

GAME ORGANISATION

This game is designed for U13 or U14 Groups. ALL players in Ireland should experience this format before moving to the 11 a side version of the game.

PITCH SIZE & ORGANISATION

- ✓ Extreme 8s is played on half a full size hockey pitch
- ✓ Two games can be played simultaneously across the pitch
- ✓ Each pitch has a regular sized circle and ideally a standard hockey goal. If a full sized hockey goal is not available the games should not contain penalty corners (see rules)
- ✓ The scoring circle should be marked using throw down lines (available from Irish Hockey), chalk or talc. The scoring area can also be marked using cones at the side of the pitch

NUMBER OF PLAYERS

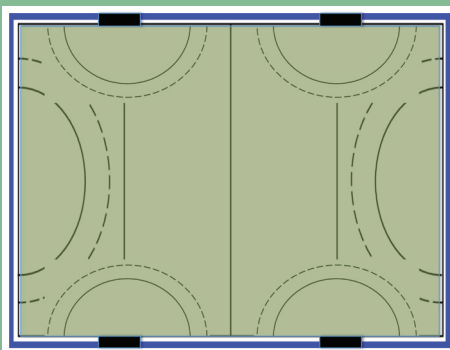
- ✓ 8 per team. 7 plus a GK (fully kitted).
- ✓ 3 reserves per team so total squad is 11
- ✓ This allows 44 players to be involved in two games being played simultaneously on one full sized pitch

RECOMMENDED DURATION

- ✓ 1 period of 20 mins in tournaments
- ✓ 2 halves of 25 mins in one off matches

USING FULL PITCH

The recommended lay out is as follows:



Coaches and substitutes should position themselves on the outside sideline and not between the two pitches.

GAME-PLAY FREQUENCY

- ✓ Players of this age group should experience match play every 2-3 weeks
- ✓ Shortened games of this nature should occur at least alternate weeks in training (continue to use smaller sided games as well)

PHASE 3: DEVELOPING PHASE EXTREME 8S GAME SHEET

Ages: U13/U14 Year Gps: NI S1/S2 Rol 6th /1st



UMPIRING TIPS

2 umpires are required for this game and should be aged 17 or over. Knowledge of hockey is essential at this stage

- Ensure both teams know the rules before the start
- 'Play on' - let the game flow
- Only blow the whistle if you need to stop the game - allow as much advantage as possible
- Talk to the players throughout to ensure players understand potential / actual infringements
- Indicate when you are playing an advantage
- The player who wins the free should take it to prevent over domination by one player
- Ensure there are regular substitutions



SAFETY POINTS

- ❖ Use throw down lines for circles if no lines available
- ❖ Shin guards and mouth guards are compulsory
- ❖ There should be no spectators or players standing behind the goal or on the halfway line



TRAINING MODIFICATIONS

- Smaller sided games are the still the best means to develop players at this stage. These include:
 - ✓ 3 v 3 games with end zone or one goal
 - ✓ 4 v 4 – either Fun 4s format or with one goal
 - ✓ 5 v 5 or Super 6s games (See Phase 2)
- Modifications within the game can include:
 - ✓ 3 touch hockey
 - ✓ Small games in the circle – ie. Defence v Attack



RULES

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IHA Long Term Player Development

The normal rules of hockey apply except:

- ✓ If there are no full size hockey goals there should be **no** penalty corners
- ✓ If there are goals penalty corner should be used: 5 defending players are allowed behind the line (including the GK) and the remaining two start on the opposition's goal line
- ✓ If no goals are available markers (ie. Cones) should mark out the posts and no penalty corners should be played. In this case a 4 v 3 can be played from the top of the circle. 4 attackers start with the ball on the edge of the circle and attack two defenders plus the GK who start in the goal, behind the line. The remainder of the players start in the opposite circle until the ball is played.

BEGINNER'S GUIDE TO THE RULES:

START OF THE GAME/FREES:

- ✓ An auto pass (free taker carries ball) or pass starts the game – it can move forward or backward
- ✓ Defending players must retreat 5m from all frees
- ✓ Frees awarded to the attacking team around the circle must be moved by 5m from the circle edge. The ball must then move 5m before it is struck into the circle

GOAL

- ✓ A goal is scored by a shot going into the goal having been struck by an attacker within the circle.
- ✓ Goals from penalty corners must strike the backboard

GENERAL

- ✓ The ball can only touch the flat side of the stick
- ✓ The ball should be in control at all times – raised balls that are dangerous are illegal
- ✓ The ball can not hit a foot and become an advantage to that team (play on if not)
- ✓ All players must control their sticks & dangerous waving of the sticks above the head is an offence
- ✓ There is no offside
- ✓ Offences in the circle by the defending team result in a penalty corner being awarded
- ✓ There is no use of the body allowed

THE PLAYER

PLAYER CHARACTERISTICS AND NEEDS

- Has improved and developed co-ordination (including hand to eye) so is at an ideal age for learning skills
- Has more control over movement
- Physical appearance does not always match mental maturity
- Will compare themselves with others so important coaches need to ensure players can still experience success
- Will be motivated to be involved and is often highly competitive and thus needs careful control and consistency
- Becomes more independent developing their own individual individuality
- Will start to growth spurts (especially girls) which may result in clumsiness

PHYSICAL COMPETANCIES:

- **Technical running** with and without the ball
 - o Agility exercises with or without ball (ie using ladders)
 - o Movement in lateral situations staying low and balanced
- **Speed**
 - o Change of pace (acceleration)
 - o Pace with ball
- **Strength training** after menstrual cycle and growth spurt for boys
- **Flexibility**

PHASE 3: DEVELOPING STAGE DELIVERY GUIDELINES

JUNIOR AGES: U13/U14 SINGLE GENDER OR
ADULT RECREATIONAL PLAYERS



KEY TECHNIQUES & SKILLS

The following are the priority skills for this stage:

- Elimination skills including 3D techniques
- Variety of passing techniques with emphasis on passing on the move and off both feet and with forehand and reverse stick
- Receiving on move in all situations
- Use of 3D skills in ball carrying and low lift passes
- Movement off the ball to make space for themselves and team mates
- Goalscoring – using a variety of techniques around body
- Defending skills in individual and small unit situations including marking and intercepting
- Decision making skills in overload situations 2v1, 3v2

GOALKEEPERS

- Continue work from Phase 1 & 2
- Save and clear with both hands and feet
- Penalty corner and stroke techniques
- Diving (if ready)
- Smother techniques (if ready)
- Communication – working with defenders

MENTAL & HEALTH

MENTAL

- Dealing with success and failure
- Concentration
- Handling competitions
- Decision making

HEALTH

- Children at this phase should be encouraged to play a variety of sports and hockey should form one of 2-3 sports played

THE COACH

A GOOD COACH WILL:

- ✓ Embrace the individuality of the player – not all players are as mature as they look!
- ✓ Listen to players
- ✓ Allow plenty of practice time to master skills relating technical development to game play using the Play-Practice-Play approach
- ✓ Vary tasks to keep players active and enthused yet challenged providing extension activities to challenge the more abled
- ✓ Encourage players to think of solutions to problems
- ✓ Encourage teamwork
- ✓ Ensure technical work includes decision making leading to basic tactical understanding
- ✓ Introduce basic tactical concepts allowing all players to understand responsibilities of all positions

COACH SUPPORT

COURSES

- Level 1 Award
- Level 2 Award
- Stepping Stones Courses

RESOURCES

- Building Blocks
- Core skills DVD
- Hooked on Games
- Core skills Goalkeeping coaching DVD

BACK UP

www.hockey.ie/hookedforlife

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