



Goldstix Games

A Grassroots Approach to Small Sided Games



Contents & Introduction

Hockey WA Goldstix program is the state's preferred grassroots approach to the introduction and development of hockey players at both school and club level.

We suggest that the Goldstix program should be used for the following ages in Clubs and Schools

Clubs: 4 - 9 years old

Schools: Preprimary - Year 6



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Small-Sided Games : Evidence

Small-sided games provide a significant number of both participation and development outcomes from grassroots through to elite sport.

Full Field 11-a-side VS Small Sided Games

	Full Field 11-a-side games	7-a-side small sided games
Number of Player Touches	1	4.5
Goal Shots	1	5
Goals Scored	1	4
Passes Made	1	4.5
Distance Run	1	2

Hockey NSW Research

1. More touches = more fun
2. Making easier decisions = more fun
3. More scoring opportunities = more fun
4. Increased space = more fun
5. Involves all players = more fun
6. Breaks the game down into chunks = more fun
7. Eliminate presses and zones = more fun
8. Teaches players when to use a skill = more fun





Concept

Goldstix 5s is played for fun in a spirit of encouragement - in order to foster the development of skill and instil in young players an enthusiasm for continued participation in active team sports such as hockey.

Games are played 5-a-side with no Goalkeepers in a measured field.

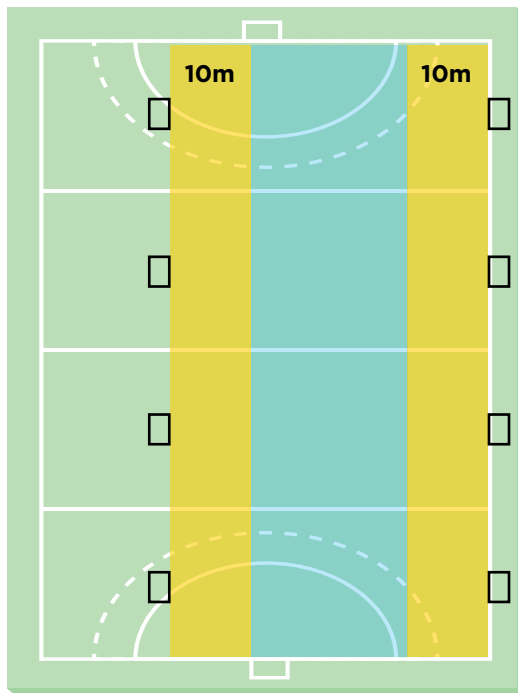
Traditionally a full $\frac{1}{4}$ field length is used, however this has been shortened as it allows the opportunity for players to:

- Hold space to reduce all players following the ball & 'running in packs'
- Keep all players in touch with play at all times during the game

Field Set Up

Games will be played across a quarter of a full-size hockey field with a shortened length.

- Fields will be played on a quarter of a field, 35m x 23m
- 10m zones are marked on the sidelines to identify scoring zones.
- Goals are 2m wide



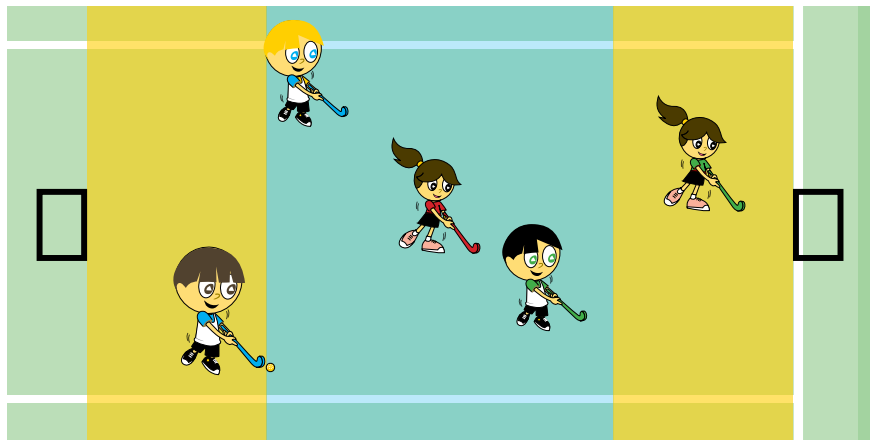
Coaching Tactical & Technical Skills

General Structure

- The need to apply a structure is important and 3 lines is potentially the best way (2-1-2)
- Get all players to have a go at both the front and the back and left and right.
- **Back 2 – Left Defender, Right Defender**
- **Middle 1 – Midfield**
- **Front 2 – Left Forward, Right Forward**

Phases of the Game

1. **With The Ball (WTB) -> When in possession of the ball**
2. **Without The Ball (WOB) -> When the opposition have the ball**



WTB General Goals

- When attacking, encourage players to get into space and not follow the ball
- When defending, encourage 1-2 players to get into space whilst the rest of the team defend depending on where the ball is
- Try to encourage the team to move up and down the pitch as a unit but stay in their lines / on their sides as much as possible
- Height and Width when in possession of the ball - Using 3 lines will help players gain width and height

- Encourage players with the ball to:

- a. Push the ball into a space for their team mate to run onto
- b. Carry the ball into space to create passing options if no initial pass is available

WOB Goals

- Reinforce that only one player from each team can contest and make a tackle at a time
- Encourage 1 – 2 players to get into a high or wide space to be available for a pass when defending (This also creates space for both teams to play a better style of hockey)

Key Technical Skills

- **Pushing:** Encourage players to push the ball with 'no sound' so that they are in full control with no back swing.
- **Tackling:** Encourage players to tackle from the left side and get their body away from the contest for safety and also better results.

Key Technical Terms

- **SOB:** Stick on Ball (Keep your ball on the stick as much as possible). No noise between ball and stick
- **Block / Clean Tackling:** Lay down a 'brick wall' getting low and side-on rather than swinging



Concept

Goldstix 7s is played for fun in a spirit of encouragement - in order to foster the development of skill and instil in young players an enthusiasm for continued participation in active team sports such as hockey. It is the progression from Goldstix 5s.

Games are played 7-a-side with or without Goalkeepers in a measured field. Traditionally a full $\frac{1}{2}$ field or $\frac{3}{4}$ sized field is used, however a half field has been narrowed to:

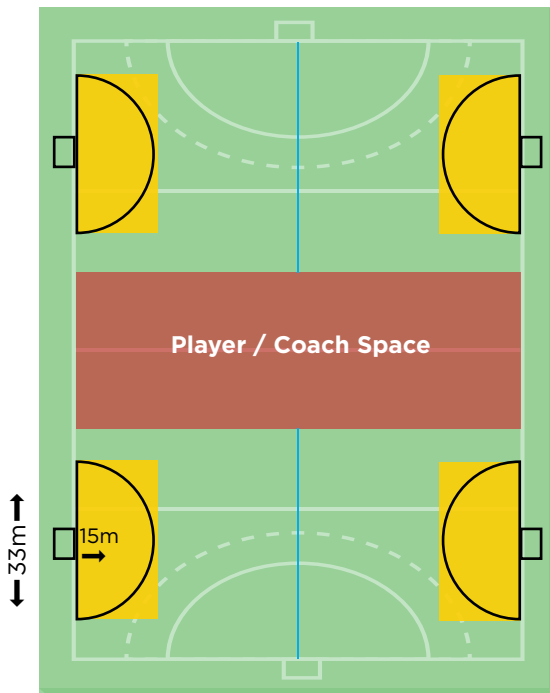
- Replicate the scale of a full size hockey field in dimensions

Field Set Up

Games will be played across a narrowed half of a full-size hockey field.

- Fields will be played on a half field, 33m x 50m
- 15m goal circles are marked on the sidelines to identify scoring zones.
- Full-sized hockey goals are used. If unavailable use cones

Alternatively use half a field if marking is not possible



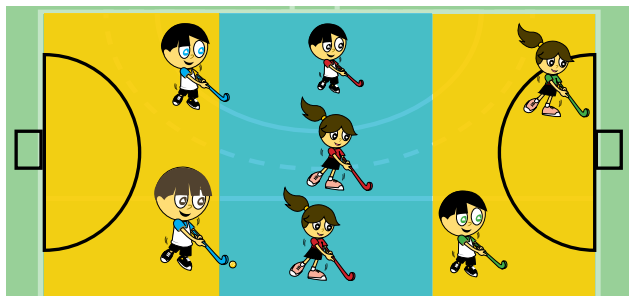
← Direction of play →



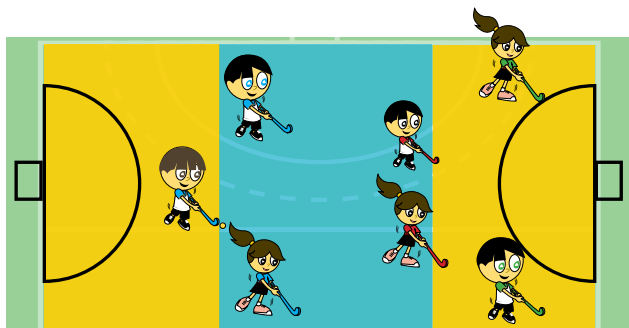
Coaching Tactical & Technical Skills

General Structure

- The need to apply a structure is important and you can do this in lots of ways
- Get all players to have a go at more than one position to develop, challenge and engage participants
- Examples include the following two structures



Back 2 –Left Defender, Right Defender
Midfield 3 –Left, Centre and Right Midfield
Front 2 –Left Forward, Right Forward



Back 3 –Left, Centre and Right Defender
Midfield 2 –Central / Defensive & Attacking Mid
Front 2 –Left Forward, Right Forward

WTB General Goals

- Encourage players to get into space and not follow the ball
- Encourage height and width - 3 lines will help players gain width and height
- Encourage players with the ball to:
 - a. Push the ball into a space for their team mate to run into
 - b. Carry the ball into space to create passing options if no initial pass is available

WOB Goals

- Only one player from each team can contest and make a tackle at one time
- 1 - 2 players to get into a high or wide space to be available for a pass when defending
- Defend the Hotline: The hotline is the line of the ball to goal and should be protected primarily

Key Technical Skills

- **Pushing:** Players to push the ball with 'no sound'
- **Tackling:** Tackle from the left side and get their body away from the contest for safety.
- **Carrying on angles:** dribbling on angles can create spaces for passing

Key Technical Terms

- **SOB:** Stick on Ball (Keep your ball on the stick as much as possible)
- **Block / Clean Tackling:** Lay down a 'brick wall' getting low and side-on rather than swinging
- **Receiving Open:** Receive the ball in the direction you want to go
- **Receiving in Motion:** Receiving the ball on the move rather than stationary

Rules / Variations

	Goldstix 5's	Goldstix 7's
Field Size	35m x 23m	50m x 33m
Goal Area	10m scoring zone	15m circle or 10m scoring zone
Goal Size	2m *To change the game you can add 2 goals for each team*	2m *To change the game you can add 2 goals for each team*
Goalkeeper	No	Optional *Must have full kit for safety*
Types of Passing	Stick on Ball / Pushing only *Encourage no noise passing*	Stick on Ball / Pushing but allow controlled slapping *Encourage no noise passing*
Game Time	3 x 12 minutes	3 x 15 minutes
Rest between each third	3 minutes	3 minutes
Free Hits for feet	Let the game flow as much as possible. Call the foot rule when there are 'clusters' of players in close	Use discretion based on the ability of the cohort. Call the foot rule when there are 'clusters' of players in close
Free Hits for 'clusters' (When 3-4+ players are all playing at the ball in a close space)	Call free hits when 'clusters' look dangerous. Use discretion and encourage players to hold space	Use discretion based on the ability of the cohort and encourage players to hold space
Penalties inside the scoring zone	Free hit on the 10m scoring line *Must be self-passed or passed 3m before you can score*	Free hit on the edge of the circle / scoring line *Must be self-passed or passed 5m before the ball can enter the scoring zone*

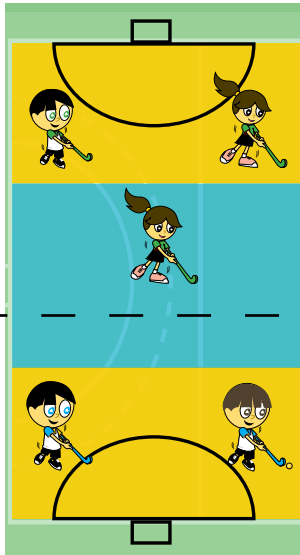
Rotations / Substitutions Guide

5s

- Sometimes it's hard to manage equal pitch time in games.
- The formula below helps us know how long players rotate on and off the field

7s

Scenario: 7 players in a game of Hockey 5s



$12/4 = 3 \text{ min/rotation}$

- Back Rotation*

**In this case, players swap between the defensive and midfield role*

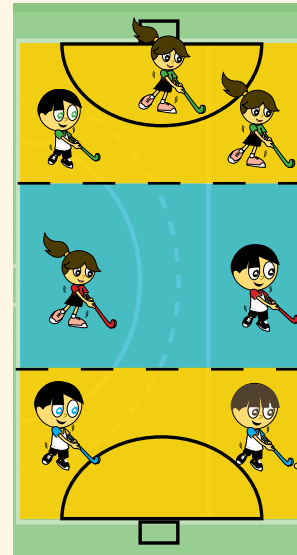
$12/3 = 4 \text{ min/rotation}$

- Front Rotation*

Back
Front

Field size: 35m x 23m

Scenario: 10 players in a game of Hockey 7s



$15/4 = 3.40 \text{ min/rotation}$

- Defender Rotation

$15/3 = 5 \text{ min/rotation}$

- Forward Rotation

Defender
Midfield
Forward

Field size: 50m x 33m

Game Time/ Players in Line = Time off per rotation

Additional Coach & Player Resources

**HOOKIN2
HOCKEY**

Grassroots Coaching



*Grassroots Coaching
for schools, teachers
and beginners*



**Hockey
Australia**

Tutorial Videos



**Hockey
Australia**

*Level 1
Coaches
Manual*



**Hockey
Australia**

*Level 2
Coaches
Manual*





No hockey
experience
needed!



Goldstix

A FUN FILLED WAY TO LEARN HOCKEY!

Goldstix is an introductory after-school hockey program.

The program helps you learn skills through exciting and inclusive games in a positive team environment.

All games and activities are based on maximum engagement to play and make new friends with the help of our superstar coaches!

You receive a Gryphon Goldstix Pack including a stick, bag, ball and shinpads (worth \$75)* so you're all set to get hooked!

Purchase of Hockey Equipment Pack optional - \$55 without pack

To register, visit:

www.hockeywa.org.au/participate/goldstix

ALL THIS FOR \$85!

**Plus booking fee*

HOW GOOD IS THAT!





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Local Government, Sport
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