



Goal Scoring Games



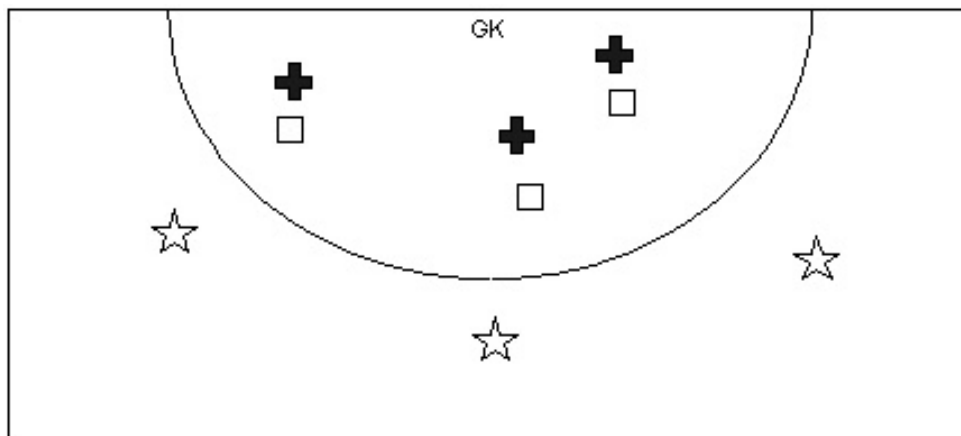
Title: Attack v Defence

Objective: Accurate passing and receiving skills

Equipment Needed:

- 1 x hockey ball per game
- 1 x hockey stick each
- Different coloured bibs for each team

Setup:



Description:

- Players outside the circle (stars) make a pass to another player outside the circle who then try to pass into the circle
- Outside players (stars) cannot enter the circle but can pass as many times as they like before passing into the circle
- Attackers score by scoring a goal
- Defenders can score by intercepting a pass or shot and clearing the ball out of the circle

Variations:

- Every time the defenders score outside players must make another pass between themselves before passing back into the circle
- Maximum of 10 passes allowed for the stars
- Cones can be placed as gates on the sides of the circle, for the defenders to clear through
- Have equal numbers of attackers and defenders so attackers have to work harder to get the ball

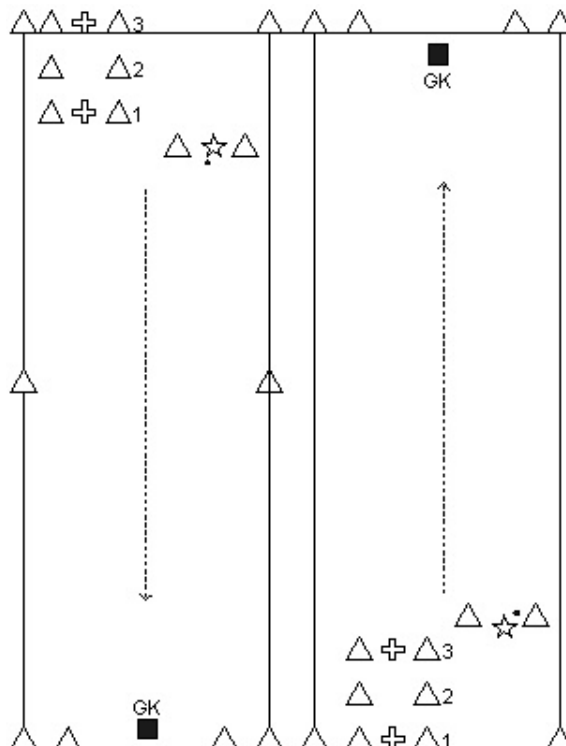
Title: Best Out of Nine

Objective: Goal scoring, also dribbling and defending skills

Equipment Needed:

- At least 10 cones to mark the lanes
- 1 x hockey ball each
- 1 x hockey stick each

Setup:



Description:

- Work as one team with half starting in each lane
- Start as shown above
- In pairs take turns to attack the goal with one player attacking and one defending each time
- The attacker starts with the ball on the left slightly ahead of the defender
- The defender has 3 starting positions and the attacker decides which one they start at
- The further back the attacker decides they should stand the easier it will be to score
- On the word 'GO' the attacker dribbles towards the goal, trying to score past the goalkeeper
- The defender chases the attacker and tries to stop him/her scoring by making a tackle or hitting the ball out of their lane
- The attacker gets a point if a goal is scored, the defender gets a point if a goal is not scored
- They then move to the next lane and switch positions
- They have nine attempts and the winner is the one who scores the most points

Variations:

- Can also be played with no goalkeepers
- If a defender steals the ball they may have a shot at goal instead
- A harder variation is to start with the participants a metre apart facing the goal. A ball is rolled between them and the first to it is the attacker, and the other the defender

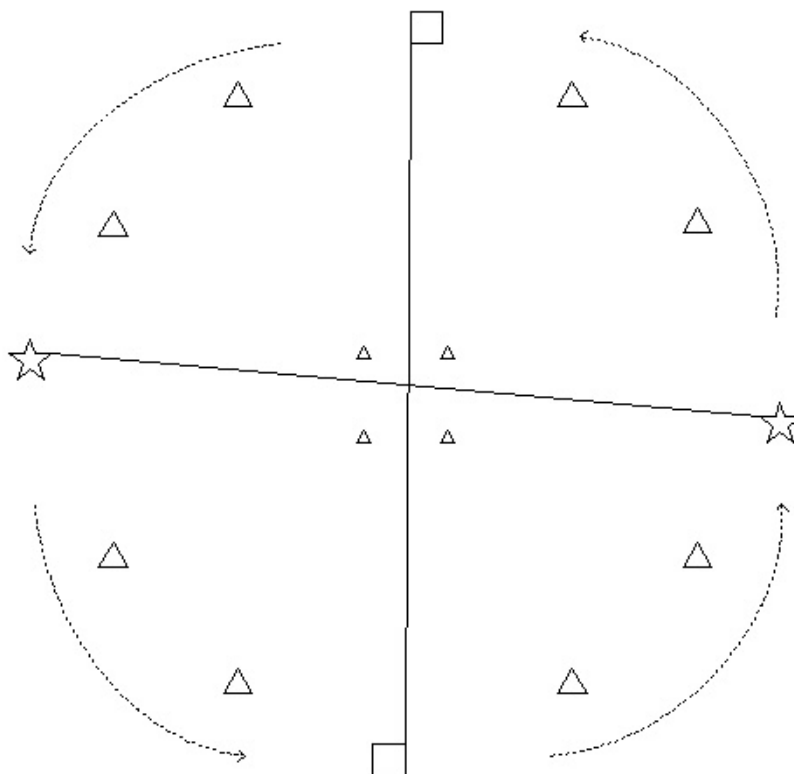
Title: Chair Ball

Objective: To learn how to shoot at a smaller goal

Equipment Needed:

- 12 x cones per group
- 1 x ball per group
- 1 x hockey stick each
- 1 x chair per group (if they are available)

Setup:



Description:

- The players aim is to score as many goals as possible during a set time limit
- Groups of 5 or 6 start spaced out around the circle as shown above
- One player with the ball tries to push/hit the ball through the cones or under chair to score a goal
- Another player on the other side stops the ball and then passes to another player who has a shot at the centre
- Continue this pattern of trapping, passing and shooting for a set time e.g. 2 minutes
- Groups compete to see who has the best score after a certain time and then try to beat their score

Variations:

- Use a bigger circle to suit older players
- Use smaller goals
- Change direction (clockwise/anticlockwise)
- Use backhand shots

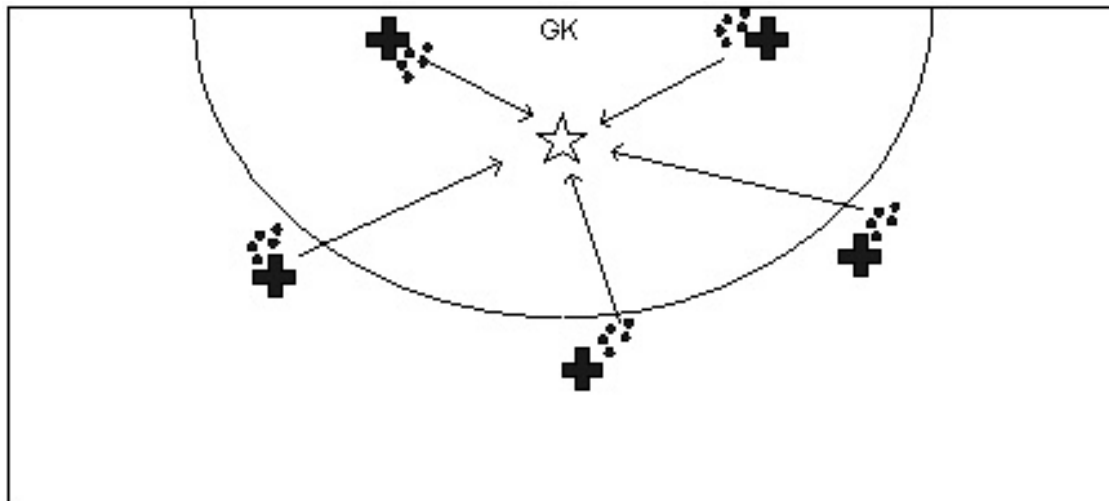
Title: Create Space to Shoot

Objective: Accurate receiving and goal scoring skills

Equipment Needed:

- 25 hockey balls
- 1 x hockey stick each
- 6 players (GK optional)
- Different coloured bibs for each team

Setup:



Description:

- Player Star is the striker
- Five players feed five balls each, one player at a time
- Striker has to receive then score a goal
- Count successful attempts
- Players rotate so that they all have the striker role

Variations:

- Players call before they pass – the ball feeders pass in a random fashion

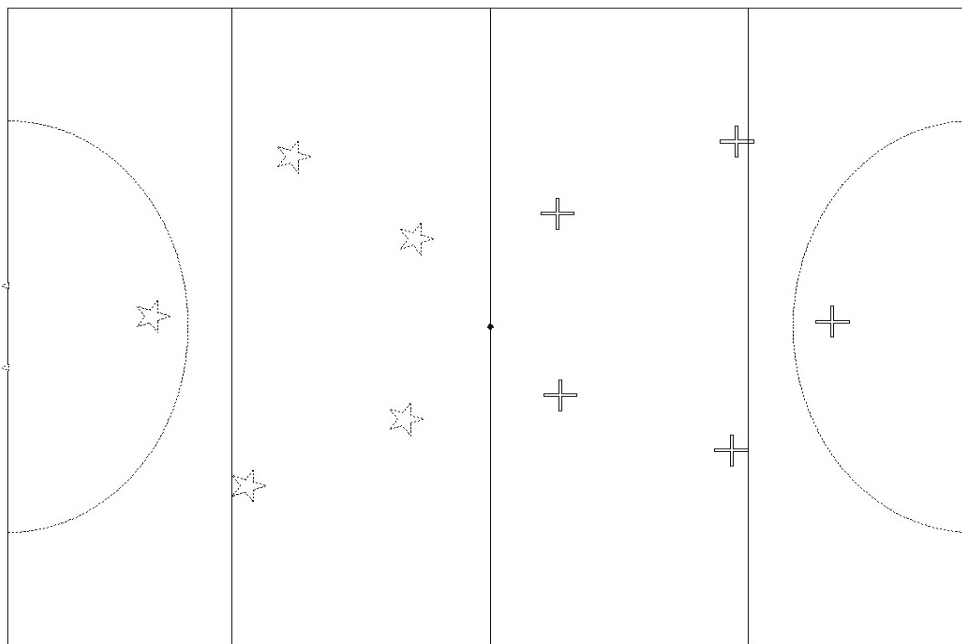
Title: Netball Hockey

Objective: Goal scoring, working as a team and communication

Equipment Needed:

- 2 x goals or cones to use as goals
- 1 x hockey ball per game
- 1 x hockey stick each
- Different coloured bibs for each team

Setup:



Description:

- This is hockey but with netball rules
- Start with teams of 3 or 4
- There is no contact allowed and players must stay at least 3 steps away from the player with the ball
- Players without the ball may move anywhere on the field
- The player with the ball may only take a maximum of 3 steps and has 5 seconds in which to pass the ball
- Play for a set time limit and then change the teams over

Variations:

- Have 2 balls going at once
- Have 5 or 6 people per team
- Players can have a maximum of 5 touches instead of 5 seconds
- Play with goalkeepers in addition to the players on the team
- If there is an infraction the player nearest the ball from the other team gets it
- Ask the players to come up with their own variations

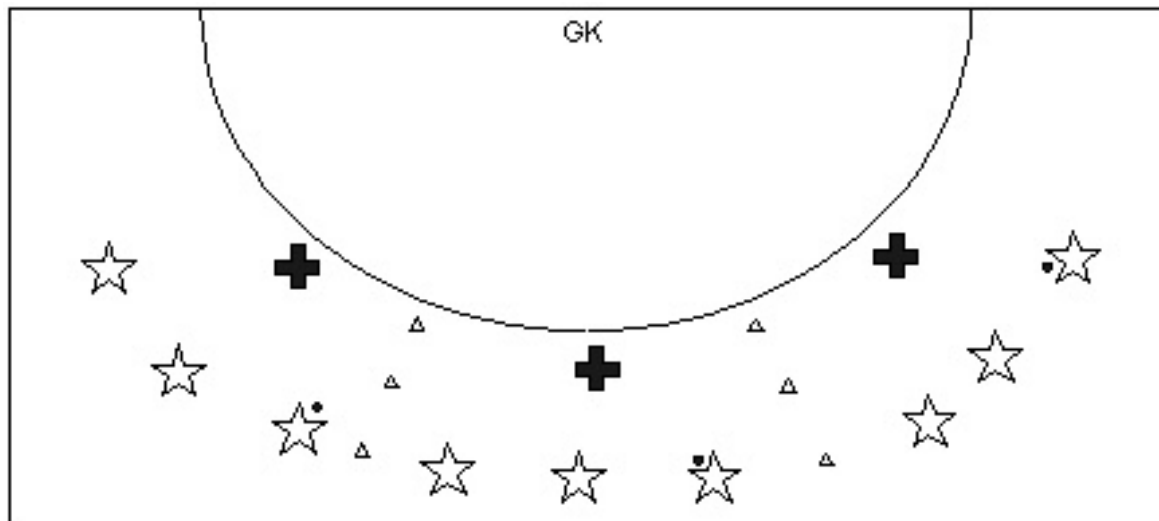
Title: Outplay Defence

Objective: Elimination and goal scoring skills, out play the defender and create a 2 v 1 or 3 v 1 against the Goalkeeper

Equipment Needed:

- Cones
- Hockey balls
- 1 x hockey stick each
- Circle with goal

Setup:



Description:

- Three separate attack areas left, centre, and right
- Start with the group on the left hand side
- Next group does not start until the other group is clear of the circle
- Group to discuss strategy while waiting or returning from the circle

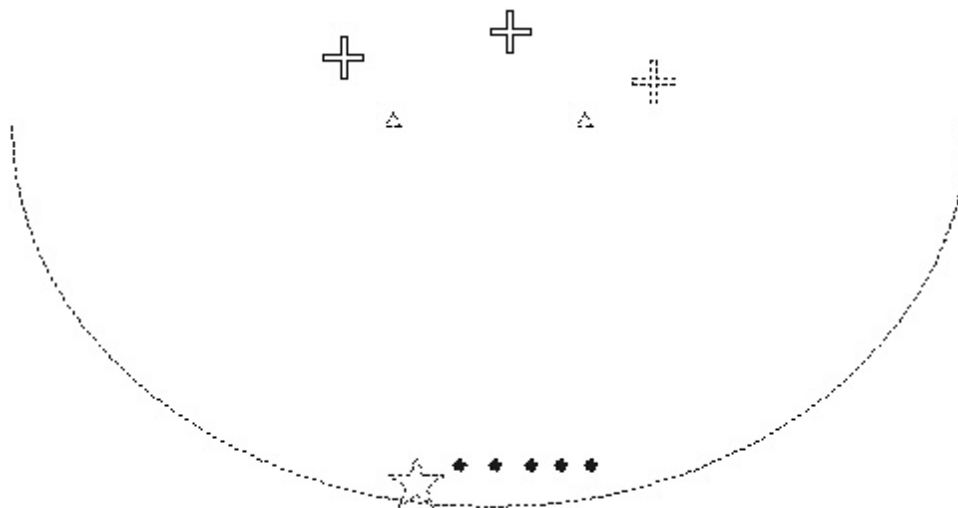
Title: Speed Shot

Objective: Shooting accurately and rapidly, developing a good backswing and follow through

Equipment Needed:

- 1 x goal per group
- 5 x balls per group
- 1 x hockey stick each

Setup:



Description:

- Divide players into groups of four and set up as above
- One person is the shooter and the other 3 players stand in a safe area - ready to collect the balls
- The shooter stands 8-12 m away from the goal and positions the hockey balls in a straight line on the floor about 30 cm apart
- The shooter shoots the balls one after the other with no pause between shots so the hockey stick should be in a pendulum motion with good backswing and follow through
- After the hockey balls have been shot the ball collectors return the balls and another player has a turn at shooting
- Each person counts the number of goals scored and tries to better it next time
- Each player should have 3-5 turns at shooting each

Variations:

- Instead of using goals, cones can be used
- Use 10 balls instead of 5
- Shoot from different angles in the circle
- For older players add a goalkeeper to try and save the shots, the goalkeeper can also keep score of their saves

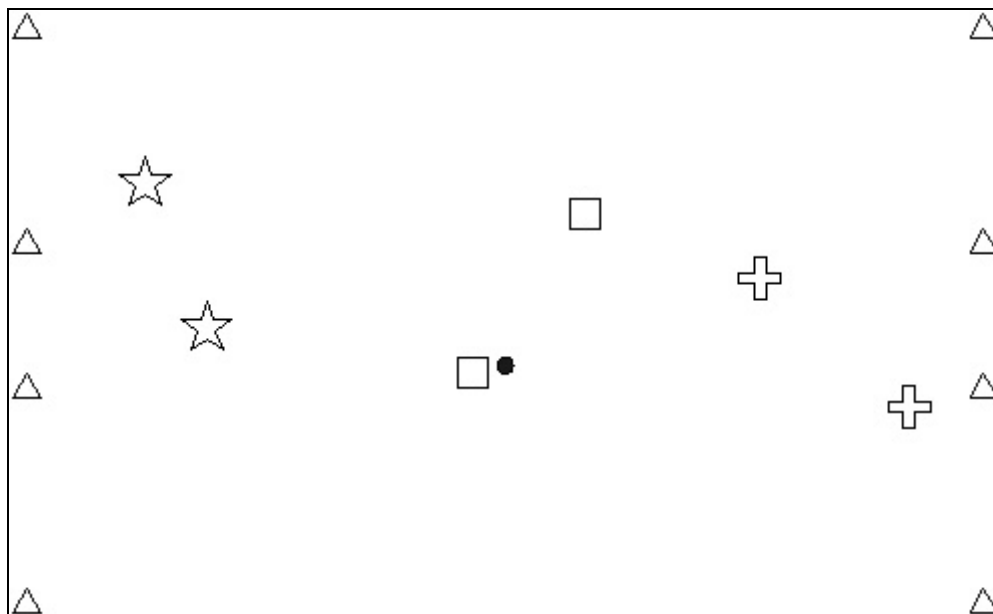
Title: Three X Two

Objective: Goal scoring and working as a team

Equipment Needed:

- 8 x cones per game
- 1 x ball per game
- 1 x hockey stick each

Setup:



Description:

- There are 3 teams of 2 for each game, 2 teams defending the goals (Stars and Crosses) and 1 attacking team (Squares)
- The attackers start from the centre and attack one goal attempting to score against either Stars or Crosses
- The defending team becomes the attacking team if:
 - They intercept the ball
 - The ball goes over the baseline
 - The ball goes over the sideline
 - The attacking team scores a goal
- The new attackers look to score in the opposite goal to the one they were just defending
- The previous attackers take over the defence of the vacated goal

Variations:

- Do not restart from the centre, attack straight from when the defenders get the ball
- Add more players per team and enlarge the playing area
- Add a goalkeeper at each end for older players

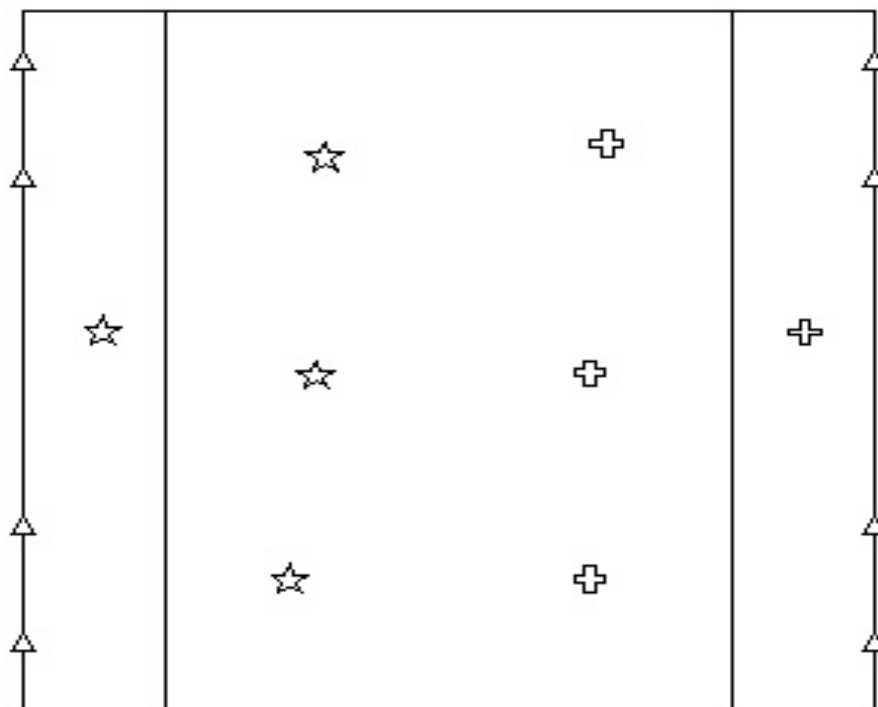
Title: Which Goal?

Objective: To encourage decision making skills

Equipment Needed:

- Cones for goals
- Hockey ball
- 1 x hockey stick each
- 20m x 20m area
- 5m shooting zone
- Bibs for each team

Setup:



Description:

- Four players in each team
- Play starts at the centre of the field
- One player must stay in the defending zone and must make decisions on what goals to defend
- If the ball goes over the backline - the defender starts play again from the top of the defending zone
- After each goal change the defender
- All other players may enter all areas

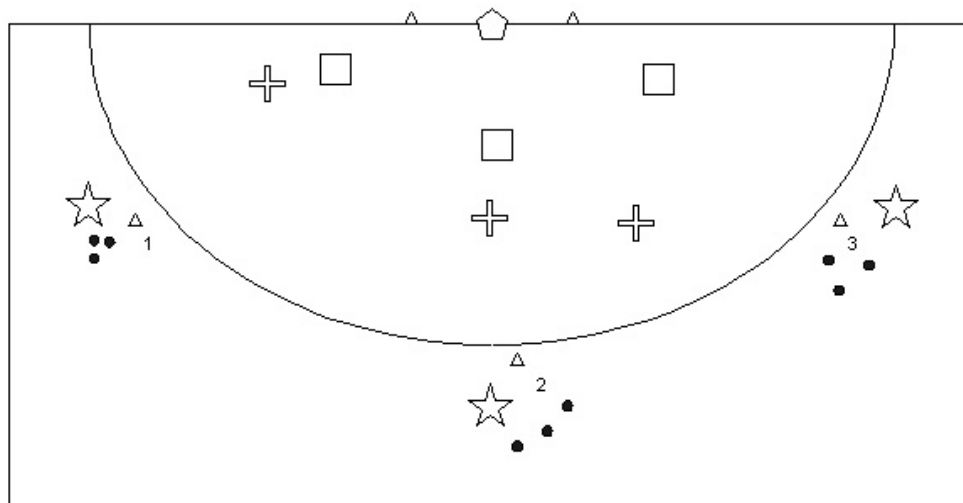
Title: Winner Stays On

Objectives: Goal scoring, team work and passing

Equipment Needed:

- 9 x bibs in 3 different colours
- 3 x cones
- 9 x hockey balls
- 1 x hockey stick each

Setup:



Description:

- Divide players into groups of 10, and in each group there should be 3 teams of 3 and 1 goalkeeper (if you don't have goalkeepers play without)
- Each team should wear a different coloured bib
- Set up as shown above with one team as the feeders and the other 2 teams as attackers, the goalkeeper stands in front of goal
- The feeders are numbered one, two and three and have three hockey balls each
- The game is started by the coach calling out a number, that feeder passes a ball into the circle
- The two teams inside the circle compete against each other to score past the goalkeeper
- If one player shoots, the other team must bring the ball back behind the penalty spot before they can shoot.
- As soon as the ball goes out of play (either into the goal or out of the circle) call for another hockey ball to be played into the circle
- The game continues until all nine hockey balls have been played
- The team with the most points stays on to play the team who was feeding the balls in
- If the score is tied the team who has been on the longest becomes the feeders

Variations:

- Can also played with no goalkeeper
- Instead of playing with the winner staying on, rotate the teams so that each has a turn at being feeders
- A harder variation would be to separate into four teams with three teams attacking the goal at once