



# Suburban Lions Hockey Club

## **Aim**

A transitional program to teach young hockey players all the skills and knowledge required to progress to full field hockey in a secure and enjoyable environment. This will include an understanding of field and positional play, the rules of hockey and the correct stick and ball skills. This development program is designed to develop players and coaches with simple instructions and simple teaching methods so we can increase the skills of each individual.

Often players are taught incorrectly. We need to ensure coaches fully understand the concepts of coaching and are keeping up to date with the latest teaching methods. A head coach has been selected to deliver this important tool to you as the parent and student coaches.

## **The Equipment:**

Hockey Stick: should be selected to be the correct size and capable of being used with a full weight hockey ball. If unsure see the coordinator.

Shin Protectors: The ball is hard and hurts so these are essential

Mouthguards; **COMPULSORY** No training or games can be commenced without a mouthguard.

Hockey shoes for correct surface. This is a personal choice. Running shoes will be adequate at the beginning.

## **The Enjoyment:**

- Players must enjoy it first to learn anything later.
- Play in a team with your friends
- Play to meet people and make friends for life
- Play for fitness
- Play for your country
- Play because you want to. Never be forced to play.

## **The Dangers:**

- The ball is Hard (hurts if you get hit unlike a tennis ball)
- Injuries occur, mostly by accidental behaviour.
- Warm up is essential prior to a game

## **Teams and Divisions**

• The competition is made up of 16 teams divided into 2 divisions based on grading over the first 2 games. Teams may be pure year groups or mixed in age, as the team will be graded not the individuals. Players younger than year 3 may play in a team if they are ready for a larger field. Coaches must be aware that this is a year 3 and 4 competition and in grading a younger player into this competition they must be capable of playing with year 4 players.

• The grading will be assessed on an ongoing basis and teams may be moved during the season

- Division 1 plays at 8.45am and Division 2 at 9.35am on Saturdays at Melvista Oval.

## **The Basic Rules:**

### Preamble

The following rules should be applied with discretion, particularly during the introductory stages of the program. The more technical rules should be relaxed to allow play to proceed while skills are being learned. The rules that ensure safety, and govern the spirit of the game should be vigorously applied at all times by coaches and umpires. The field is  $\frac{3}{4}$  of a full Hockey field.

### Teams

The game is played by two teams of 9 to 12 players; with no more than 9 players from each team being on the field at once. One player will act as goalkeeper and wear the equipment provided. It is encouraged that all players take a turn at keeping goals. (Goalie Equipment is kept in the storeroom at Melvista Oval and is available for both training and games.) The reserve players may be interchanged freely at any time without interrupting play.

### Duration

Playing time is divided into 2 halves of 20 minutes with 5 minute gap for coaching.

### The Game

- Teams will toss to decide which team will commence the game from the centre spot. The team losing the toss will have the choice of ends at the start.
- The game is commenced by a hit/push from the centre spot. Each team must be on their own goal side of the centre spot. After each goal, the team that the goal was scored against shall restart from the centre spot.
- A goal is scored when the ball passes over the opponent's goal line between the goal posts after having been hit/pushed by an attacking player. The team scoring the most goals is the winner.
- Basic Rules of the game:
  - o Sticks must be near the ground at all times
  - o No body contact
  - o No intentional stopping or kicking the ball with feet
  - o The Ball is not allowed to hit your feet.
  - o You are not allowed to hit anyone with the stick.
  - o You must be aware of players around you so you do not swing your stick and hit them accidentally.
- A free hit/push may be awarded to the opposition for any breach of the rules. At the time a free hit/push is taken no other player from either team may be within 3 meters of the ball.
- New Auto Play rule applies where a player can play on to themselves from a free hit.
- When the ball is played over the side line the opposing team is awarded a free hit/push at the point where the ball crossed the line. All players must not be within 3 meters.
- An additional player may be added to a side that is more than 2 goals down.
- Short corners will be the 10 seconds to score rule, where an attacker has 10 seconds to get past the goalie, One on One. Attacker starts 3 m outside the circle and has 10 seconds to score. If the Attacker fails to score, the defending team returns the ball to play from the top of the D.
- Scoring can occur from anywhere in the attacking half, Short corners occur for fouls inside the Ds.

- Full weight balls will be used.
- Coaches and Umpires will be encouraged to stop games and get kids back into positions when the field falls apart
- Coach to be on the field all time
- Dangerous/Raised Ball -- The raised ball rule will be brought into line. Under this rule, the umpire shall determine whether a ball is played into a dangerous situation rather than a pre-defined height. As a guide, In general play, if a ball is played at, or in the close proximity of, another player, a penalty for high ball will be blown if the ball is raised higher than half the height of the player's shin pad.

Shots on goal will be subject to a strict interpretation of the raised ball rule. Hence, any shot raised will likely be disallowed due to a high likelihood of danger, with the close proximity of players, and the goalkeeper, being of the greatest concern.

However, there will be no penalty for height breaches in general open play where no player is placed within danger.

- The Goal Keeper and Goal Area
  - o The goal area is the area inside the semi circle at each end of the Nine a Side field.
  - o Goal Keepers may kick the ball provided they are in the goal area and the ball is not kicked above mid shin height.
  - o To prevent a goal, the keeper may kick the ball or block it with the front of their Hockey stick or with any part of their body including their hands.
  - o In blocking the ball, the goal keeper cannot catch the ball or display any forward motion of the hand.
  - o For safety reasons (because many of our goal keepers are novice players and don't possess chest guards and the like), the goal keeper also cannot dive (or slide) to block the ball. They also cannot lie down in front of the goal. Penalty is a short corner.
  - o Players are allowed in the goal area of their own team and the goal area of their opposition. Back passing to ones own goalkeeper is allowed.
  - o If the team has only 8 players they can play with out a goalkeeper.
- Hitting – It is the intention of the Cubs competition to teach hitting before progressing to full field hockey. At the beginning of the season hitting will be tolerated in open field with no danger to any players and no dangerous lifting of the ball. Otherwise Slap hits are the preferred method of hitting. As the season progresses, hitting will be allowed in other situations once the players are taught to hit correctly and to be aware of other players and dangerous situations. This is entirely up to the Umpires to decide with safety coming first.
- Feet and Danger- Coaches and Umpires can stop the game if they feel the game has become dangerous or players need to be reminded about field positions. Often the use of the feet rule creates an opportunity for coaches and umpires to get players back to positions. Accidental feet should be tolerated, but deliberate use of the legs and feet to stop the ball should be a free (except the Goal Keeper). These rules will be more relaxed in the first few games.
- *Slap Hit* - Swinging of the stick no higher than knee height. According to this rule, all other variations of the slap hit, where hands are together or apart at the top of the stick, and the stick is run along the ground will be allowed as long as the ball is not raised or deemed dangerous by the umpire.

Pushes and drag pushes with the hands together on the stick will be allowed provided that the

stick head does not leave the ball prior to it being propelled (i.e. no sound is heard on the ball), as this will constitute a hit. The ball must not be flicked or lifted.

### **Changes to the Rules**

All changes of rules are at the discretion of the coordinator. This will be done in consultation with the coaches.

### **JUNIOR PLAYERS CODE OF BEHAVIOUR**

- Play by the rules
- Never argue with an umpire. If you disagree, talk to your Coach or Manager who will discuss the situation with you. They may approach the umpire during a break in the game to clarify the situation / rule interpretation.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and your team. Your team's performance will benefit so will you.
- Be a good sport. Applaud all good plays whether they are made by you team or the opposition.
- Treat all participants as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your Coach, team mates and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the right, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

### **PARENTS CODE OF BEHAVIOUR**

- Remember that children participate in sport for their enjoyment not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect umpires decisions and teach children to do likewise.
- Show appreciation for your volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## **JUNIOR COACHES CODE OF BEHAVIOUR**

- Remember that young people participate for pleasure and winning is only part of that fun.
- Never ridicule or yell at a young player for making a mistake.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of the sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented players; the just average need and deserve equal time.
- Ensure that all equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, umpires, administrators, the media, parents and spectators. Encourage players to do the same.
- Show concern and caution toward sick and injured players. Follow the advice of a Doctor / Sports Trainer / Physio when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.