



SPORTS ABILITY Hockey

Zone Hockey

Zone hockey is an indoor court game that integrates ambulant and mobility-impaired players.



Learning Intention

To practice and refine passing, shooting and defensive skills in game situations.



Skill Focus

Defending, shot placement, striking.



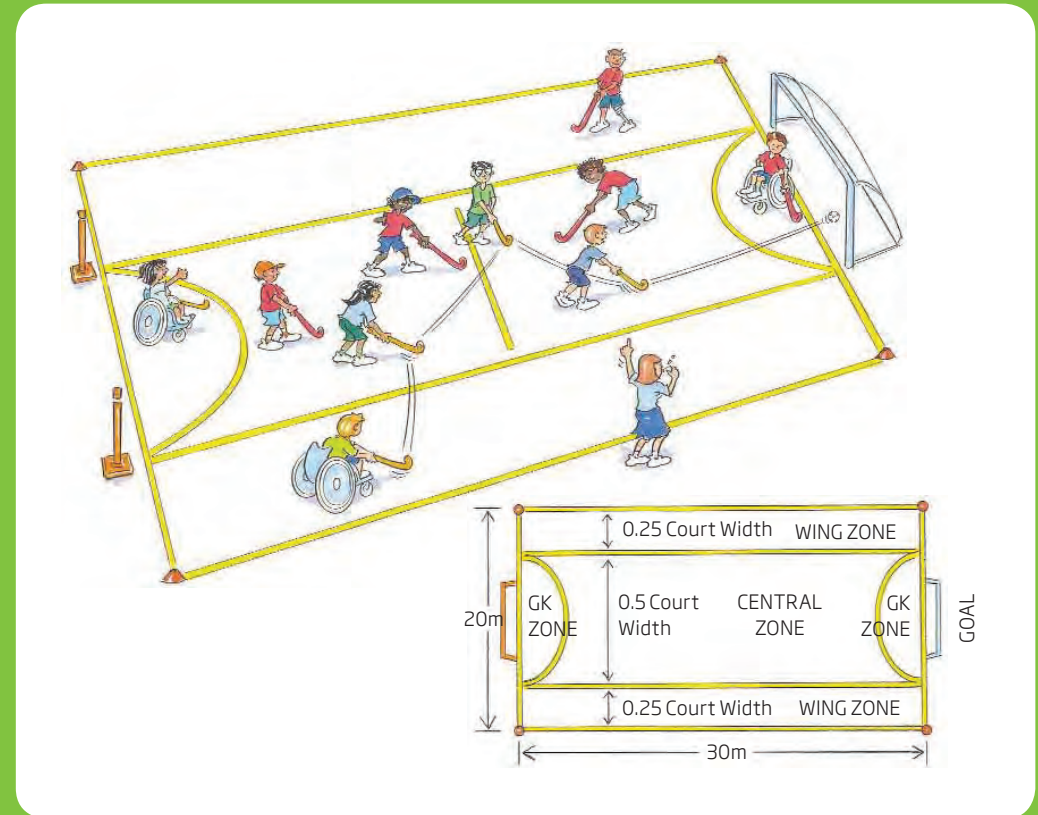
What you need

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



What to do

- Playing area is divided into 3 length way zones with 2 goal areas.
- Use the cones or tape to mark out the zones. Central zone should represent 50% and wing areas 25% each.
- Divide players into two teams of 5-6 players, each allocated a specific zone.
- Players should be matched by ability in each zone and must remain in their zones:
 - 1 player per wing zone
 - 2 or 3 players in the central zone
 - 1 player as goalkeeper.
- A free hit is awarded for entering another zone, reaching across another zone or raising the stick above waist height. Opposition players must be 2m away from place of free hit.
- No player other than a goalkeeper may enter their goal circle.
- Players must not kick the ball.





Teaching Style · Rules · Equipment · Environment

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

Teaching style



- Encourage using short and long passes to move the ball down the court.
- Encourage calling for the ball and to indicate where they are moving to receive the ball.
- Instruct passers to place the ball in front of the receiver so the receiving player can run onto the ball and continue playing the ball forward.

Rules



- A free hit is not awarded if the ball simply hits a player's foot, wheelchair structure or walking aid. It is awarded only if the incident causes a break in play, disadvantage or stops a goal.
- Add a rule that everyone needs to touch the ball before a goal can be scored.
- As skills develop add a defender in each wing zone to increase the challenge.

Equipment



- Use a bigger, heavier ball to slow the game down.

Environment



- Change the zone sizes depending on number of players.
- Change the length of the field depending on player abilities.

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.
- Goalkeepers should be encouraged to wear a face mask, hand protectors and knee protectors.

Ask the players



- How did you move the ball between team mates within zones/in other zones?
- What passes were effective in beating opponents in other zones?
- Where should you aim your passes so that your team mates can run onto to it?
- How did you work as a team to set up scoring opportunities?