


HOCKEY
NEW ZEALAND
SMALL STICKS GAME

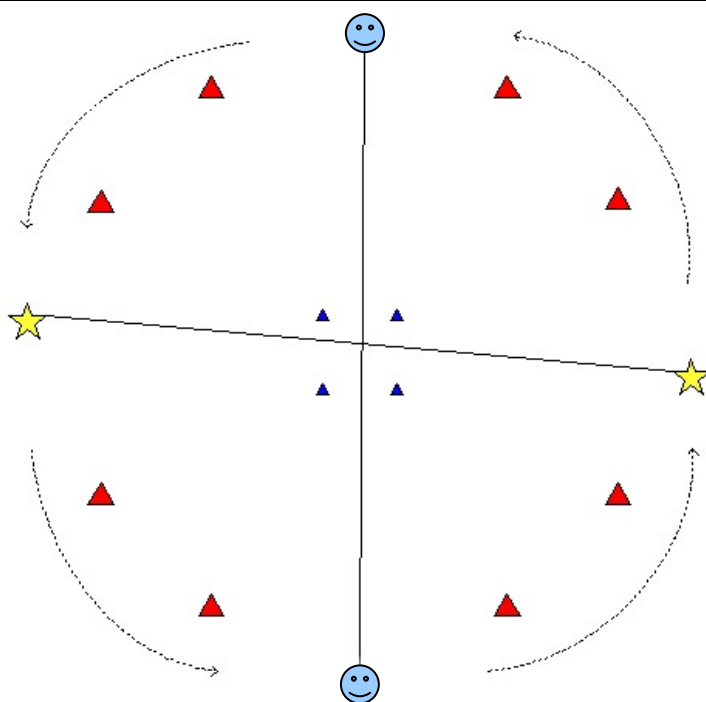
Title: Chair Ball

Aim: To learn how to shoot at a smaller goal

Equipment Needed:

- 12 x cones per group
- 1 x ball per group
- 1 x hockey stick each
- 1 x chair per group (if they are available)

Set Up:



Description:

- The players aim is to score as many goals as possible during a set time limit
- Groups of 5 or 6 start spaced out around the circle as shown above
- One player with the ball tries to push/hit the ball through the cones or under chair to score a goal
- Another player on the other side stops the ball and then passes to another player who has a shot at the centre
- Continue this pattern of trapping, passing and shooting for a set time e.g. 2 minutes
- Groups compete to see who has the best score after a certain time and then try to beat their score

Variations:

- The coach can trick the players by saying other P words to get a false start, or by saying PEA..... to keep teams in anticipation for a few seconds
- Once a player is tackled, they could become a 'floating tackler' on either side of the centre line