



Phase 2: Game play for 3-8 players

Outdoor sports courts can open if facilities meet national government guidelines. Pitches can be divided into 4 zones with a 2m buffer area between zones.



Maintain 2m of social distance unless you are from the same household

Bring your own stick, gum shield, shin pads and water bottle. Do not touch equipment – no one except the coach should touch balls, cones, goals.



Groups of up to 8 from 3 households are allowed to meet. On a pitch these groups can meet in each of the 4 zones.

Ensure hands have been washed for at least 20 seconds (or use hand sanitiser/alcohol gel if washing hands is not possible)



Do not play if you are required to self isolate.

Where possible avoid public transport. No car sharing/pooling. Arrive ready to play – no more than 5 minutes before the start of the session. Don't travel any further than 5 miles.



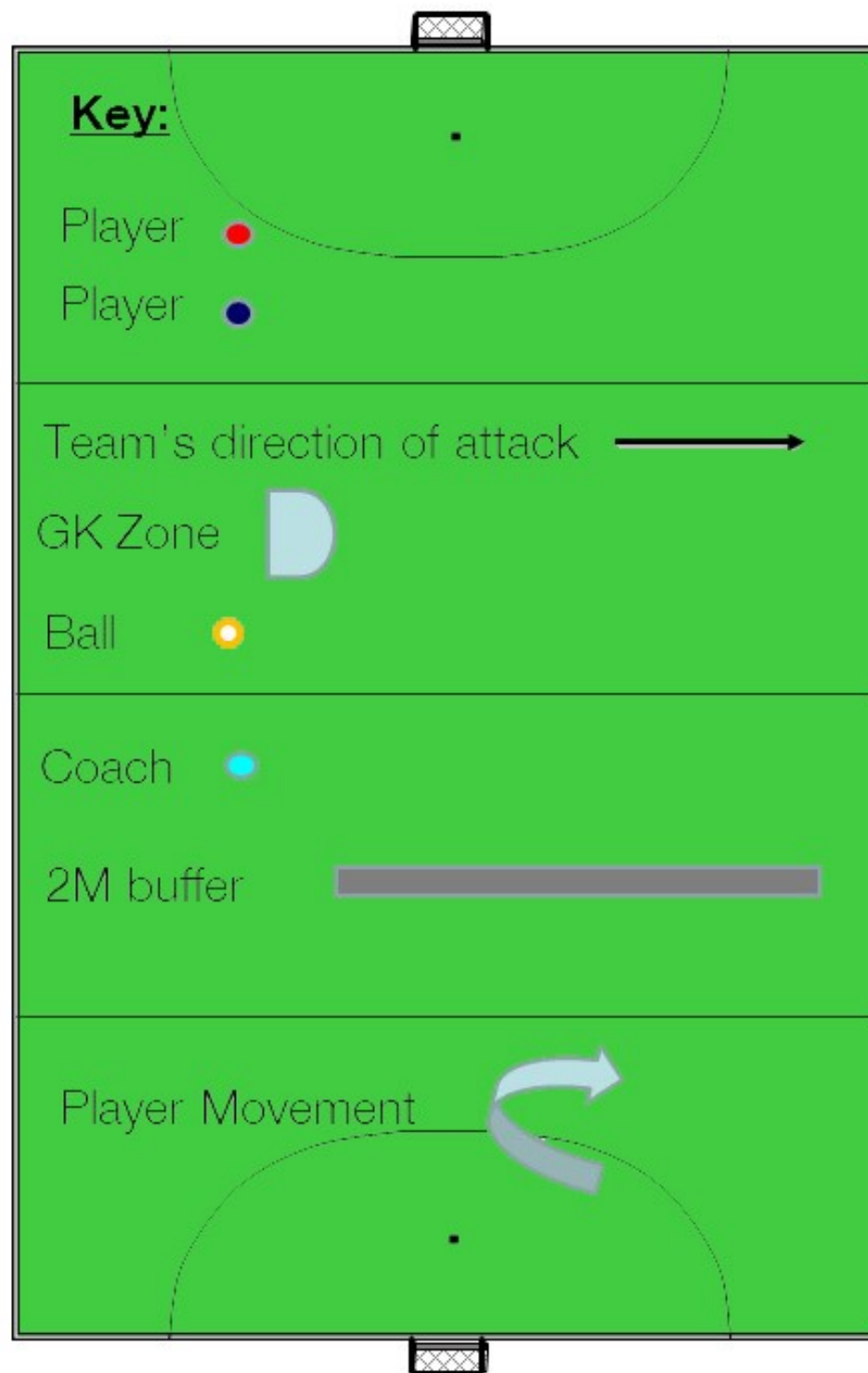
Scottish Hockey guidance

May 2020

Game Play with Player Zones

The following examples of game play feature player zones to keep players 2M apart during the phased return to hockey.

The detail is not to scale and is simply a guide. The diagrams with multiple pitch options do not reflect specific endorsed ratios or numbers on a pitch at any one time although no game features more than 8 players and should be adapted to your needs.



Game 1: Mini pitch – 1/8 pitch

- 2m buffer zones between each player
- 3 players per team. GK zone is a mini D (no outfield players may enter)
- Adaptations: Shorten length of pitch / increase number of lanes / alter shooting criteria / add a time clock for all players

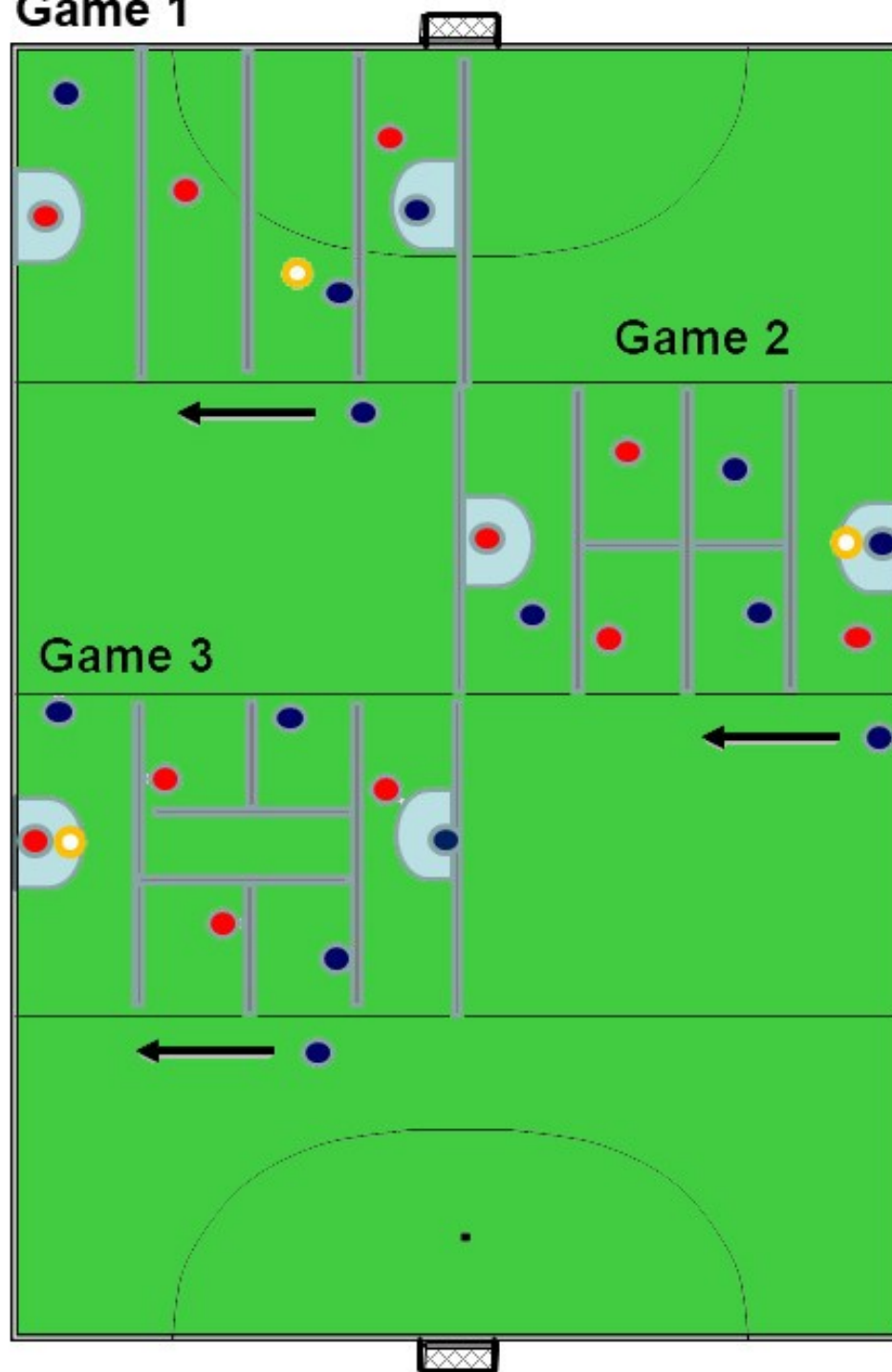
Game 2: Table Hockey - 1/8 Pitch

- Half individual playing area in Game 1
- 4 players per team

Game 3 Mini pitch – 1/8 Pitch

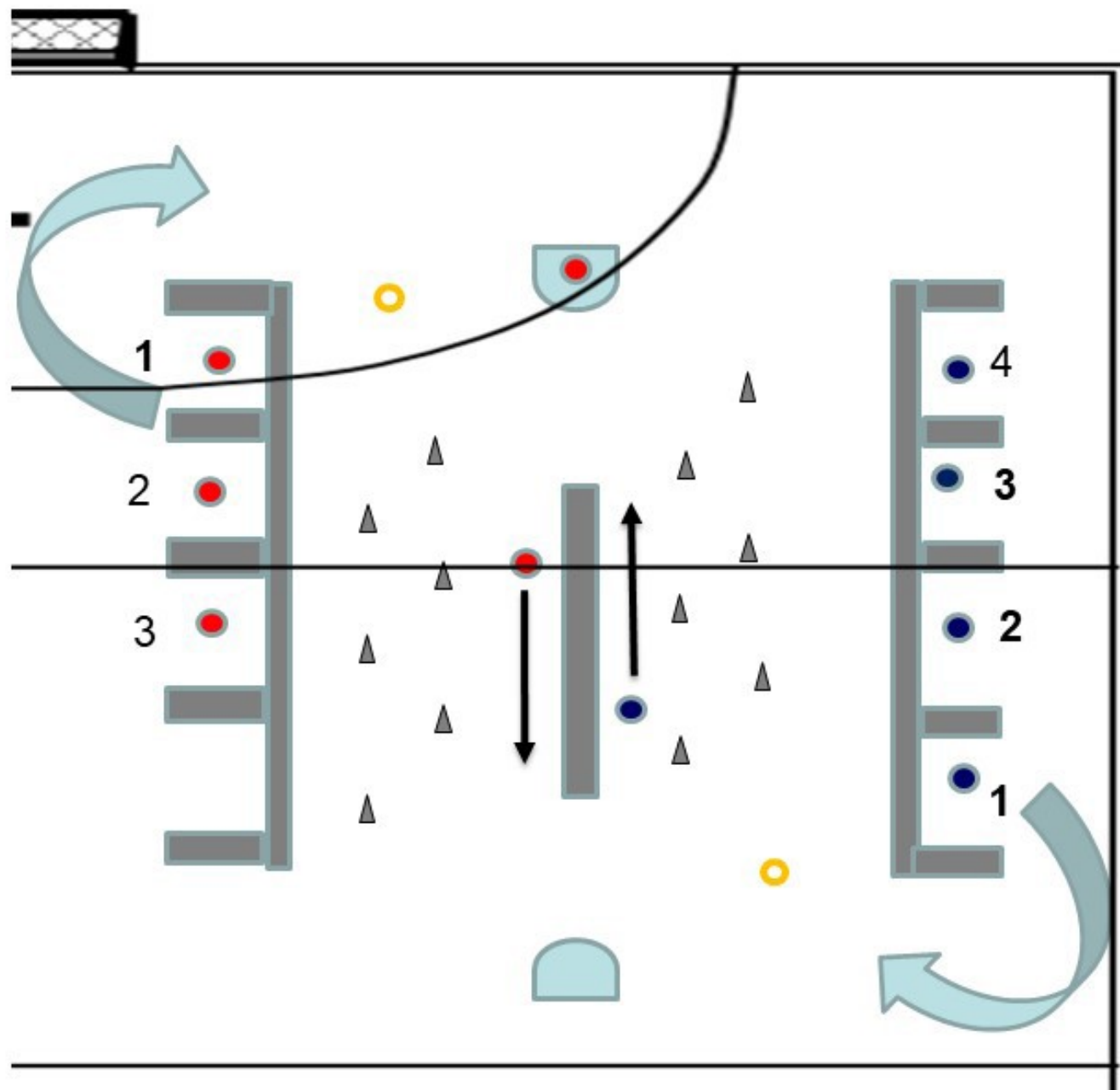
- Rules as previous games with addition of dead zone. No player or ball can pass through.
- 4 players per team with various areas depending on position.
- Adaptations as previous. Allow ball to pass through dead zone; along ground or in the air. Increase / decrease dead zone.

Game 1



Game 4: Number Hockey Challenge

- Number players 1 – 4 so each player has a number. Position them in a zone per diagram.
- Call a single number and both blue/red numbers enter the field by their own baseline.
- They perform a technique in competition with opposition (carrying the ball through cones in this diagram) and finish with a shot.
- Award a point for keeping control of the ball. Bonus point for 1st shot on target. GK gets points for saving the shot.
- Adaptations. Change technique to reflect something individuals or the group want to work on.



Scottish Hockey guidance

Practice in player zones

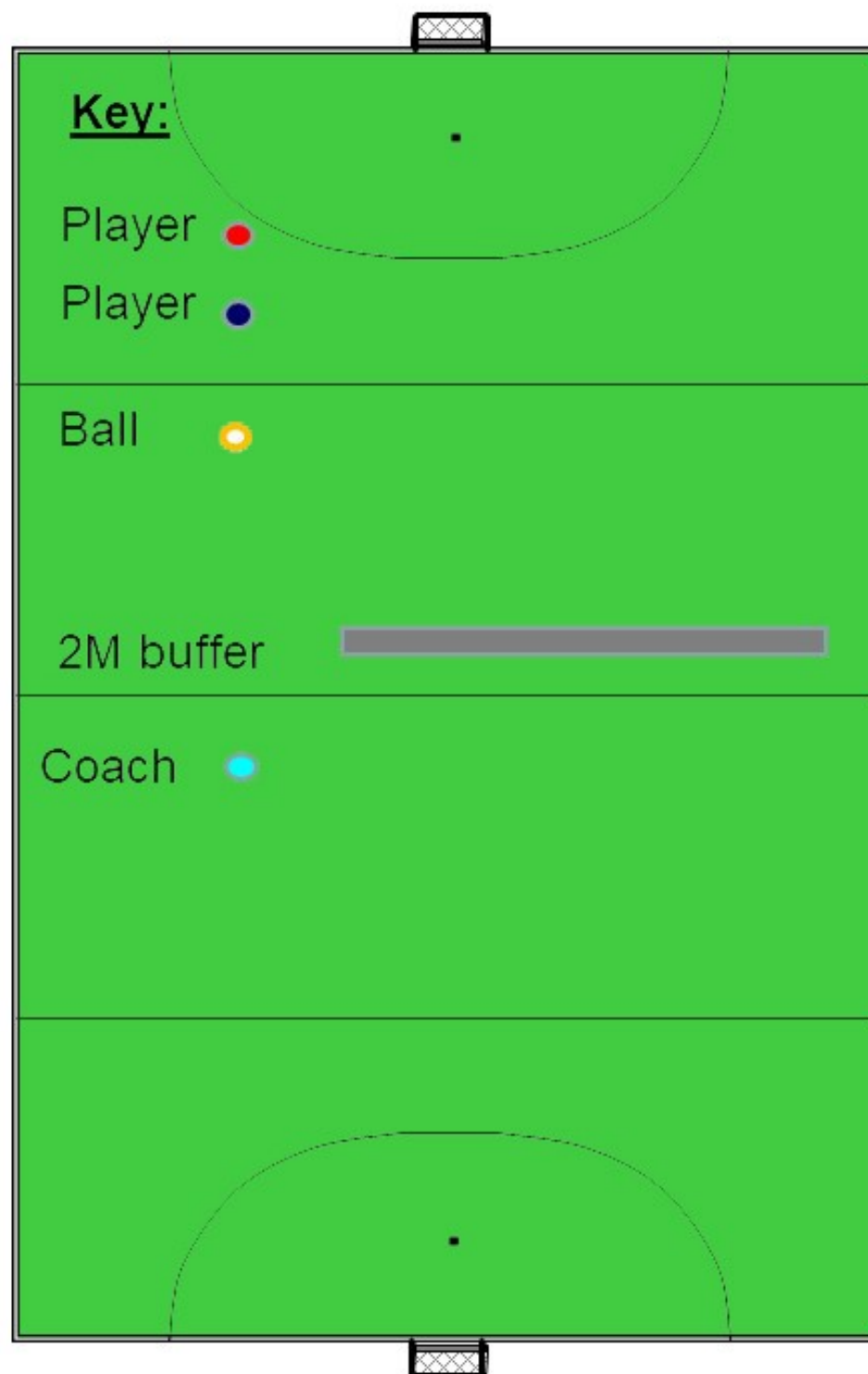
2m buffer zones between each player

The following are examples of practice ideas featuring player zones to keep players 2M apart during the phased return to hockey.

The detail is not to scale and is simply a guide.

Attacking Principles will be the main focus of these practices: Change the Picture, Forward First Fast and Retain under pressure

Defensive principles will also feature in these practices: Deny space



Practice in player zones

Focus: Carry the ball to go forward

Equipment - a stick and ball each

Colour Challenge

Explanation – 4 coloured cones mark out the safe zone.

Players run around the relevant cone when they see/hear the colour shown by a coach or a player taking the lead.

Change –

Create different ways to move around the area

Add competition by racing against someone in another safe zone.

Increase the number of colours for players to move around.

Compass

Explanation – Player runs from middle of area around North, South, East and West points back to the middle to create a star shape.

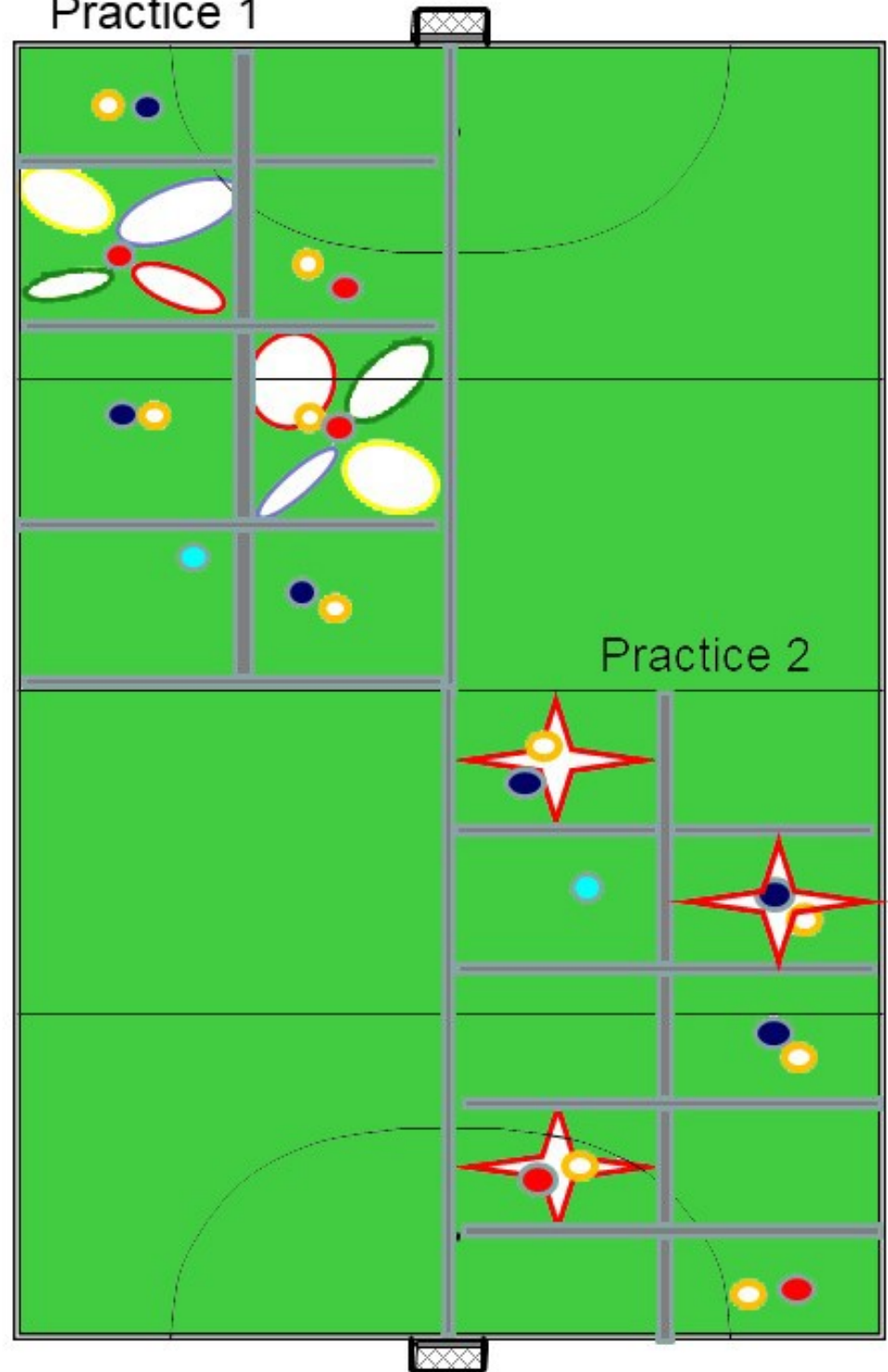
Change –

Create different ways to move around the compass.

Add competition by racing against someone in another safe zone.

Time how long it takes and individuals try to reduce their time.

Practice 1



Practice in player zones

Focus: Move the ball to go forward

Equipment - a stick each and 4 balls between the group

Passing in a square with 2 Balls

Explanation – 2 players start by passing the ball to any other free players in adjacent safe zones. Focus on passing accuracy.

Change –

Adapt the type of pass being used e.g. push, sweep, lifted, or reverse passing options.

Add a time limit to get as many passes as possible.

Tennis

Explanation – Player passes the ball to a player in an adjacent safe zone. Player receiving the ball tries to return using limited touches.

Change –

Adapt the type of pass being used e.g. push, sweep or lift.

Add / reduce the number of touches allowed in each game.

Play against other players from other safe zones.

Practice 3

