



- > Up to four players should start in the D
- > The game starts when a ball is fed into the area
- > The players are working on their own and are trying to score a goal. They can tackle each other in an attempt to gain possession of the ball and shoot at goal
- > Players will score a point for a goal scored
- > If the ball leaves the playing area a new ball is fed straight in to keep the game going
- > Play for a set period of time and see who scores the most points, swap the feeder and continue to play
- > See if players can beat their previous score

## CHANGE IT

- > Rather than playing on their own create teams or pairs to encourage players to work together to score a goal
- > Implement a time limit to score a goal, e.g. 10 seconds, a goal in this time is worth two points, this should encourage players to be direct and take more shots at goal
- > When feeding in a ball state that it is worth more points if a team scores a goal, e.g. 5 points, this can be for both teams or one in particular if they are not being as successful
- > If a team is not being as successful give them an extra player so they have an 'overload'
- > If a team is being more successful make it more challenging by limiting the amount of touches each player can have; for example 3 touches
- > Offer points for shots on target and extra points for a goal to reward effort as well as than success and encourage more shots on goal
- > Add in more than one goal for each team to score in; for example the central goal is worth 3 points but the side goals are worth 1 to make the players have to make more decisions about what to do when their receive the ball

## THINGS TO THINK ABOUT

- > Make sure you give the players plenty of breaks to take on water, and give them an opportunity to consider some of the points below
- > What ways can goals be scored? Can you encourage the players to try different techniques to get the ball towards the goal
- > What makes it easier to score? Can the players keep their eyes up so they can see where they are shooting?
- > Does the game have to be played with a goal? Could you have an end zone instead that the players gain points for dribbling the ball into
- > Can you create multiple pitches to make sure everyone has plenty of touches of the ball?
- > Everyone should have lots of chances to practice
- > Don't forget to [CHANGE IT](#)



ENGLAND  
HOCKEY

