half an artificial turf pitch and can be made bigger/smaller to adjust to the number of players involved).
- 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).

### Think tactics

Play to your strengths: how are you most likely to score, and how can you play well when not in possession?



# HOCKEY – IN2HOCKEY GAME



## Organising the game

- 6v6 in mixed or single sex games.
- Each squad is made up of 10 players who rotate throughout the game.
- Use hockey leaders to act as timekeepers and two people to act as umpires.
- Appoint a manager to each team to give positioning guidance, encouragement and to manage substitutions.
- The circle (scoring area) should have a radius of 14m. Throw down lines can be used to mark out the circle.

## Safety

- It is recommended that when playing hockey shin guards and mouth guards are worn at all times.

## Make it easier

- Increase the size of the goals.
- Increase the size of the pitch.
- Practise some of the core skill hockey moves first such as pushing, receiving, moving with the ball and shooting on target before the game starts.

## Think inclusively

- Some players may need their own zone to play effectively.

## Keeping it enjoyable

- Try a computerised scoring system.
- Appoint a manager and coach for each team.
- Before the main game starts, play a game where each player gets to shoot at goal from a set marker a distance away from the goal. The team that scores the most goals begins with the ball when the game starts or has a one goal advantage.

- Make sure the goals are an appropriate size.
- Introduce conditions – for example five passes must be made before a shot on goal can be made.
- Try two goal hockey (see the sports wall).

## Officiating

- Two officials should be appointed who will discuss the rules with the players before the game.
- Players should indicate if the ball touches their feet or they are the last person to touch the ball before it goes out of the field of play.
- Players should accept the umpire's decisions.

## Spirit of the Games: *Excellence through Competition*



Can you own up if the ball clearly hits your feet?

For more information, activity ideas and guidance see the IN2HOCKEY section on [www.englishhockey.co.uk](http://www.englishhockey.co.uk)



**IN2HOCKEY**  
TAKE IT TO THE NEXT LEVEL



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