



Australian Government
Australian Sports Commission

SPORTS ABILITY

Hockey

Hockey Turnover

A game to develop tackling, passing, shooting skills and teamwork for Zone Hockey.



Learning Intention

To practice passing and shooting accurately and maintaining possession.



Skill Focus

Defending, shot placement, striking.



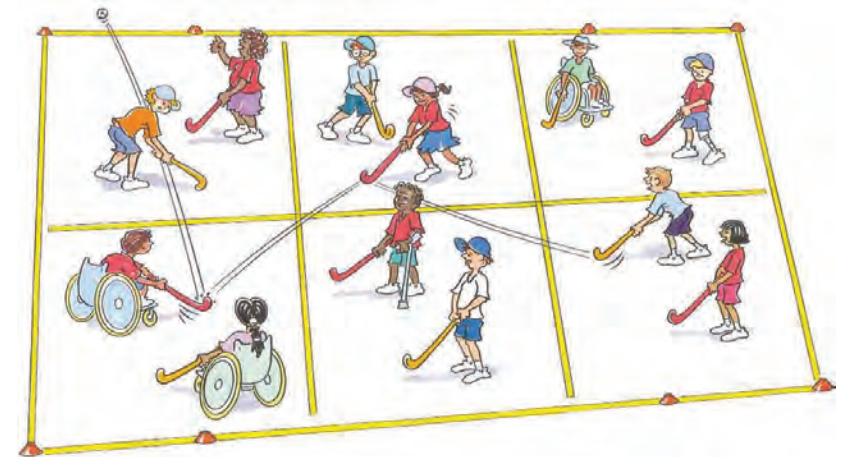
What you need

- Suitable indoor or outdoor playing area
- Markers or cones
- Hockey sticks or equivalent
- Airflow/whiffle balls or alternative balls



What to do

- Divide playing area into 6 squares.
- Place a set of goals in each corner.
- Each square should include one attacker and one defender.
- Players must remain in their square.
- Aim is for players to pass the ball through the zones to score at either end.



Alternative Balls



Curriculum links

ACMP061, ACMP063, ACMP080, ACMP082

F-2

3-4

5-6

7-8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style



- Encourage players to strike the ball in different ways, for example hard or soft.
- Emphasise looking ahead as they move so they can see other players.
- Encourage communication with team mates to indicate where they want to hit or receive the ball.

Rules



- Match players with similar abilities in each zone.
- Adopt a non-tackle rule until skill level increases.
- Change positions after 3 goals and rotate pairs into the next zone.
- Control the ball before passing or shooting. As skills improve, introduce 'single touch' play.
- Play to an agreed number of goals or set a time limit.

Equipment



- Experiment with the size and weight of the ball to increase or decrease the speed of the game. A smaller, harder ball will increase difficulty.
- Bean bags may assist initially while skills develop.

Environment



- To make the game easier:
 - increase space between players
 - increase the size of the zone.

Safety



- Sticks must not be raised above waist height.
- Players must not play at any ball with the stick held above shoulder height.
- Ball cannot be hit or bounced above the knees.

Ask the players



- What did you do to maintain possession of the ball?
- What shots were most effective when trying to maintain possession?
- How did you work as a team to maintain possession?
- What strategies did you use as a team to set up goal scoring opportunities?