

# Playing Formats 2023

- Final evolution from changes started in 2019
- Consistent progression from FUN Sticks - Year 7 & 8
- Focus on suitability to cognitive stage of players, development opportunities for all
- Scaffold learnings year group to year group



# Year 3 & 4 Mini Sticks

## Term 2

With a focus on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition. Mindful that we want good, meaningful competition for our participants our formats will involve playing multiple teams on a weekly basis. This will keep stimulation for players as they face different opponents and play multiple games.

Playing format for term 2, 2023 season.

### 3 a side

**Team:** 4-5 players. At any one time you will be permitted to have a maximum of 3 players on the field.

**Playing Area:** 18mx23m (approx.) Field with 4 goals (popup or modified goals including cones).

**Game length:** Games will be 3 x 10-minute games with 3 minute breaks between each game.

**Rules:** The focus is around 'play' and providing an opportunity to explore. Penalise the following;

- Dangerous play i.e. swinging sticks
- Raised balls that create danger
- Deliberate kicking of the ball
- When a team scores in the goal the defending team gains possession in front of that goal. All remaining players have to be at least 7m away. You can't score in the goal that was just scored in.

### Focuses

We strongly encourage the focus on play. Cognitively at this age, young players don't understand positions and how to work together. Introducing a focus on finding a goal to score in that is not being defended (changing the point of attack), scoring goals, introducing the concept of teamwork.

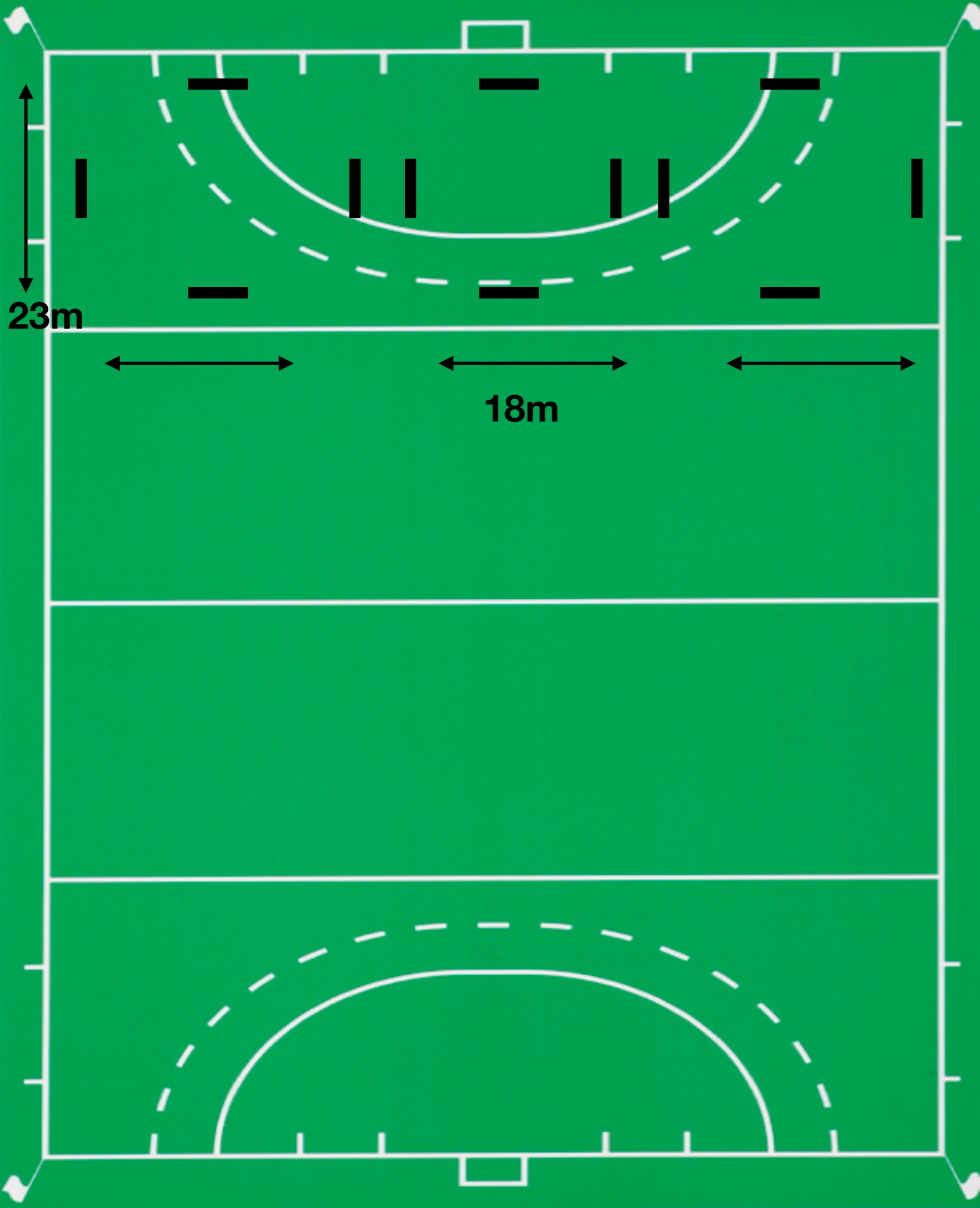
Goals should be placed inside the playing area to allow play behind them.

Limit down time or stoppages in play.

**More Touches! More Involvement!**

**Faster Games! More Goals!**

**More Development! More FUN!**



# Year 3 & 4 Mini Sticks

## Term 3

With a focus on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition. Mindful that we want good, meaningful competition for our participants our formats will involve playing multiple teams on a weekly basis. This will keep stimulation for players as they face different opponents and play multiple games.

Playing format for term 3, 2023 season.

### 3 a side

**Team:** 4-5 players. At any one time you will be permitted to have a maximum of 3 players on the field.

**Playing Area:** 18mx23m (approx.) Field with 4 goals (popup or modified goals including cones).

**Game length:** Games will be 3 x 10-minute games with 3 minute breaks between each game.

**Rules:** The focus is around 'play' and providing an opportunity to explore. Penalise the following;

- Dangerous play i.e. swinging sticks
- Raised balls that create danger
- Deliberate kicking of the ball
- Introduction of directional play, teams will have two goals they can score in. Once a team scores a goal the defending team will get the opportunity to attack from in front of the goal just scored in

### Focuses

We strongly encourage the focus on play. Cognitively at this age, young players don't understand positions and how to work together. Introducing a focus on finding a goal to score in that is not being defended (changing the point of attack), finding space, introducing the concept of teamwork.

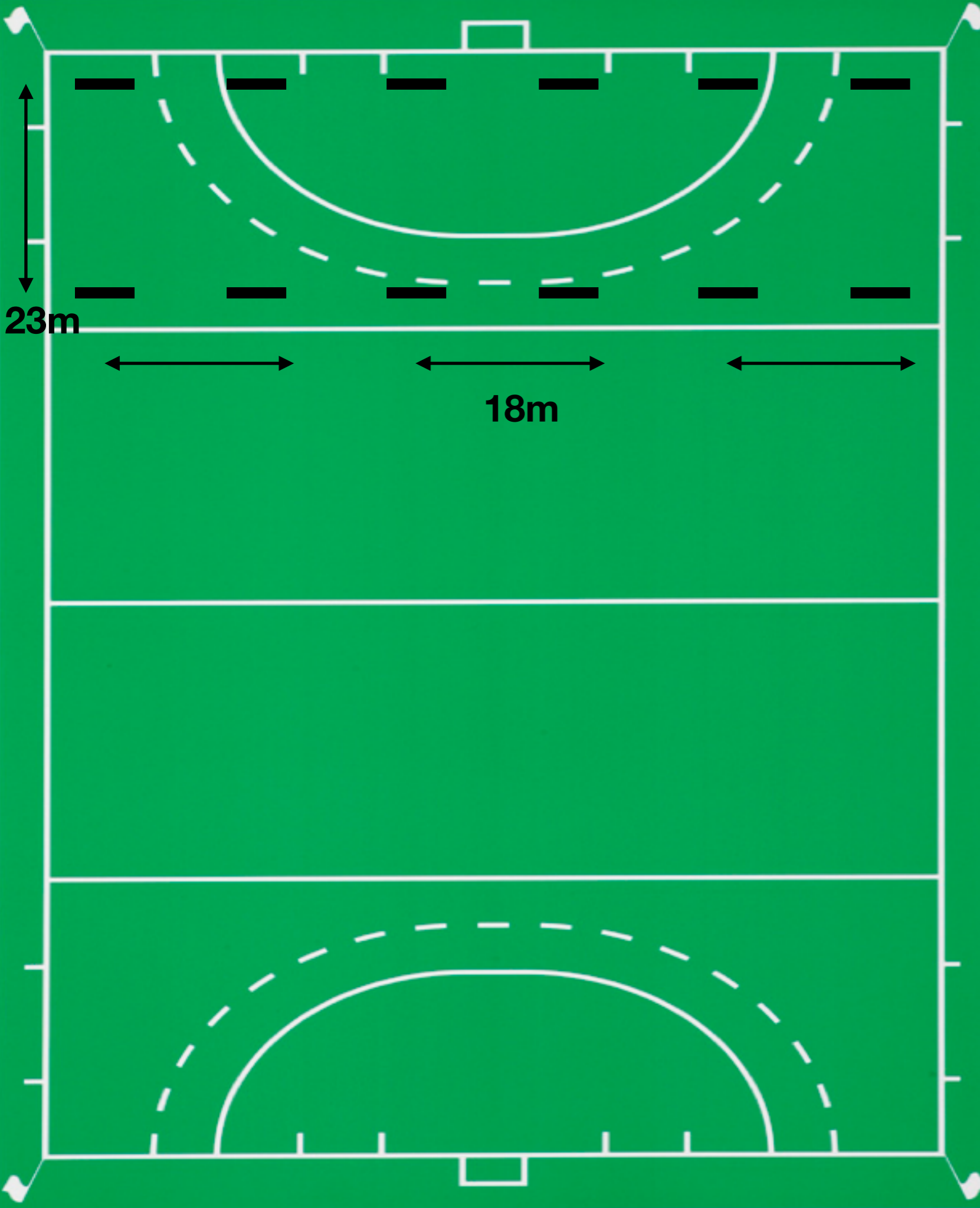
Goals should be placed inside the playing area to allow play behind them (if required).

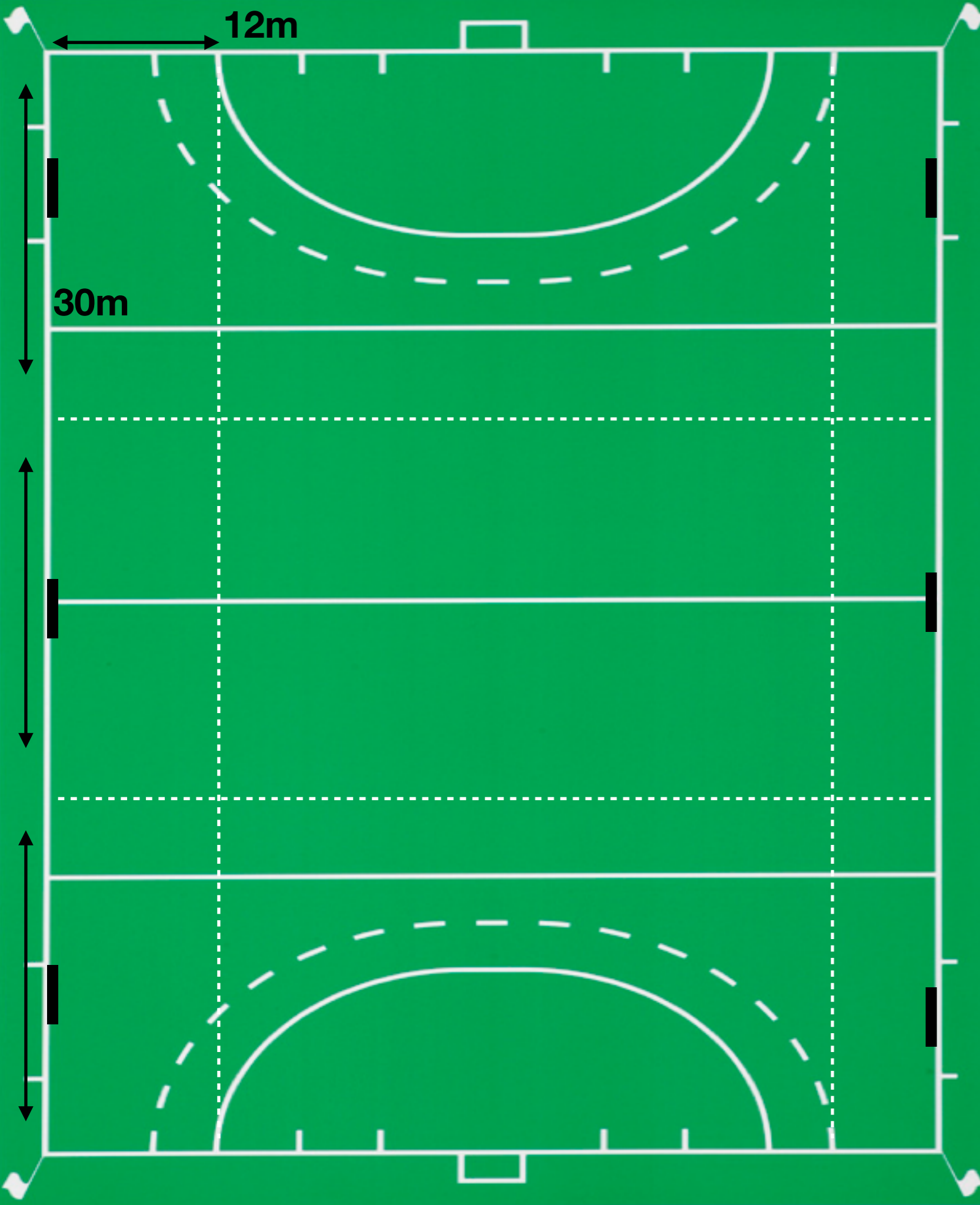
Limit down time

**More Touches! More Involvement!**

**Faster Games! More Goals!**

**More Development! More FUN!**





## Year 5 & 6 Kiwi Sticks

With a focus on development and encouraging a lifelong love of sport, our competition formats should encourage this. There are no grades to enter teams into with only one competition. Mindful that we want good, meaningful competition for our participants our formats will involve playing multiple teams on a weekly basis. This will keep stimulation for players as they face different opponents and play multiple games.

Playing format for 2023 season.

### 6 a side

**Team:** 6-8 players NO goalkeeper. At any one time you will be permitted to have a maximum of 6 field players on the field.

**Playing Area:** 30mx55m (approx.) 1/3 Field with standard or modified goals.

**Game length:** Games will be 2 x 20-minute halves with 2-minute break between each half.

**Rules:** The standard hockey rules apply in most instances. A focus on keeping the game safe and promoting fast play.

- No dangerous play i.e. swinging sticks to tackle
- No overhands or deliberately raised ball
- No penalty corners
- Long corners will be taken from approximately halfway, in line with where the ball crossed the baseline
- To score a goal the ball must be touched by an attacker inside the shooting zone. I.e. in line with the T Spot (approx 12m from sideline of full field)

### Focuses

There is an introduction to playing positions or positional concepts. We strongly encourage rotation of playing positions for all players. This encouraging development of different, transferable skills and conceptual understanding across all players.

When umpiring game, rules of the game are to be pulled up when essential or when a team gets an unfair advantage due to infringement.

