

# CoRE Concept

## Basic Rules... The 6v6 Game

The rules are in place to keep the session SAFE! If in doubt blow the whistle. On the flip-side, be aware not to over-use the whistle early on with excessive calls. Find the balance of stopping the play to explain and keeping the game fun and flowing. Field Hockey is a non-contact, finesse and technical sport.



### **BASIC FOULS = Calls For Instant Whistles and Loss Of Possession**

- Foot - the ball hitting a player's foot
- Dangerous swing - Stick rising above their waist at anytime on Attack or Defense
- Hacking - hitting another player's stick with your own stick
- Obstruction (any body to body contact / cannot block or hold a player or their stick from the ball)
- Wrong side of the stick (ball can only be played the with the flat side)

### **THINGS TO WATCH OUT FOR:**

- A rising ball in the air should be an instant whistle if it presents DANGER to ANY player on the field.
- Most aggressive play will occur when two kids are 'going after' the same ball, or when playing individual defense against an attacker. Prevention is key! Make sure you are emphasizing the correct way to approach and tackle. Stick must be on the ground!

- Initially, allow some fouls to "play-on", by stopping the play less you encourage movement and FUN!!!

### **DURING THE FIELD OF PLAY**

- If the ball runs over the side line, it is then placed on the spot where the ball rolled out.
- All players (including defenders) must be 5 yards from any free hit after a whistle or out of bounds play. If a player self-starts and the defender is less than 5 yards away, STOP the play and set them up correctly. Be strict about this rule.
- The "Self-Start Rule" - To keep the flow of the play going and more exciting, the 'self start' rule came into effect two years ago. During a dead ball situation, that attacking player...can start the ball him or herself to begin play and attack accordingly.
  1. Must first make sure the ball is stopped where the foul occurred
  2. Is then allowed to start the next play by dribbling into space and attack towards the goal.
  3. Has the option of passing first to a teammate that is at least 5 yards from the ball.
- A goal is scored when the entire ball travels over the goal line.
- If there is a 'stand-in' goalkeeper, keep that player safe by making sure players are not 'bunched up' in the circle! Be ready to stop the play!



- \* Size of field will depend on the number of players you have available to play and their age / experience level. If the game is becoming too north / south, feel free to play a four-goal game. This will allow for more east-west play and the ability to add another element to the game