



## **Mini Hockey – the way forward 2019 and beyond.**

All schools / clubs registered with Northern Blues Primary hockey, have been divided into districts based on the school / clubs physical address.

Schools / clubs take turns to host a mini hockey tournament. Districts play mini hockey in district or in cluster context. A cluster can invite a cluster from another district to play against.

The tournament will be played as a round on Thursdays or Saturday like mini netball from 14:30 to 17:00 or 08:00 – 10:30.

These games can be played on a rugby field or netball court.

### **What is mini hockey?**

It is a smaller version of the big game, which is tailored for the needs of the young hockey players. To play and learn the art of playing hockey, while having Fun!

### **Why play mini hockey?**

To develop basic skills and game intelligence through modified mini game situations.

### **What specific Technical skills are learned?**

- Passing and receiving
- Angles and positions of passer and receiver
- Dodging
- Tackling
- 2 on 1, 3 on 2, 3 on 3, and 4 on 4 game situations
- Goal scoring

### **What specific tactical skills are learned?**

- Space awareness. Strategic importance and purpose of various space zones
- Concepts of creating and closing space
- Principles of width and depth
- Offensive principles
- Defensive principles

On top of all this the game understanding and decision making ability, which separates the good players from the great ones.

As we know that it is equally important to know, what to do and what not to do.

Knowledge is power!

### **How mini hockey helps?**

Mini hockey is a vehicle which facilitates more touches on the ball, encouraging passing and receiving. It also creates tight game situations, where players are forced to maintain possession and think under pressure, to make effective decisions and moves ... an ideal learning environment. When these mini hockey game situations and concepts are translated to the bigger field, the young players, feel as they have more space and time to perform the skills



effectively, moreover they have also developed a better understanding of the game and how to read it and make intelligent decisions.  
What can be better than this!

No score keeping!

## **NORTHERNS BLUES PRIMARY HOCKEY**

### **PLEASE NOTE THESE ARE THE RULES THAT NORTHERNS MINI-HOCKEY RECOMMEND:**

Mini Hockey rules u/6 – u/8

## **6 a-SIDES HOCKEY**

### **1. TEAMS:**

The game is played between two teams. Each side shall each have a maximum of 8 players. Six players are permitted on the pitch at any one time. The remaining two players are substitutes, and can substitute at any time. Kicking backs are not permitted in Mini Hockey.

### **2. UMPIRES:**

Preferably two umpires shall control the game;

- The umpires should co-umpire the game (help one another and form a team)
- The umpire should allow both teams to **enjoy and learn** about the game of hockey;
- The umpires are **free to coach both sides without bias, and coaching must be friendly and positive;**
- Explain at all times why the whistle has been blown.

### **3. SUBSTITUTION**

Substitutions are allowed at any time.

### **4. DURATION OF THE GAME**

The game is played 12/15 minutes one way.

### **5. STARTING AND RE-STARTING THE GAME**

The game is started with a push or hit from the Centre of the Centre line.

- This occurs at the start of the game and after a goal has been scored.
- At the start of the game or after a goal has been scored each team must be positioned in their own half of the pitch, with the opposing players a minimum of 5 meters from the ball until the Centre pass is played.



- The ball can be played in any direction and must move at least 1 meter before being played by another player from the same team.

## 6. SCORING A GOAL

A goal is scored when the ball is played (hit, pushed, flicked, deflected) by an attacker in the circle area into the goal. The whole ball must completely cross over the goal-line between the goal-posts and not lifted.

## 7. BALL OUTSIDE THE FIELD OF PLAY

7.1 OVER THE SIDE-LINE: When the ball passes completely over the side-line off the stick of a team it shall be put into play along the ground in any direction using a hit or push by the opposing team. This is called a hit-in. Until the ball is played, no opposition players shall be with-in 5 meters of the ball. If the ball crossed over the side line with-in the goal area, all players must be at least 5 meters away from the ball, except the player taking the free hit. A free hit in the goal area cannot be a direct shot at goal

7.2 OVER THE BACK-LINE BY AN ATTACKER: When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is restarted with a hit to the defence, which is taken at the circle line and in line with where the ball crossed the back-line.

7.3 OVER THE BACK-LINE BY A DEFENDER: If the ball is accidentally played over the back line by a defender and no goal is scored, the game is re-started with the attacking team taking a hit 5mt beyond goal area in line with were the ball went out. If a defending player deliberately plays the ball over the back-line, the game is re-started with a free hit to the attacking team. For the u/9 and younger, **there are no penalty corners** so instead the attackers shall take a hit outside the goal area.

## 8. FAIR PLAY

Rough or dangerous play shall not be allowed, nor may any behaviour, which in the opinion of the umpire, amount to misconduct

Note: The umpire shall suspend (send off) any player who chooses to continually disobey the rules on the pitch or who uses bad language.

A player may not: Intentionally use any part of their body to play the ball.

- Lift the ball in an uncontrolled manner (under cutting).
- Play any lifted ball with the stick above shoulder height.



- Use the round side of the stick when playing the ball and when striking the ball, the stick must in no way be used in a dangerous or intimidating manner.
- Play the ball with their feet nor kick the ball.
- Play the stick of the opponent (hacking).

UNDER 6 to UNDER 8 **No penalty corners will be played at this level.** Instead a free hit will be given to the attackers 5 meters from the "circle" area. Other than the player taking the free hit, no other player may be within 5 meters of the ball when the ball until the ball is played.

### u/9

#### 8 a-SIDES HOCKEY

#### 1. TEAMS

The game is played between two teams. Each side shall each have a maximum of 10 players. Eight players are permitted on the pitch at any one time. The remaining two players are substitutes, and can substitute at any time, except at the award of a penalty corner. Kicking backs are not permitted in Mini Hockey.

#### 2. UMPIRES:

Preferably two umpires shall control the game;

- The umpires should co-umpire the game (help one another and form a team)
  - The umpire should allow both teams to enjoy and learn about the game of hockey;
- The umpires are free to coach both sides without bias, and coaching must be friendly and positive;
- Explain at all times why the whistle has been blown

#### 3. SUBSTITUTION

Substitutions are allowed at any time.

#### 4. DURATION OF THE GAME

The game is played 15/20 minutes one way.

#### 5. STARTING AND RE-STARTING THE GAME

The game is started with a push or hit from the Centre of the Centre line.

- This occurs at the start of the game and after a goal has been scored.



- At the start of the game or after a goal has been scored each team must be positioned in their own half of the pitch, with the opposing players a minimum of 5 meters from the ball until the Centre pass is played.
- The ball can be played in any direction and must move at least 1 meter before being played by another player from the same team.

## 6. SCORING A GOAL

A goal is scored when the ball is played (hit, pushed, flicked, deflected) by an attacker in the circle area into the goal. The whole ball must completely cross over the goal-line between the goal-posts and not lifted.

## 7. BALL OUTSIDE THE FIELD OF PLAY

- 7.1 OVER THE SIDE-LINE: When the ball passes completely over the side-line off the stick of a team it shall be put into play along the ground in any direction using a hit or push by the opposing team. This is called a hit-in. Until the ball is played, no opposition players shall be with-in 5 meters of the ball. If the ball crossed over the side line with-in the goal area, all players must be at least 5 meters away from the ball, except the player taking the free hit. A free hit in the goal area cannot be a direct shot at goal
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Note: The umpire shall suspend (send off) any player who chooses to continually disobey the rules on the pitch or who uses bad language.

A player may not: Intentionally use any part of their body to play the ball.

- Lift the ball in an uncontrolled manner (under cutting).



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- Play any lifted ball with the stick above shoulder height.
- Use the round side of the stick when playing the ball and when striking the ball, the stick must in no way be used in a dangerous or intimidating manner.
- Play the ball with their feet nor kick the ball.
- Play the stick of the opponent (hacking).

### 13.3 Things to remember when organizing a mini hockey round robin

- First Aid
- Food stalls
- Motor guards / Security
- Sound system
- Tech table – central point from where all games are start and stopped.