

"HOW TO PLAY JUNIOR HOCKEY"

Junior Hockey Field Positions

By

Neil Shearer

I acknowledge Hockey WA who wrote the original article on "How To Play Hockey", with their "Playing Positions" and "Positions Summary". I have updated this document to reflect my thoughts on how the game should be played today.

You believe it

You dream it

You will achieve it *Neil Shearer*

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Ipswich Hockey

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MEET THE TEAM

Your hockey team is made up of four main groups of players. They are:

Strikers:

Left Wing - Centre Forward - Right Wing

Mid-fielders:

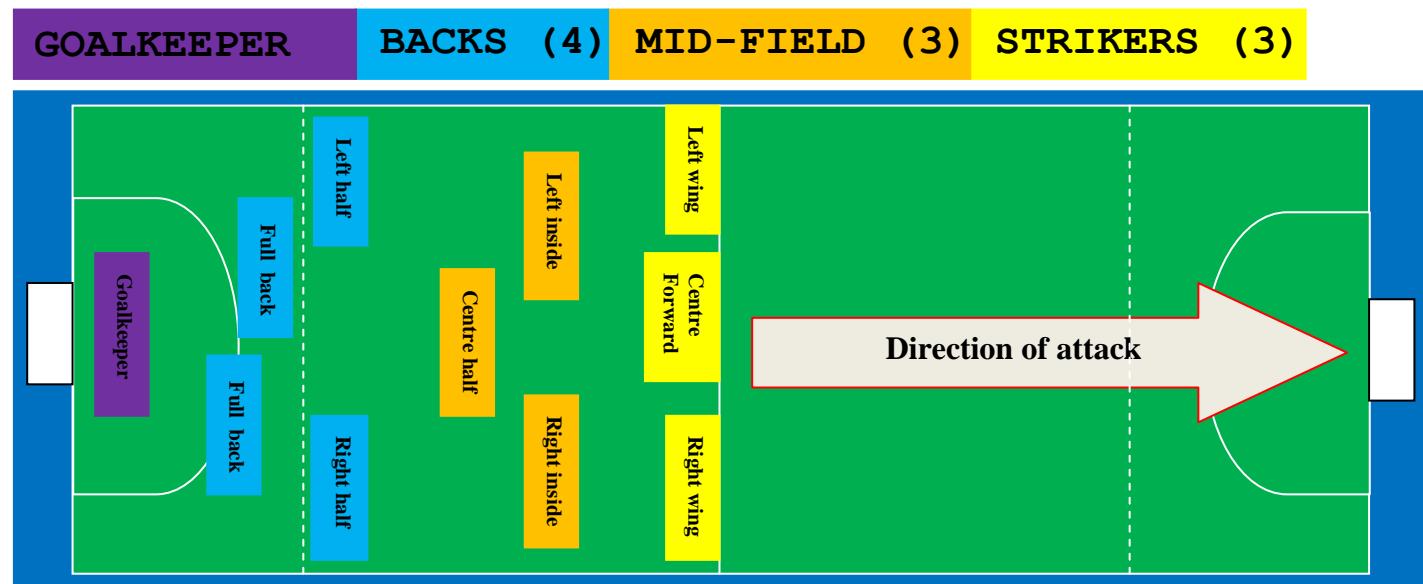
Left inside - Centre Half - Right inside

Backs:

Left Half - Fullback - Fullback - Right Half

Goalkeeper:

At the start of the game this is how they are arranged on the field:



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MAIN JOB OF THE TEAM

The STRIKERS main job is to work together to score goals and hassle the opposition backs.

The MID-FIELDERS main job is to provide a link between your Strikers and Backs. They are required to help the Backs in defence and support your Strikers by backing them up when moving into attack.

The BACKS main job is to stop the other teams Strikers and Mid-fielders from scoring goals. There are two defensive styles Fullbacks play. 1st style: "Up Fullback" & "Deep Fullback" 2nd style: "Left Fullback" & "Right Fullback". Both Fullbacks always back each other up and pass the ball to the Halfbacks, Mid-field and Strikers. Backs support their Mid-fielders when moving into attack.

The main job of the Goalkeeper is to stop goals from being scored and talking to their backs.

The following pages outline each position on the hockey field and what each position has to do to perform at their best.

Please read and learn all of them.

Study the diagrams on the following pages carefully, get to know your position, your team-mates position and understand the main duties of each.

Remember when each player on your team starts to play their positions correctly; your team will be superior and harder to beat. Plus you and all the players will enjoy the game a lot more.

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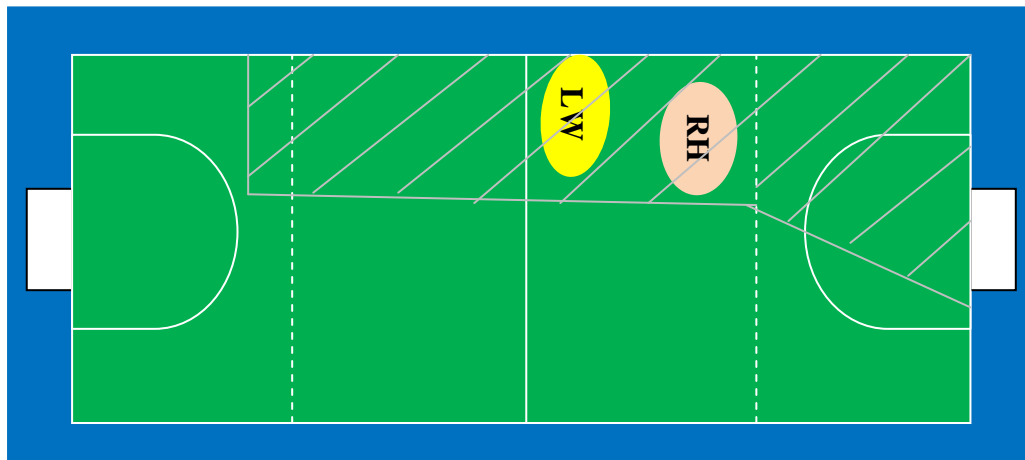
LEFT WING - LW

Left Wing Duties:

1. Stay on your wing as much as possible.
2. Help your Centre forward, Right wing, Left Inside, and Left Half.
Remain free to receive passes and assist in defending.
3. Dribble the ball down the wing and pass the ball to your team mates.
4. Take part in attacking penalty corners.
5. Score goals.

Left Wing Opponent:

It is your responsibility to watch the other teams Right Half (RH)



Left Wing Zone

Direction of attack

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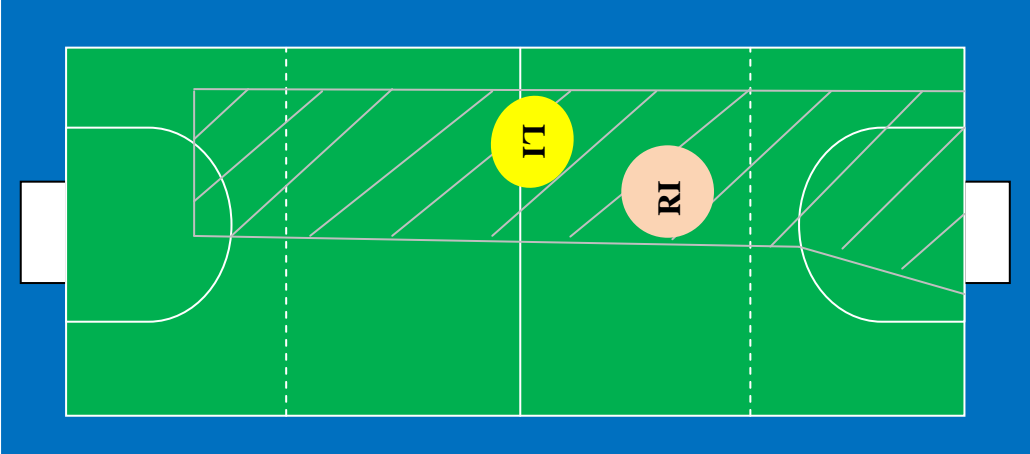
LEFT INSIDE - LI

Left Inside Duties:

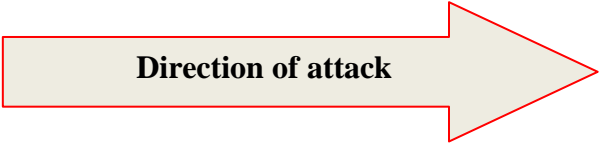
- 1. Stay in your position as much as possible.
- 2. Help your Left wing, Centre forward, Centre half and Right inside in attack and defence.
- 3. Help your Left Half and Left Fullback when defending.
- 4. Take part in attacking penalty corners.
- 5. Score goals.

Left Inside Opponent:

It is your responsibility to watch the other teams Right inside (RI) Position opposition RI to your left side when defending



Left Inside Zone



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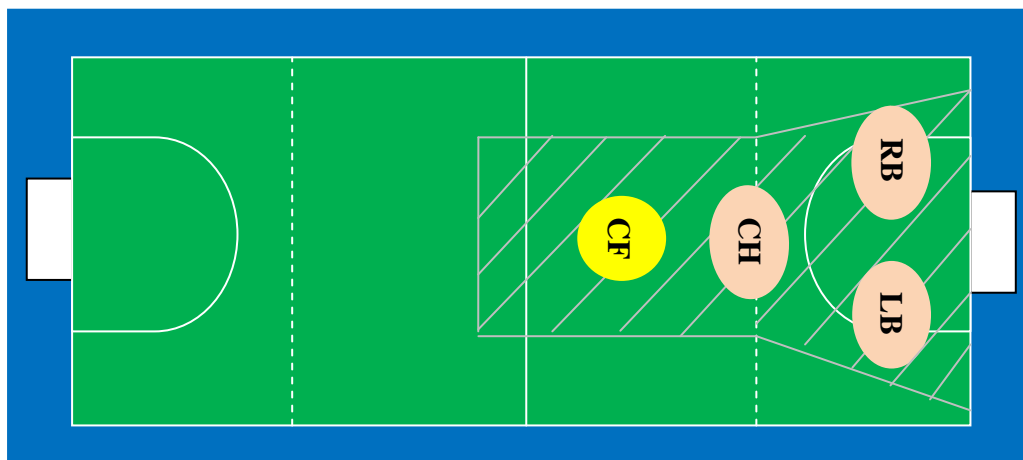
CENTRE FORWARD – CF

Centre Forward Duties:

1. Stay in your position. You are the team's main goal scorer and you should be in a position to score and create goals as much as possible.
2. Work with the Insides and your Strikers by passing the ball, dribbling and running hard.
3. Take part in attacking penalty corners.
4. Score goals.

Centre Forward Opponents:

One of your responsibilities is to deny the other teams Centre Half (CH) the ball when defending in your attacking half of the field. The other responsibility is to hassle both opposition Fullbacks when they have the ball; your Centre Half will mark their CH when this occurs



Centre Forward Zone

Direction of attack

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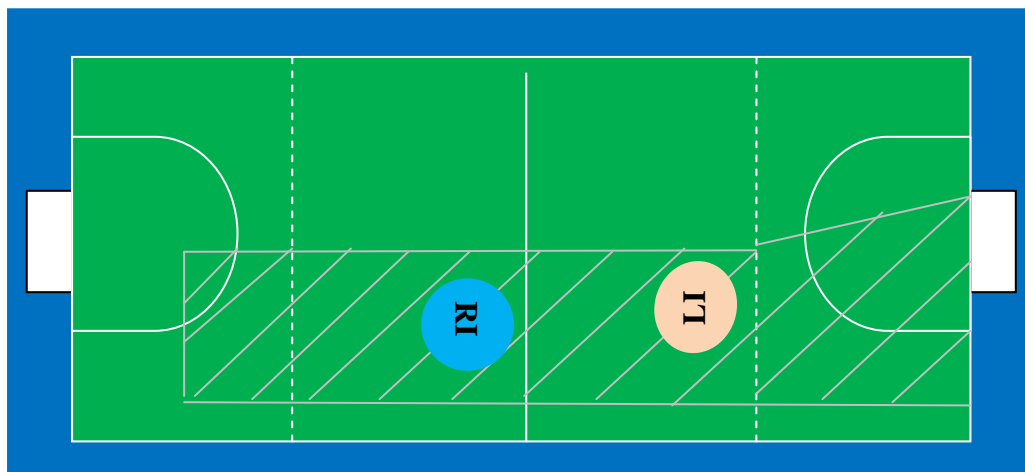
RIGHT INSIDE - RI

Right Inside Duties:

1. Stay in your position as much as possible.
2. Help your Right Wing, Centre Forward, Centre Half and Left inside in attack and defence.
3. Help your Right Half and Right Fullback when defending.
4. Take part in attacking penalty corners.
5. Score goals.

Right Inside Opponent:

It is your responsibility to watch the other teams Left inside (LI) Position opposition LI to your Right side when defending



Right Inside Zone

Direction of attack

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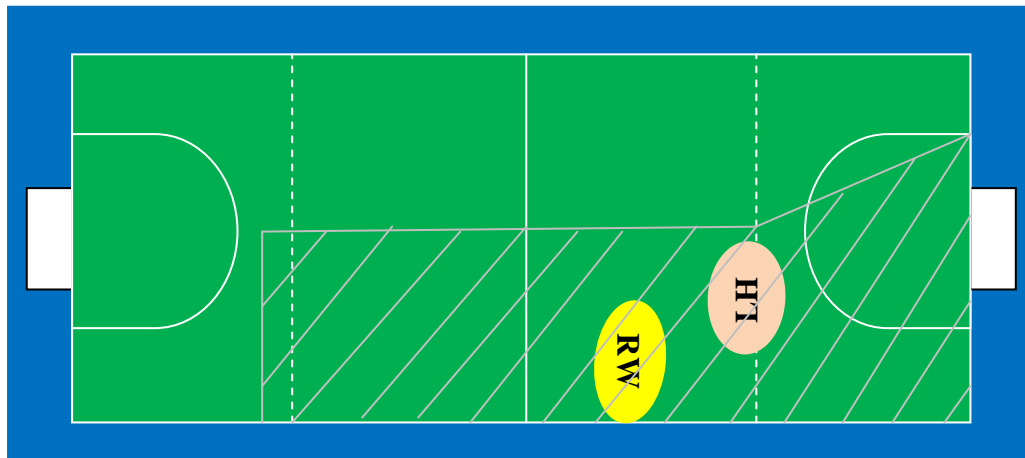
RIGHT WING - RW

Right Wing Duties:

1. Stay on your wing as much as possible.
2. Help your Centre forward, Left wing, Right inside, and Right Half. Stay free to receive passes and assist in defending.
3. Dribble the ball down the wing and pass the ball to your team mates.
4. Take part in attacking penalty corners.
5. Score goals.

Right Wing Opponent:

It is your responsibility to watch the other teams Left Half (LH)



Right Wing Zone

Direction of attack

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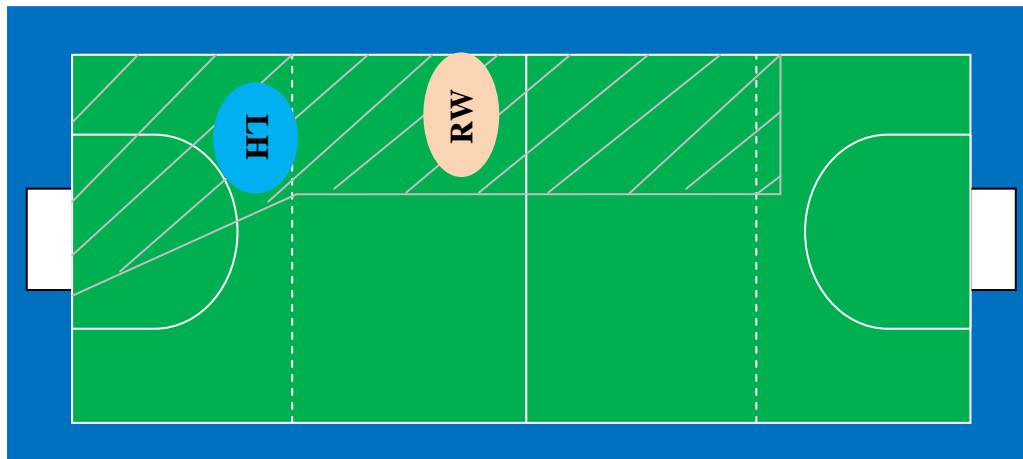
LEFT HALF - LH

Left Half Duties:

1. Stay in your position as much as possible.
2. Pass the ball to your Mid-field and Strikers to set up attacking moves then follow and support them up field.
3. Help your Left Fullback in defence.
4. Take "hit-ins / free hits" along the left side of the field.
5. Defend penalty corners.

Left Half Opponent:

It is your responsibility to watch the other teams Right Wing (RW) Position opposition RW to your left side when defending



Left Half Zone

Direction of attack

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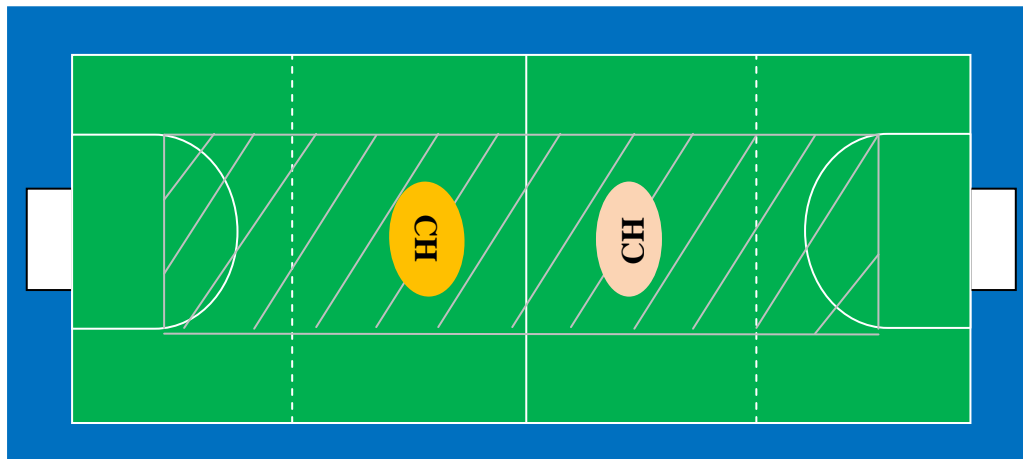
CENTRE HALF – CH

Centre Half Duties:

1. Stay in your position as much as possible.
2. Pass the ball to your Insides and Strikers to set up attacking moves then follow and support them up field.
3. Help both Fullbacks and Halfbacks in defence.
4. Take "free hits" in the midfield area.
5. Take part in both attacking and defending penalty corners.

Centre Half Opponent:

It is your responsibility to watch the other teams Centre Half (CH)



Centre Half Zone

Direction of attack

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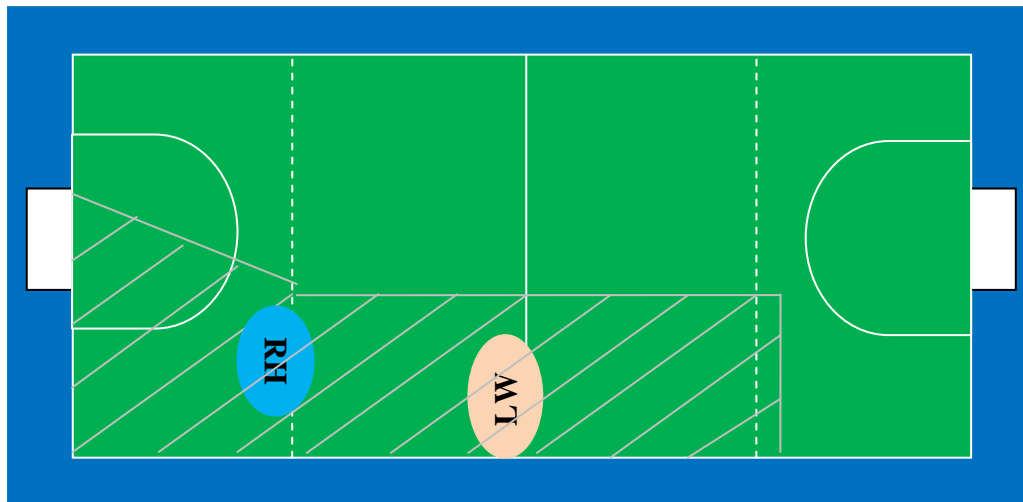
RIGHT HALF - RH

Right Half Duties:

1. Stay in your position as much as possible.
2. Pass the ball to your Mid-field and Strikers to set up attacking moves then follow and support them up field - overlap.
3. Help your Right Fullback in defence.
4. Take "hit-ins / free hits" along the right side of the field.
5. Defend penalty corners.

Right Half Opponent:

It is your responsibility to watch the other teams Left Wing (LW) Position opposition LW to your Right side when defending



Right Half Zone

Direction of attack

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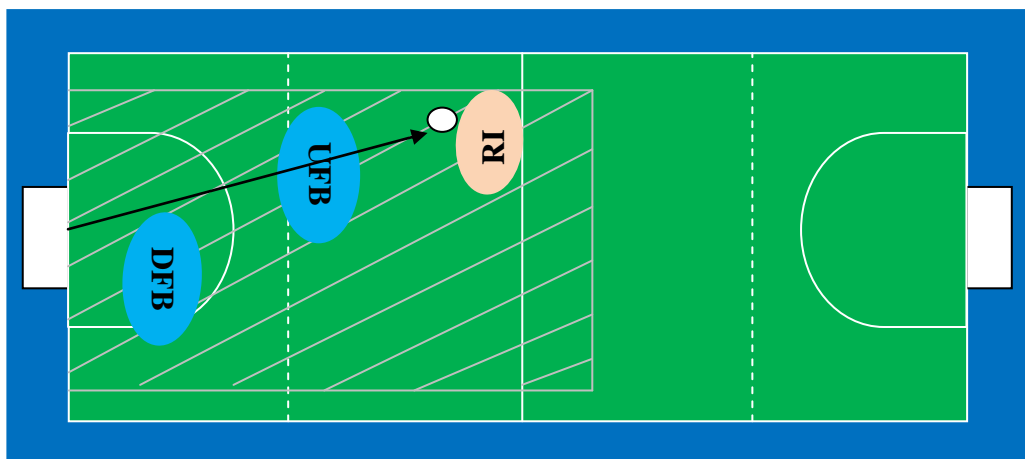
UP FULLBACK - UFB

Fullback Duties:

1. Stay in your position as much as possible.
2. Clear passes to your Halfbacks and Mid-fielders.
3. "Sweep up" behind your Mid-fielders and be in a direct line from ball to goal. Back up the Deep Fullback when required and stop your opponents Strikers shooting at goal.
4. Take 16 yard hits.
5. Take "free hits" in your defensive half.
6. Defend penalty corners.

Fullback Opponent:

Your defensive responsibility is to "sweep" (approx 10m) behind your Mid-fielders - not directly marking any opposition player. (Position: direct line from ball to goal = *HOTLINE*).



Up Fullback Zone

Direction of attack

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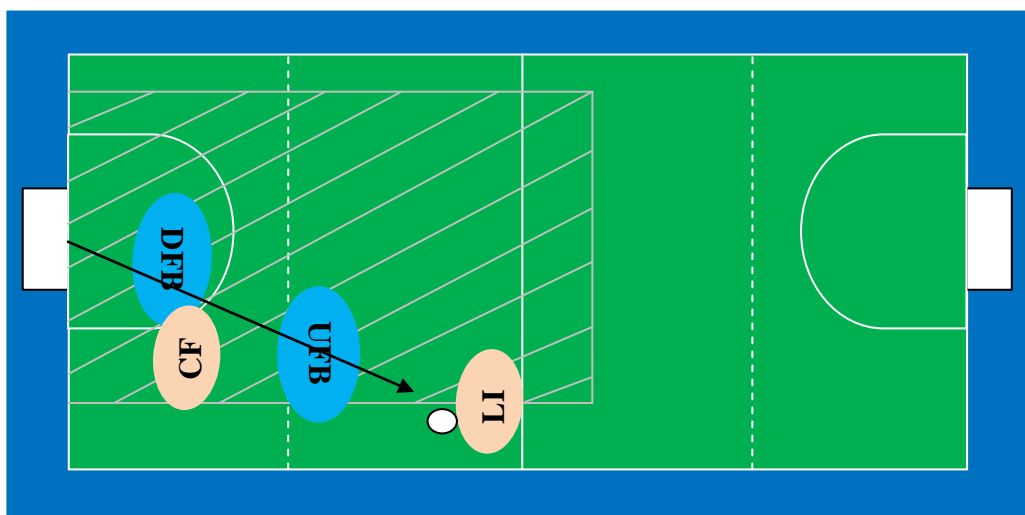
DEEP FULLBACK - DFB

Fullback Duties:

1. Stay in your position as much as possible.
2. Clear passes to your Halfbacks and Mid-fielders.
3. Back up the Up Fullback and stop your opponents Strikers shooting at goal.
4. Take 16 yard hits.
5. Take "free hits" in your defensive half.
6. Defend penalty corners.

Fullback Opponent:

Your responsibility is to mark the other teams Centre Forward and call your Up Fullback into position. Remember: The *HOTLINE* Rule
Position opposition CF towards the closet sideline when defending



Deep Fullback Zone

Direction of attack

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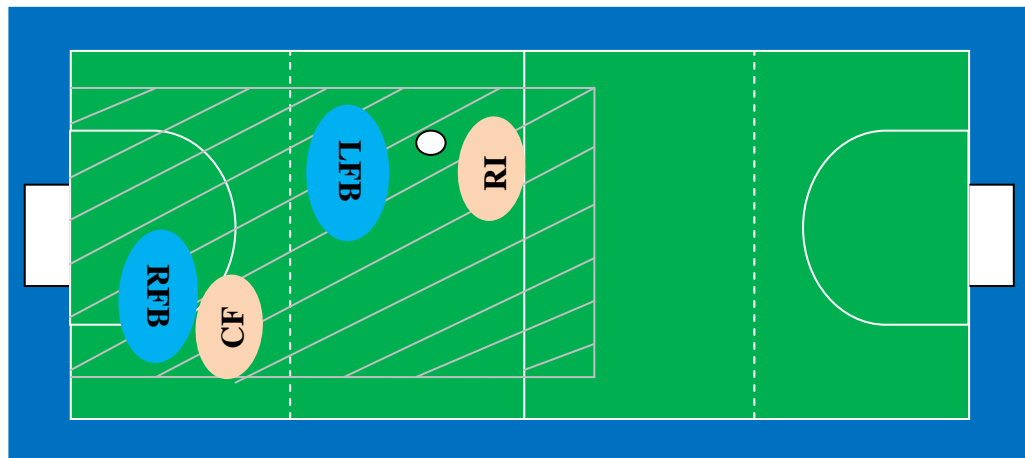
Left Fullback - LFB

Left Fullback Duties:

1. When the ball is on your left side the LFB is up and the RFB is backing up and marks the other teams CF.
2. Clear passes to your left Half and Mid-fielders and stop your opponents Strikers and Mid-fielders shooting at goal.
3. Back up the Right Fullback when ball is on the right side and the RFB is up
4. Take left side 16 yard hits.
5. Take "free hits" on the left side.
6. Defend penalty corners.

Left Fullback Opponents:

It is your responsibility to communicate with your Right Fullback to know who is marking the other teams Centre Forward (CF). Also, you may be required to mark the other teams Right inside in your defensive circle.



Left Fullback Zone

Direction of attack

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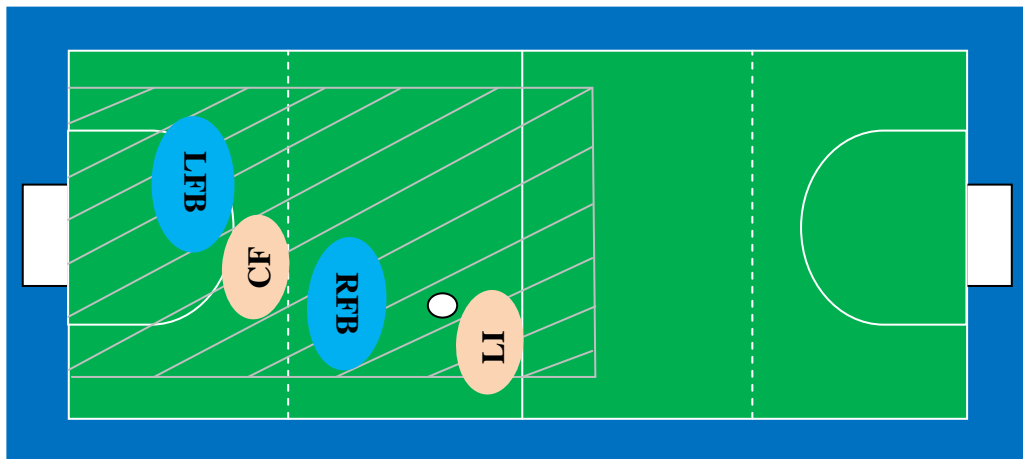
Right Fullback - RFB

Right Fullback Duties:

1. When the ball is on your Right side the RFB is up and the LFB is backing up and marks the other teams CF.
2. Clear passes to your Right Half and Mid-fielders and stop your opponents Strikers and Mid-fielders shooting at goal.
3. Back up the Left Fullback when ball is on the left side and the LFB is up
4. Take right side 16 yard hits.
5. Take "free hits" on the right side.
6. Defend penalty corners.

Right Fullback Opponents:

It is your responsibility to communicate with your Left Fullback to know who is marking the other teams Centre Forward (CF). Also, you may be required to mark the other teams Left inside in your defensive circle.



Right Fullback Zone

Direction of attack

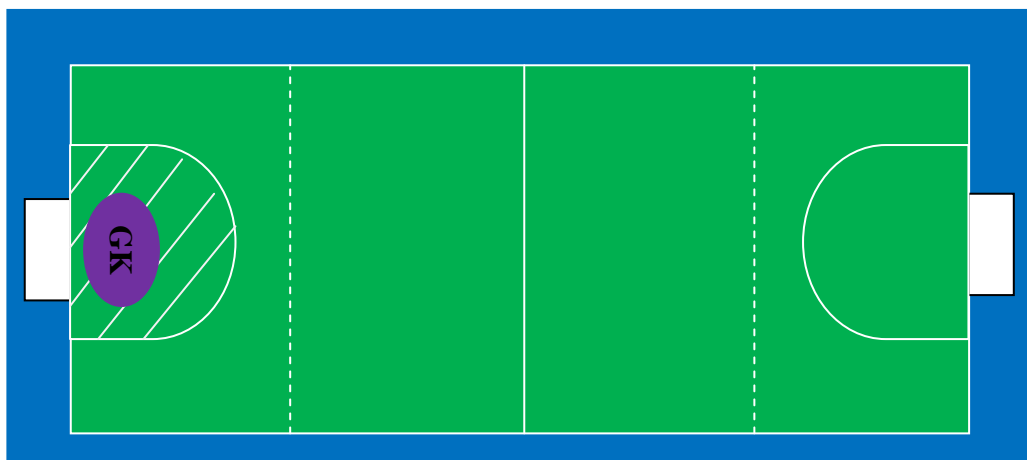
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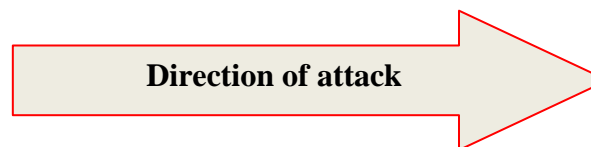
GOAL KEEPER – GK

Goalkeeper Duties:

1. Stay in your defensive circle and be in direct line from goal to the ball.
2. Communicate to your Defenders.
3. Clear the ball towards the sidelines after you make the save.
4. Control the penalty corner defence.



Goal Keeper Zone



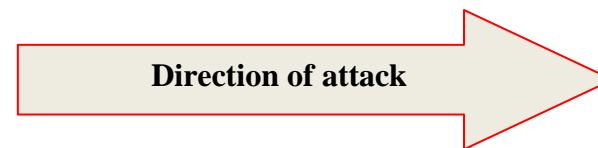
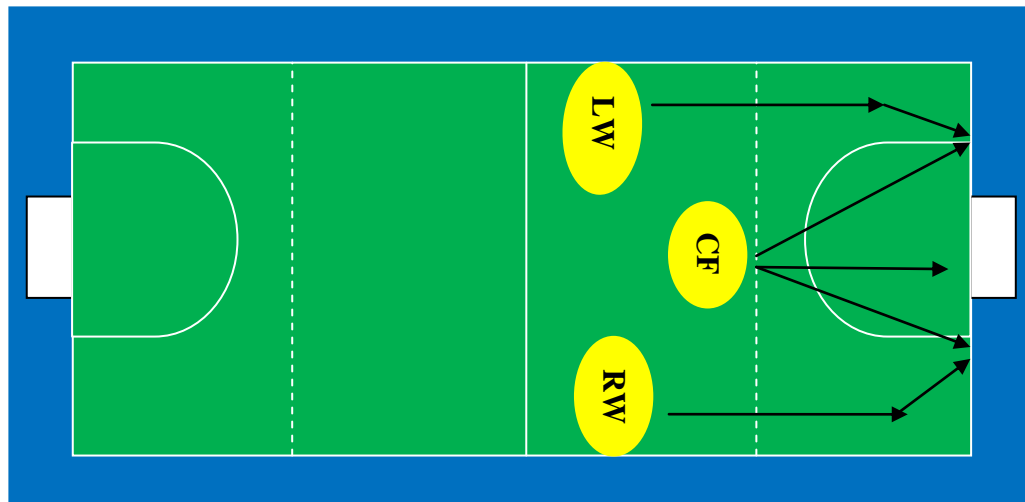
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Position Summary Strikers

It is important the 3 Strikers work together in their zones. It is also important when one of the Strikers has the ball there is an option of a forward pass. It is vital that they all play together, passing and controlling the ball.

One Striker on his own running with the ball will not score a goal. 3 Strikers running together, passing the ball and supporting each other will.

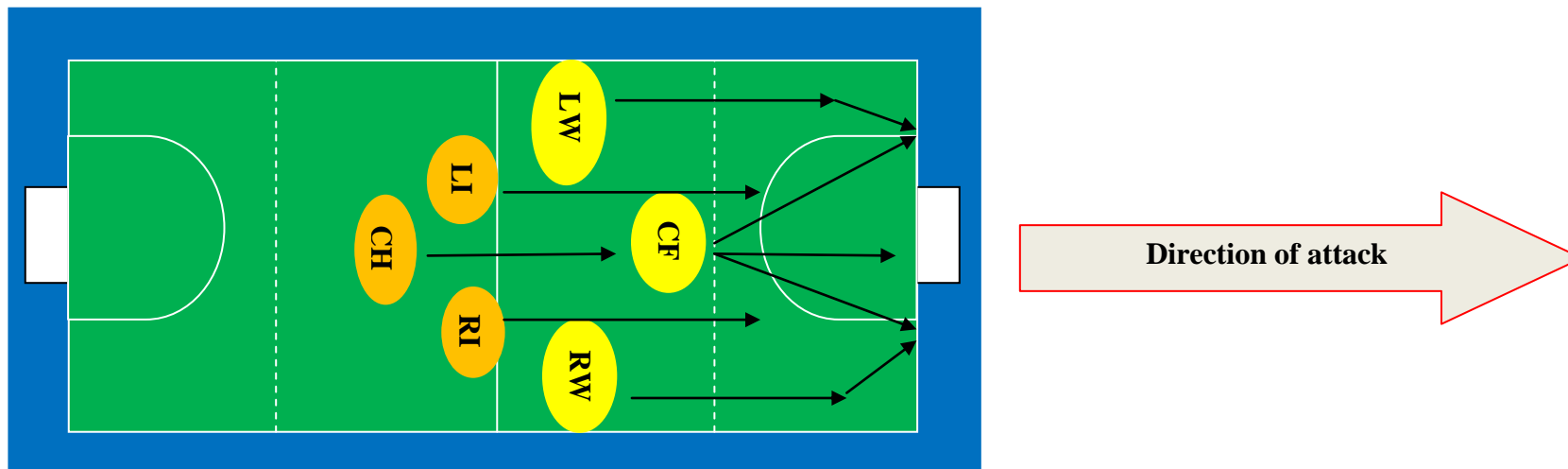
Throughout the season, try to direct the Strikers to play in different layers across the field.



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Position Summary Mid-field

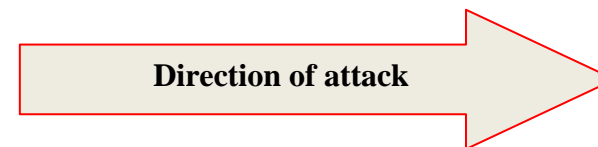
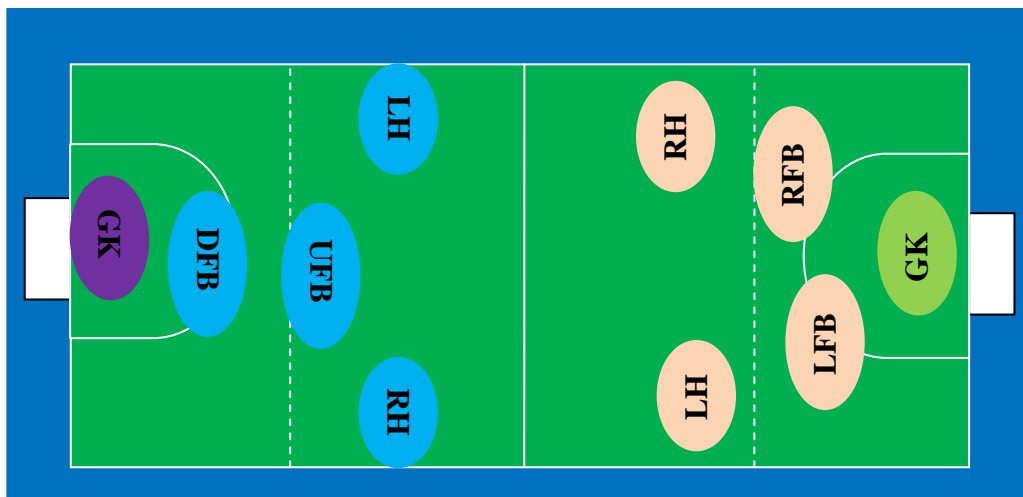
It is imperative the Mid-fielders work together, support the Strikers in attack and support the backs in defence. Mid-field is the teams "engine room", linking all the positions together on the hockey field. If the Mid-field breaks down (not linking together) in attack or defence, your team will find it hard to win the game. As a coach, you do not want to see a big gap between your Mid-field - Strikers and Mid-field - Backs.



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Position Summary Backs & Goalkeeper

It is important that the back 4 work together to prevent goals being scored and be able to move the ball into attack. The Goalkeeper requires the Backs support at all times - not isolated when saving shots on goal. When in defence, you must work hard to mark the opposition players and pass the ball to your Mid-field and Strikers so your team can score goals. While your team has the ball you control the game. Remember, Fullbacks can play two different styles in defence.



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Strikers Tactics:

- Quick in thought- *quick wrist* - quick feet
- Trust your team mates - *be unselfish*
- Have an accurate shot on goal
- Be enthusiastic - *aggressive* - determined
- Tackle back when dispossessed of the ball
- Be prepared to seek the ball, not wait for it to come to you
- Hassel Fullbacks and deny Halfbacks the ball
- Move quickly into attack from defence

Use of space:

- Strive to be in space, not standing directly behind the opposition Backs
- Pass the ball into space nearest to a team member
- Receive the ball going forward
- Place your body between the ball and defender when receiving to going forward
- Right wing and left wing to stay wide as much as possible

■ Awareness of space:

"Knowing if you are in position to receive a pass from your team mate, no matter where you are on the field. And hope he/she can see you in space to pass you the ball" - Neil Shearer

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Mid-field Tactics:

- Quick in thought- *quick wrist* - quick feet
- Trust your team mates - *be unselfish*
- Have an accurate shot on goal
- Be enthusiastic - *aggressive* - determined
- Tackle back when dispossessed of the ball
- Be prepared to seek the ball, not wait for it to come to you
- Move quickly into attack from defence
- Turn and chase back quickly in defence if your attack fails & to keep within reach of a pass from your defenders

Use of space:

- Strive to be in space, not standing directly behind the opposition Mid-fielders
- Pass the ball into space nearest to a team member
- Receive going forward or lead back and turn onto the defenders backstick side
- Place your body between the ball and defender when receiving

■ Awareness of space:

"Knowing if you are in position to receive a pass from your team mate, no matter where you are on the field. And hope he/she can see you in space to pass you the ball" - Neil Shearer

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Backs Tactics:

- Know where your opponent is at all times
- Always follow and support your Mid-field when moving into attack
- When supporting in attack: Backs on ball side is up in support, Backs on the help side (opposite to ball side) is back "swing defence"
- Be prepared to swing behind a fellow Back to add cover - "swing defence"
- Go forward to meet the opposition attackers on your side of the field "*side-on & channel*" *opposition player towards the side-lines*
- Swing back to cover defend when play is on the other side of the field
- A 16 yard hit or free hit should be an attempt to start an attacking move, not turning it over (giving it back to the opposition)
- Be reliable - *determined* - alert
- Each back is responsible for their own defending role
- Fullbacks in attack: play across the width of the field to help transfer the ball

DISCLAIMER Depending on your Fullbacks communication skills and how the opposition Centre Forward plays = how Fullbacks set-up in defence.

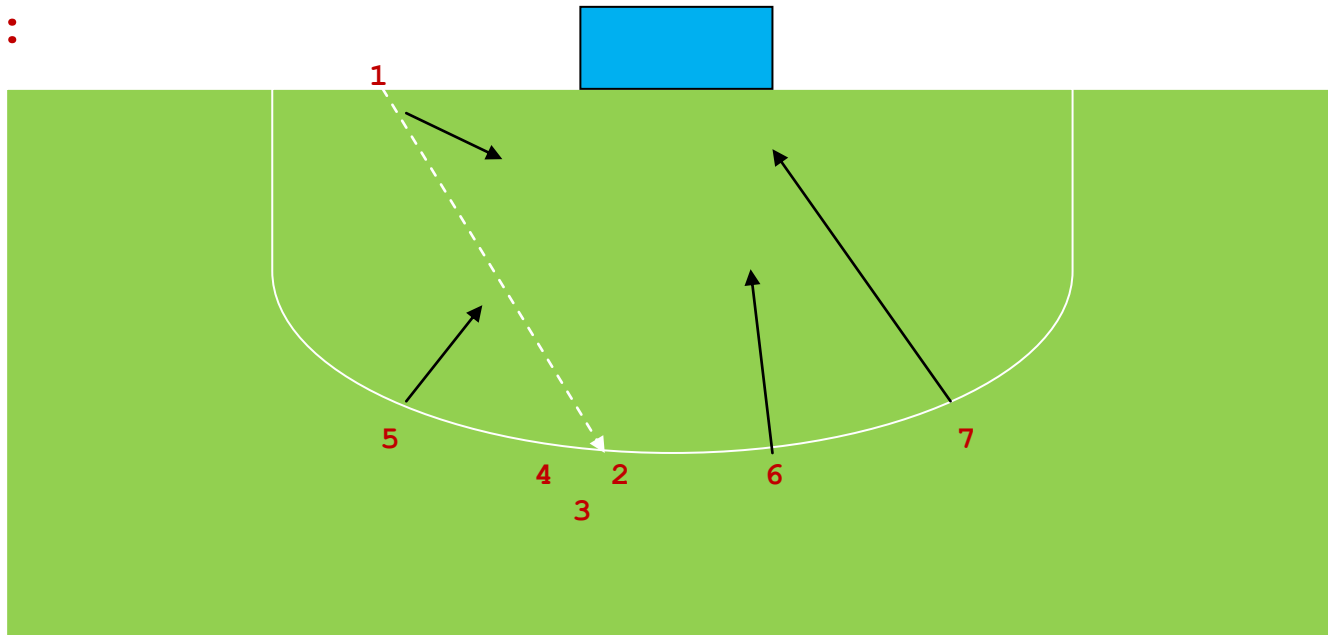
Goalkeeper Tactics:

- "You" own the circle - No goals against
- Call Backs into position with a demanding voice
- Be as big in the goal box as you can

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Penalty Corners:

Attack:

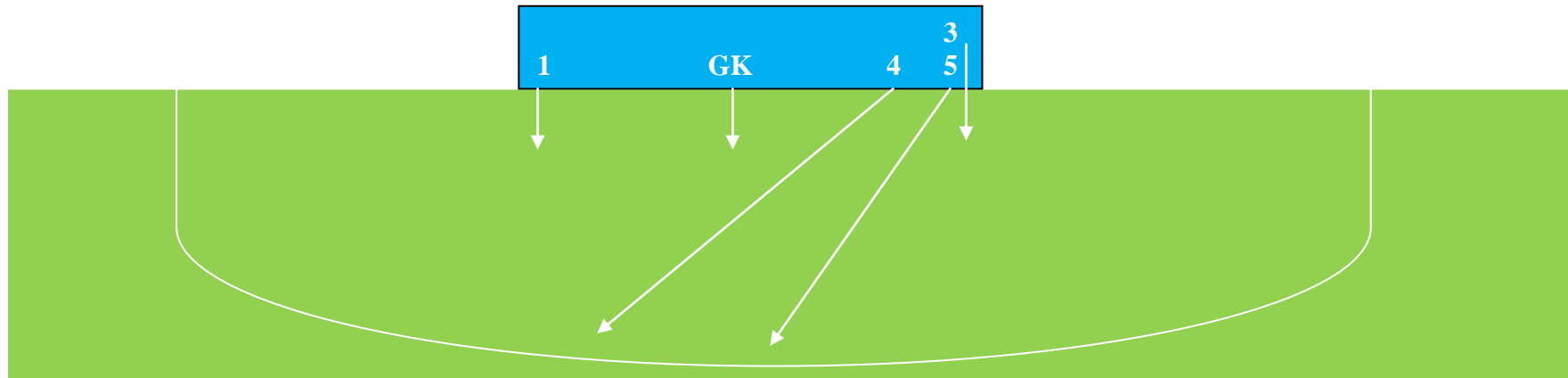


1. Injector
2. Stick-trapper
3. Hit or drag flick
4. Hitter
5. L1
6. R1
7. R2

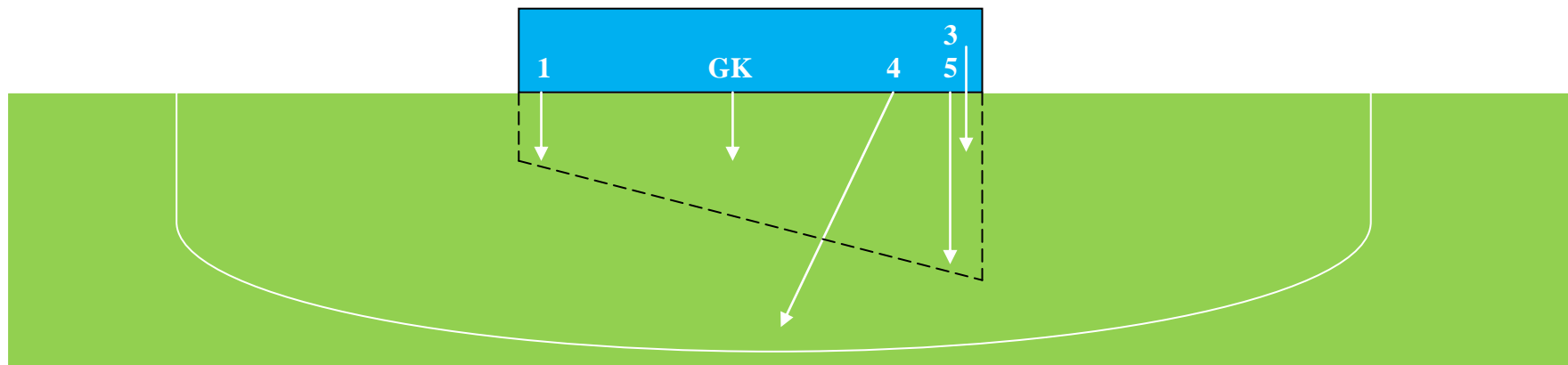
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Penalty Corners:

Defence: 2 & 2



Defence: 1 & 3



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Players

Code of Behaviour

- Play by the rules - Never argue with an official - If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper Verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performances will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please your parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

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Parents

Code of Behaviour

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

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Coaches

Code of Behaviour

- Remember that young people participate for pleasure, and winning is only part of the fun.
- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented players; the 'just average' need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Show concern and caution towards sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

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Teachers

Code of Behaviour

- Encourage young people to develop basic skills in a variety of sports and discourage overspecialisation in one event, sport or playing position.
- Create opportunities to teach appropriate sports behaviour as well as basic skills.
- Give priority to free play activities, skill learning and modified sports over highly structured competition for primary school children.
- Prepare young people for intra and interschool competition by teaching the basic sport skills.
- Make young people aware of the positive benefits of participation in sporting activities.
- Keep up to date with coaching practices and the principles of physical growth and development. Read and use the latest coaching and teaching resources for junior sport.
- Help young people understand the differences between the junior competition they participate in and professional sport.
- Help young people understand that playing by the rules is their responsibility.
- Give all young people equal opportunities to participate in administration, coaching and refereeing as well as playing.
- Support implementation of the National Junior Sport Policy.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

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A 'fair go' for young Australians:

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the game is played and the manner in which our sportsmen and sportswomen conduct themselves. Unfortunately, some people fail to live up to the traditional values of sport. Worse still, young people can be influenced and the rest of their sporting lives coloured by these experiences. These Codes of Behaviour identify a series of key principles on which young players, parents, coaches, and teachers should base their sporting involvement. If adopted, the Codes will ensure that young people develop good sporting behaviours and have an enjoyable experience of sport, which will encourage them to remain involved throughout their lives.

The Codes of Behaviour:

Young people involved in sport have a right to participate in a safe and supportive environment. Australians are sport mad. We love our sport; however, this can at times create unpleasant situations. Over-zealous parents, boisterous spectators, opinionated players and quick-tempered coaches may need to be reminded of appropriate behaviour when involved with junior sport. The Australian Sports Commission has developed the codes of Behaviour to remind and encourage all Australians involved in junior sport to support and nurture all our young players. The Codes of Behaviour provide the basis for fair play for young people and encourage fun, friends and safe environments. We hope that they will be endorsed and adopted by all.

For further information on junior sport contact:

National Junior Sport
Australian Sports Commission
PO Box 176
BELCONNEN ACT 2616
Fax: (02) 6214 1224
Email: junior@ausport.gov.au
Web site: www.ausport.gov.au/junior

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