



**CJL Hockey**

**@cjl\_hockey**

**Small Games Vol. 1**

## CJL Hockey - Small Games

These are practice diagrams of small game-based exercises with explanations. The small games ideas act as foundations for the coach to incorporate a set skill or objective for the players to work on during the session. The small games in the session would normally have a purpose that relates to a skill (ex. working on tackling etc) or tactical component / phase of the game (ex. pressing, out-letting, defensive transition, attacking transition, defence and attack). Small games are great for adding rules, creating competition in the session, helping players work on individual development and replicating the in-game chaos. When planning the small game practices there must objectives or targets for both the attacking and defending players, the practice shouldn't end when the defenders regain the ball. These are just practice ideas and designs that aim to promote creativity and inspire so can be easily adapted and changed to suit your group and environment.



# CJL Hockey - Session Planning

## Basic areas to focus on:

**Scoring Points** – how do the players win points for their team? Are some goals or actions worth more than others?

**Goals and Pitch Size** – traditionally there are two goals for the teams to score in but changing the number of goals in the practice can be used to achieve different outcomes and challenge the players in different ways. Where you place the goals in relation to each other can also be a good way of changing the dynamic of the practice. Changing the size of the pitch can be used to affect the time on the ball and the intensity of the practice. This will lead to changing the difficulty of the small game and challenging players in relation to the session outcomes.

**Team Numbers and Number of Teams** – create an overload/underload. More than two teams involved. This can be used to replicate game like scenarios (for example counter attacks and isolated players.) Changing the number of teams along with player numbers also can replicate the chaos that often occurs in games.

**Rules** – can you take away some rules or introduce some new rules to help you achieve an outcome?

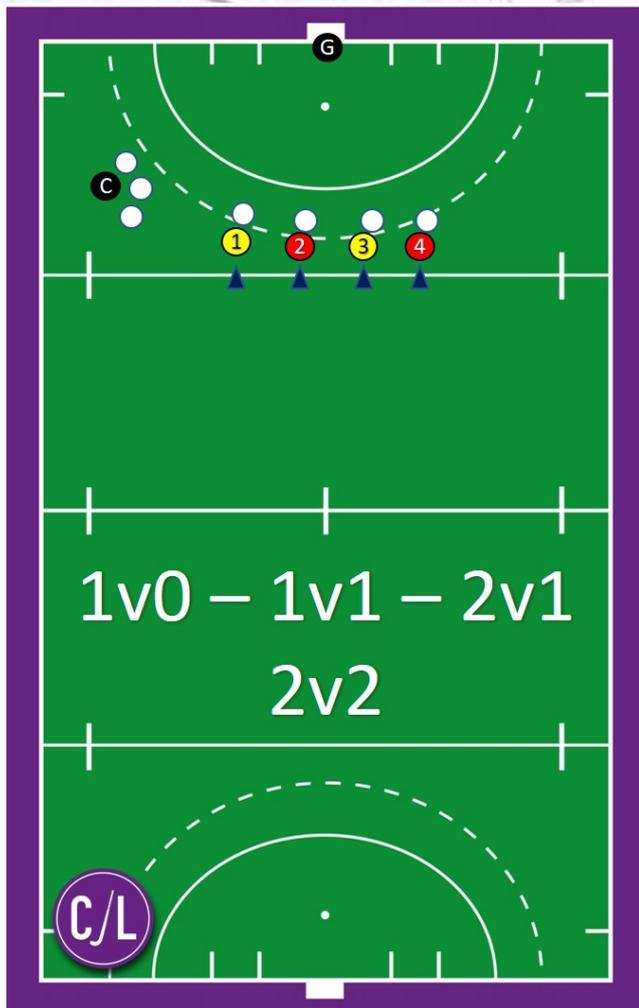
**Coach Involvement** – can you vary your coaching involvement to challenge the players. Set up a small game or practice with limited explanation and an overall objective, allowing the players to figure it out how best to achieve the objective. Or are you in the middle of the small game, umpiring, getting new balls in play as soon as possible, changing the rules/objectives as they meet them.

**Timing** – by changing the timing of the small game or putting constraints on the time to reach the objectives can you challenge the players in different areas of the game. How quickly can you get the session going?

# CJL Hockey - Mix It Up Ideas

## Some Constraint and Mix It Up Ideas

- ⇒ Number of Touches allowed on the ball
- ⇒ Time limit on the ball
- ⇒ Turn and Burn – when a team scores they keep the ball and attack the other goal/zone
- ⇒ Players can only pass forward
- ⇒ Players can't run with the ball (Netball Rules....)
- ⇒ Each player partners up with another player from the opposition – you can only tackle that player (superhero and villain)
- ⇒ No tackling (intercepting only)
- ⇒ Must have certain number of attacking players in the opposition 'D' for the goal to count
- ⇒ Players can only score with a certain type of shot (deflection/hit/flick/push etc)
- ⇒ Players can only score from certain area in the 'D' (far post/inside P-Flick Spot/top of the D)
- ⇒ More than one ball in play (unopposed exercises)
- ⇒ Reward a pass and collect elimination (points for a 1-2 around a player)
- ⇒ Reward different elimination skills
- ⇒ Reward different leads
- ⇒ Reward different ball receiving positions/skills
- ⇒ Versatility – play 'out of position'.
- ⇒ Pass using deception
- ⇒ Always moving – no stationary receives or passes
- ⇒ Who can score (one person only/three people/midfielders only/everyone...?)
- ⇒ Certain number of passes before the team can score
- ⇒ Identify players are not allowed to stop talking/organising (one on each team)
- ⇒ Identify players who are not allowed to say anything during a small game/practice
- ⇒ Players can only tackle in specified areas of the pitch
- ⇒ Hockey Bingo based around session objectives (for example scoring in different ways, tackling in different ways etc.)
- ⇒ How quickly can you win the ball back (3 second rule)
- ⇒ When receiving the ball upfront or midfield you must hold onto it until help arrives. How long can you keep hold of the ball?
- ⇒ Score from your 16 Yard Hit – build up
- ⇒ Score from oppositions 16 Yard Hit – high press
- ⇒ Specified numbers in counter attack
- ⇒ How quickly can we move the ball from a turnover – first two passes must be two touch

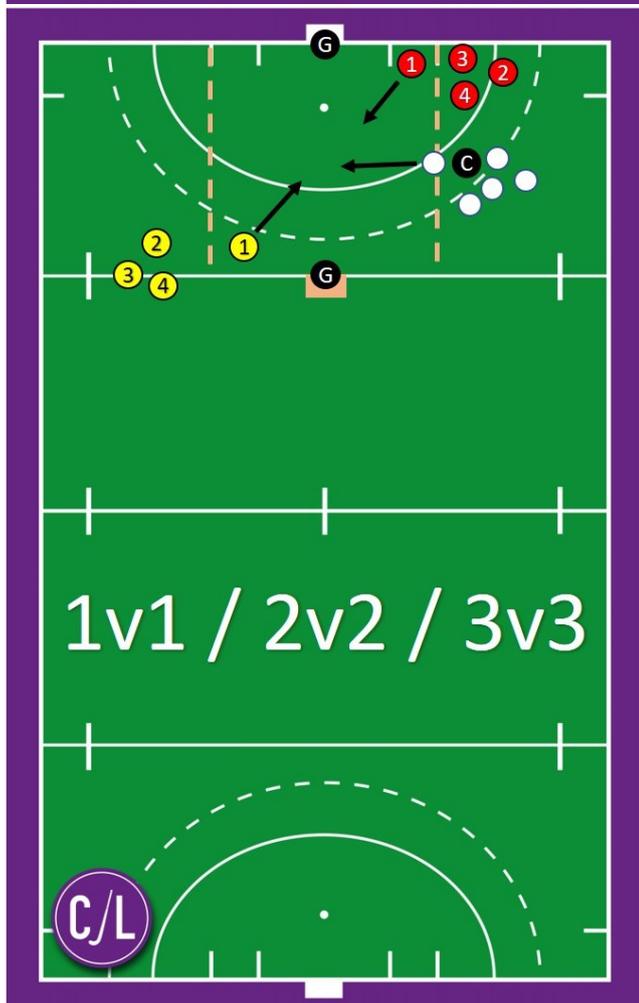


## 1v0 - 1v1 - 2v1 - 2v2

**Description:** Quick fire shooting, defending and reaction game. Play each ball until a goal is scored or the ball leaves the D. Player 1 carries the ball into the D and shoots. Player 2 then plays a 1v1 against Player 1. Then Players 1 & 3 play a 2v1 against into goal against Player 2. Finally Players 4 & 2 play a 2v2 against Players 1&3. Then reset.

**Players:** 4 - 8

**Timing:** 10-15mins



## 1v1 / 2v2 / 3v3

**Description:** Split players into two teams - standing at opposite corners of the area marked out. Coach rolls a ball in and calls 1v1, 2v2 or 3v3. The teams quickly decide which players will enter the field of play and contest the ball. Game continues until a goal is scored or the coach calls time and both teams reset. Can create an overload by calling 2v1 / 3v2 etc.

**Players:** 8 - 12

**Timing:** 15-20mins



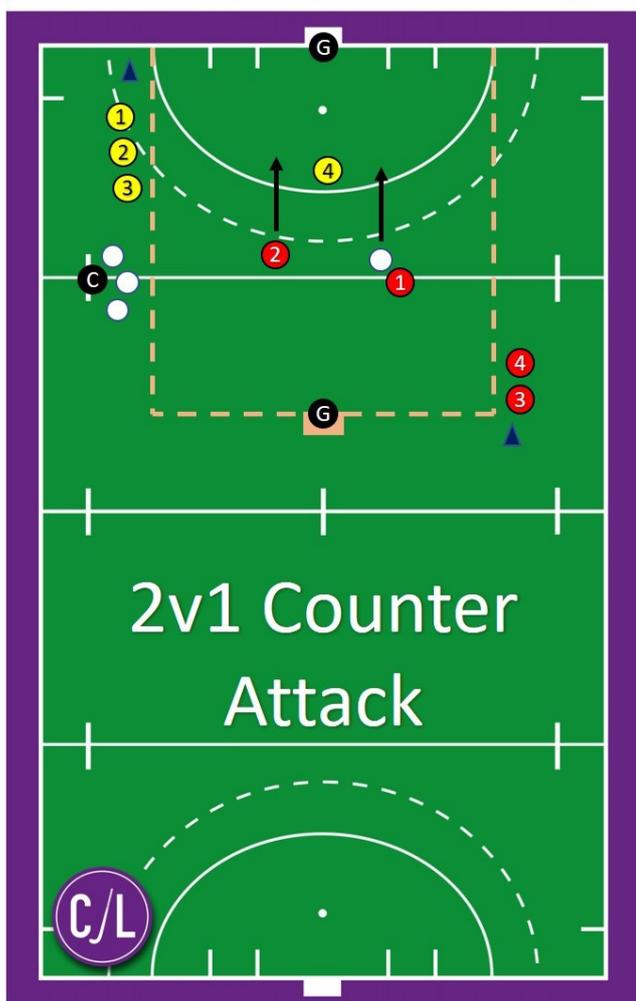
## 2v1 Choice

### 2v1 Choice

**Description:** Set up a small area with two goals and two cones on either side of the half way line. One player starts with the ball at one end. As they carry the ball to attack the other goal, they choose a player on the half way line to pass to. The player not chosen becomes the defender. If the defending player wins the ball they attack the other goal.

**Players:** 3 - 12

**Timing:** 15 - 20mins



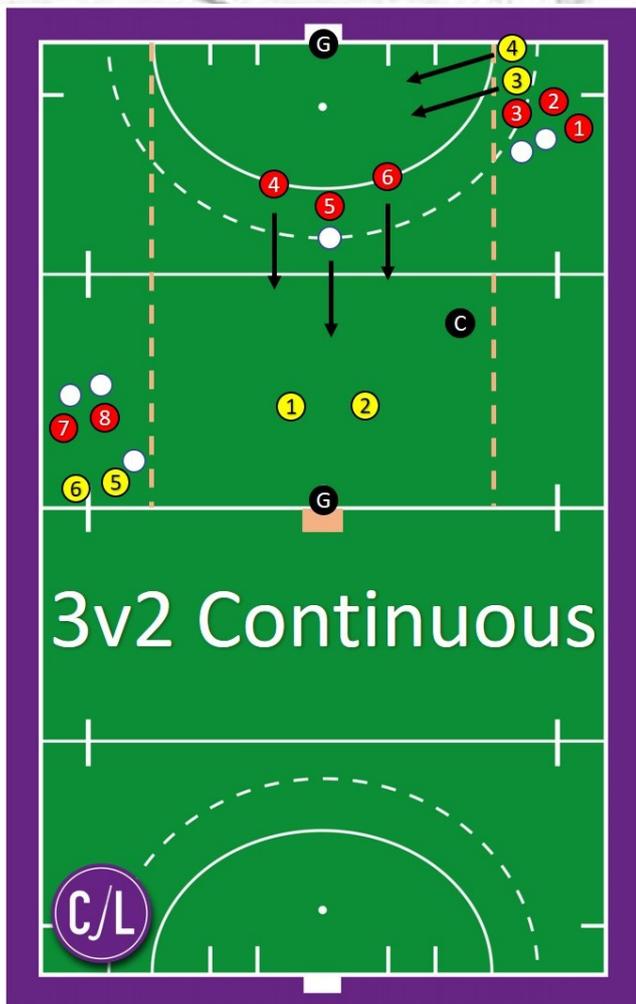
## 2v1 Counter Attack

### 2v1 Counter Attack

**Description:** Mark out a small area with two goals and players at opposite corners. The Two Red players play a 2v1 against 1 Yellow Player. If a goal is scored it resets and Red Team attack again. If the Yellow Player wins the ball they must get it back to a player on their team and play a 2v1 against a Red Player who has stepped in from the other corner to defend.

**Players:** 8 - 10

**Timing:** 15 - 20mins



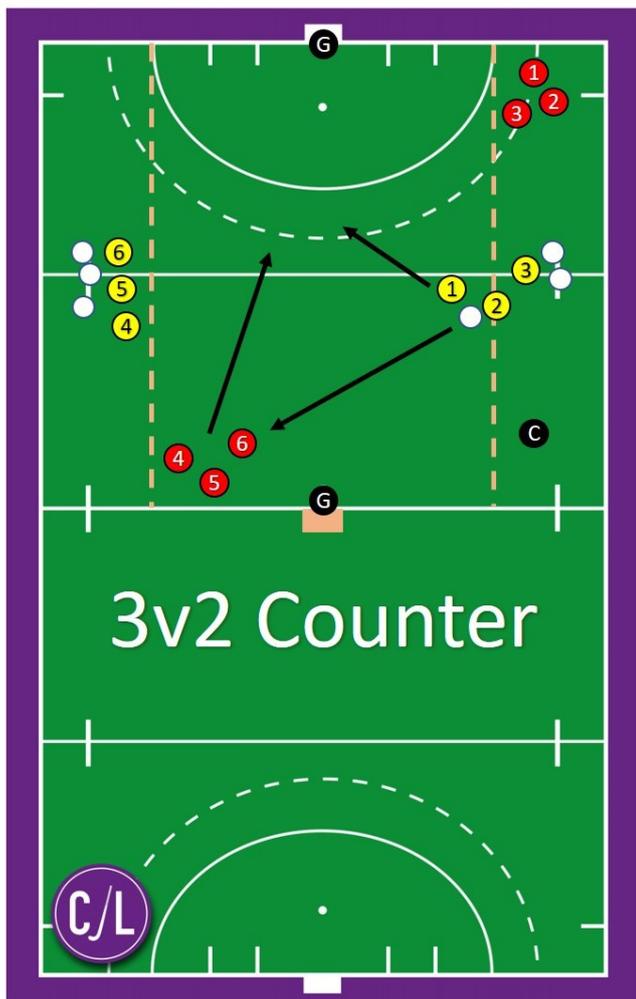
## 3v2 Continuous

### 3v2 Continuous

**Description:** Set up a small pitch with 2 goals and 2 GKs. Players split in half at opposite corners. 3 players from one corner attack 2 players from the other. If the attackers score they turn around and go for the other goal, 2 more players step out to defend. If the 2 win the ball they pass to a player in the corner who joins their attack to play 3v2.

**Players:** 9-18

**Timing:** 20 - 25mins



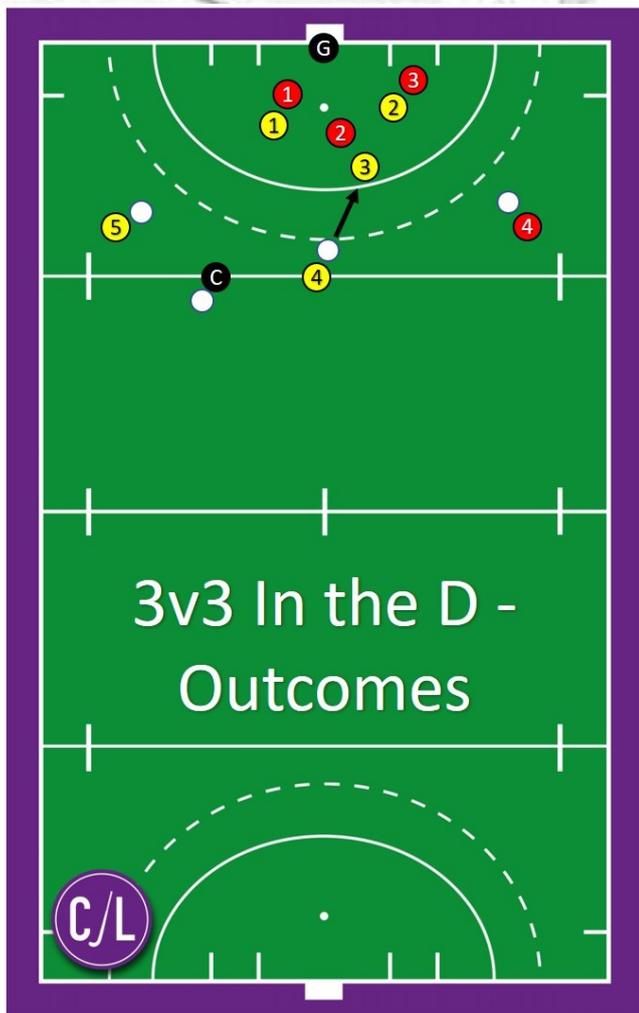
## 3v2 Counter

### 3v2 Counter

**Description:** Set up a small pitch with 2 goals and 2 GKs. Split the players into two teams. Defenders are on the half way point, both sides with the balls. Attackers in the corners. One set of defenders pass the ball to 3 Attackers and then play 3v2 into goal. If the defenders win the ball they attack the other goal. If the attackers score it resets and the other side goes.

**Players:** 12 - 18

**Timing:** 20 - 25mins



### 3v3 In The D - Outcomes

**Description:** 3 Teams of 3 (or other numbers). 2 Teams of 3 in the D. Other team outside the D with balls. Attacking 3 receive a pass from players outside the D and must play for an outcome (goal, shot on target, short corner). If defending 3 win the ball they have to get it out of the D under control. After 3 balls the attacking team swap out.

**Players:** 9 - 12

**Timing:** 10 - 15mins

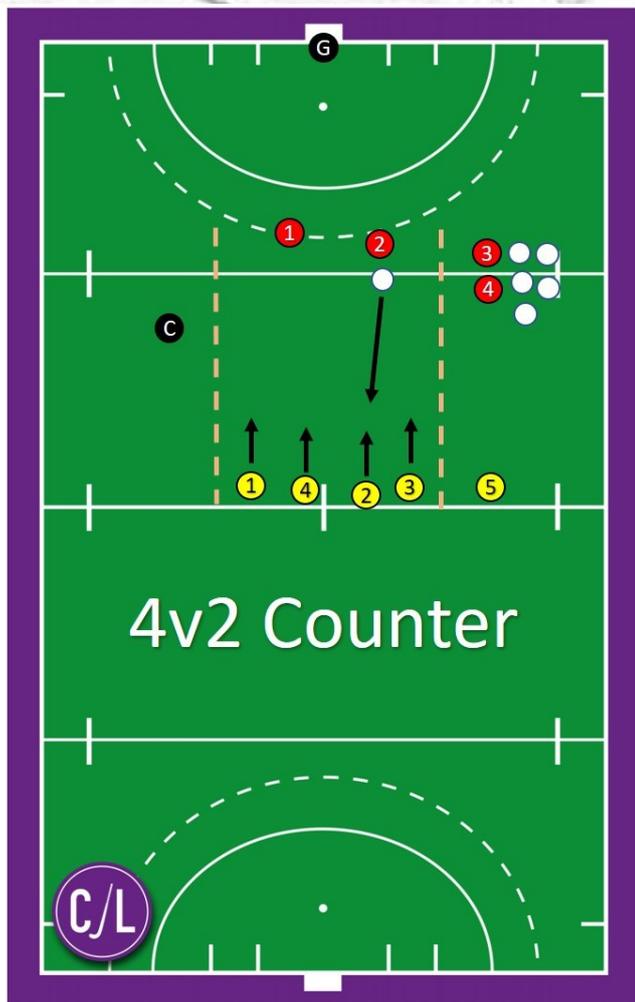


### 3v3 Multi Goal Tournament

**Description:** Mark out small pitches using 23 line and halfway line. Each pitch has four goals/gates. Split players into groups of 3. Play 3v3 in each small pitch. Players defend two goals and attack two goals. Score by passing through a goal or carrying the ball through a goal. Can play turn and burn or reset. Set times for games (5mins) and everyone plays everyone. Self Umpire.

**Players:** 10 - 12

**Timing:** 15 - 20mins

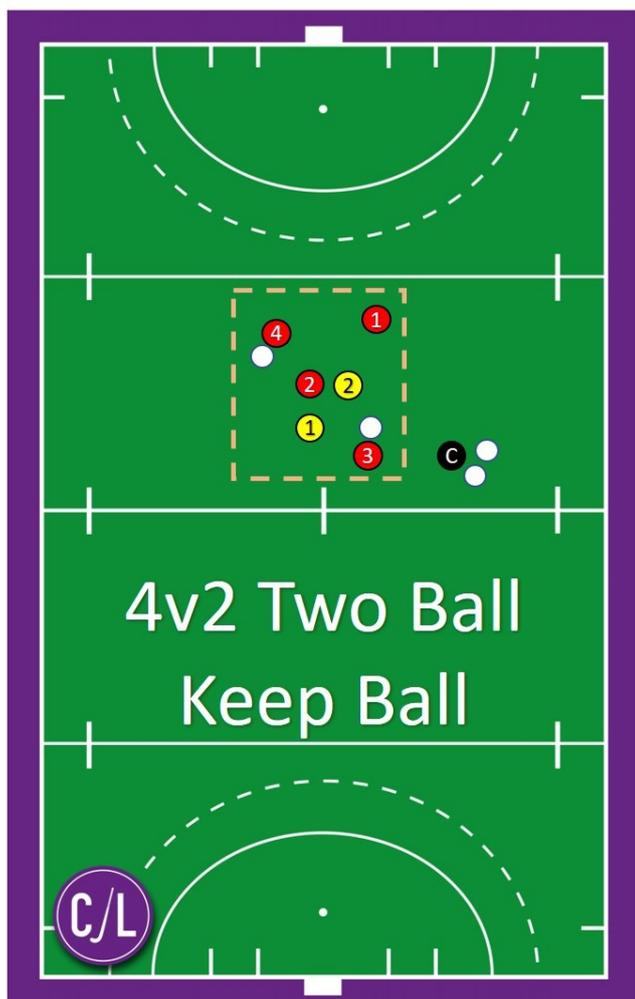


## 4v2 Counter

**Description:** Mark out a channel from the halfway line to goal. Split the group in half, one team defends, one team attacks. Ball starts with 2 defenders who pass/hit the ball to the 4 attackers on the halfway line who play 4v2 into goal. If the defenders win the ball they have to get it back to the halfway line under control. Keep groups rotating.

**Players:** 6 - 12

**Timing:** 15 - 20mins



## 4v2 Two Ball Keep Ball

**Description:** Mark out a small area large enough for 6 players (adapt for number of players - could create more than one box). 4 Players must attempt to play keep ball with two balls. The tackling players must work together to win both balls and pass them out of the area to the coach or safe zone. Then players swap round, 2 new tacklers. How long can the four keep both balls in play for?

**Players:** 6 - 12

**Timing:** 10 - 15mins