



TOOWOOMBA HOCKEY ASSOCIATION INC

Club Minkey and Modified Coordinator's Guide

THA Hook in2 Hockey Program

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INTRODUCTION

The purpose of this manual is to act as both a guidebook and a reference tool. It is imperative that all new minkey and modified coaches familiarise themselves with the playing rules and regulations of the game of field hockey. By doing so, the teaching of the proper playing techniques will be ensured. This will enable the children to master the skills and to perform them to the best of their ability, thereby guaranteeing a high level of enjoyment involved with playing minkey and modified hockey.

As the coach, to ensure enjoyment and safety you will need to understand the basic skills and techniques of hockey, you will also need to have a basic understanding of the rules of hockey.

By providing a well structured and organised game of minkey and modified hockey, you will be helping develop in these children:

- a) Physical motor skills.
- b) An enthusiastic attitude towards participation in sport.
- c) An appreciation of the need for teamwork (support and cooperation).
- d) Good behavioural patterns and the acceptance of rules and regulations.

As the coach you must always be enthusiastic, encouraging, analytical and instructive. While the main emphasis should be placed on fun and participation, you must continually lend guidance to ensure that minkey and modified hockey is played properly and safely. Please remember that the players who learn to perform the basic techniques of minkey and modified hockey will be better prepared when they take the next step of playing full field hockey than the child who acquires poor playing techniques.

TOOWOOMBA HOCKEY ASSOCIATION'S HOOK IN2 HOCKEY PHILOSOPHY

The Toowoomba Hockey Association Inc. (THA) minkey and modified program is designed to ensure that participation in the game falls within the development philosophy of the program:

- Be fun and safe;
- Designed specifically to maximise participation, skill learning and development;
- Based on rules and procedures appropriate to children involved;
- Provide logical, sequential transition from introductory level through to competitions at clubs and/or schools.

BENEFITS OF MINKEY AND MODIFIED HOCKEY

The THA minkey and modified program has been based on Hockey Australia's Hook in2 Hockey structure. The program has been designed as a safe and fun introduction for children into hockey on a smaller sized field. This encourages players to have more contact with the ball whilst maximising enjoyment by maintaining involvement. It also promotes a positive hockey experience to keep young people involved.

WHO IS ELIGIBLE FOR MINKEY AND MODIFIED HOCKEY

Minkey Hockey

Player who is over the age of four (4) and who has not reached the age of seven (7) by the first of January of the current year is eligible for minkey hockey.

Modified Hockey

A player who is over the age of seven (7) and who has not reached the age of nine (9) by the first of January of the current year is eligible for modified hockey.

THE MINKEY AND MODIFIED PLAYING FIELD AND PLAYING POSITIONS

	Minkey	Modified
Numbers	Maximum 7	7
Field Size	Half quarter size field	Quarter size field
Goal type	Markers	Mini circles & markers
Goalkeeper	No	No
Playing Time	2 x 15 minutes	2 x 15 minutes
Half Time Break	5 minutes	5 minutes
Referee	Coach	Coach
	Mixed sex	Mixed sex

It is recommended that the following playing formation be used for a seven-a-side game of minkey and modified hockey:

- Full back;
- Right half;
- Left half;
- Centre half;
- Right wing;
- Left wing;
- Centre forward.

THE RULES OF MINKEY AND MODIFIED HOCKEY

The duration of minkey and modified games are two equal 15 minute halves, with an interval of five (5) minutes. Teams will change ends following the half time interval.

The THA have adopted the following schedule for running the minkey and modified program:

8.30 am: Warm-up (jog and stretching);

8.35 am: Drill starts;

8.45 am: Matches start;

9.30 am: Finish.

Minkey Hockey

Start of play and re-start after a goal

At the start of the game, by a toss (stick or coin) one team shall choose an end. The other team shall start with the ball. After half time the teams shall change ends. A game shall be started or restarted by a centre pass. This shall be from the centre of the field in any direction. At a centre pass each team shall be in its own defensive half of the field. A player from the team that did not score shall restart play with a centre pass after a goal. A player of the team that did not start the game shall restart play after half time.

Ball outside the field

Side line: Play shall be restarted by a pass from the side line close to where the ball went out of play, by a player from the team which did not touch it last. The exception to this is when the ball is played over the sideline in the goal area. Play will be restarted from the corner of the goal line and sideline.

Back line by defending team: When the ball is last touched by the defending team in its half before the ball goes over the back line, the attacking team shall have a long corner pass from the corner of the goal line and side line.

Back line by attacking team: When the ball is last touched by the attacking team before it goes over the back line, the defenders shall have a free pass from the goal line, opposite where it went out of play.

Scoring a goal

A goal is scored when the ball is played in the *goal area* by an attacker before striking the goal. The ball may touch the stick or body of a defender before striking the goal. A goal cannot be scored directly from a free pass on the goal or side line (i.e. another player from the attacking team must touch the ball before it strikes the goal). If a defender has possession of the ball and accidentally plays it onto the goal, it shall be a *free pass* from the goal line for the attacking team.

Modified Hockey

Start of play and re-start after a goal

At the start of the game, by a toss (stick or coin) one team shall choose an end. The other team shall start with the ball. After half time the teams shall change ends. A game shall be started or restarted by a centre pass. This shall be from the centre of the field in any direction. At a centre pass each team shall be in its own defensive half of the field. A player from the team that did not score shall restart play with a centre pass after a goal. A player of the team that did not start the game shall restart play after half time.

Ball outside the field

Side line: Play shall be restarted by a pass from the side line close to where the ball went out of play, by a player from the team which did not touch it last. The exception to this is when the ball is played over the sideline in the goal area, play will be restarted from the corner of the goal line and sideline.

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Fouls and misconduct

Free hits are awarded for balls hitting feet, raised balls, back of the stick, dangerous play (swinging of stick).

Umpire/Coach

The role of this person is more of a coach than an umpire. There will be no whistles required in minkey hockey, however care will be taken in relation to safety and the game may be stopped from time-to-time to remind the children to spread out and move back to original positions. Team coaches will require a whistle and will act as the umpire in modified hockey. As in minkey hockey, throughout the game the umpire/coach should stop the game and remind the children to spread out and move back to their original positions.

MINKEY/MODIFIED COORDINATOR POSITION DESCRIPTION

Primary Responsibility

- To encourage and support junior hockey participation;
- To promote and involve school sporting coordinators in establishing the hockey program;
- To provide sufficient support materials/resources/information on hockey programs for teachers or junior supervisors;
- To encourage local clubs to establish links with local schools to promote a junior hockey program.

Helpful Hints

- Be enthusiastic in promoting, establishing, recruiting and supporting junior hockey participation;
- Possess an enjoyment for hockey and being involved with junior participation;
- Share the workload and encourage parents and other family members to be in charge of minkey teams;

MINKEY HOCKEY

Emphasis on Fun

At this age the most important aspect is to ensure every player has fun. Every player should be encouraged to enjoy learning new skills. Children at this age mostly want to play games so training should not consist entirely of boring skills work. Skills work can be made more fun by finishing every drill with a goal shot. Regular social activities (pie nights, chocolate prizes etc) should be included in the training program.

Simple

Children are not fully coordinated at this age and have a low attention span. Therefore skills should be broken down into simple elements, which are both achievable and easily remembered by the player. Games should not be confused with rules. Two simple rules "Don't swing the stick above waist height and if you kick it run away 3 paces before playing the ball again" are sufficient for the early weeks of training. Later the Coach can introduce a third rule "If the ball touches the rounded side of your stick also run away 3 paces before playing the ball again".

Basic Skills

Emphasis should be placed on learning the basic skills at this age.

Game Plan

Players at this age have not developed group activity concepts. Most players will be consumed with their own performance and ability to control the ball. Therefore the Coach should limit the amount of emphasis placed on passing skills and team possession play. Most players when they do play the ball will simply push it forward. The Coach should concentrate on the correct pushing skill, with some emphasis on vision skills for the more advanced players.

Skills Standard

Grip: Players should know the correct grip for each of the basic skills.

Dribble: Players should be able to dribble in a straight line with the ball kept on the end of the stick. Once the players can dribble comfortably emphasis should be placed on looking up as much as possible.

Reverse stick: Players should be able to reverse the stick over the ball. It is important that the correct grip is used. It should be comfortable while still allowing the stick to be reversed easily.

Push: Players should be able to push the ball with power from both a stationary position and while moving.

Trap: Players should be able to perform a basic upright trap. Emphasis should be placed on movement of the feet to get into the correct stance.

MODIFIED HOCKEY

Emphasis on Fun

At this age the most important aspect is to ensure every player has fun. Every player should be encouraged to enjoy learning new skills. Children at this age mostly want to play games so training should not consist entirely of boring skills work. Skills work can be made more fun by finishing every drill with a goal shot. Regular social activities (pie nights, chocolate prizes etc) should be included in the training program.

Simple

Children are not fully coordinated at this age and have a low attention span. Therefore skills should be broken down into simple elements, which are both achievable and easily remembered by the player. Players should be introduced to the obstruction rule (stick and body) as the year proceeds.

Basic Skills

Emphasis should be placed on learning the basic skills at this age.

Game plan

Players should be:

- a) Able to perform basic skills correctly under pressure.
- b) Encouraged to look up as much as possible.
- c) Encouraged to keep the ball on the open face as much as possible.
- d) Taught the difference between attack and defence.
- e) Able to evaluate what they or the team did well or could have done better during a game.

Skills Standard

Grip: Players who didn't come through the Minkey Program should be taught correct grips.

Dribble: Players should be able to scan while dribbling. Players should be able to keep the ball close to the stick while scanning.

Reverse stick: Players should be able to perform a big drag. Emphasis should be placed on moving the ball from the back stick to open face as quickly as possible and then keeping it there in a protected position.

Push: Players should be able to push the ball accurately from left to right with power.

Trap: Players should be able to perform a basic reverse stick trap.

Passing: Players should be able to perform basic passing. Emphasis should be placed on both looking and passing sideways.

Hit: Before teaching hitting the Coach must be satisfied that every player has the coordination required to hit the ball during matches in a manner that is safe to all other player. Once satisfied with this the players should be able to perform basic hitting with power.

SKILL PROGRESSION

Basic Skills

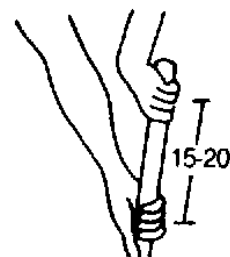
Basic Grip (Minkey and Modified Skill)

Execution of skill:

- Hold the stick in the air with HOOK on RIGHT side pointing up in air.
- Bend forward and place the stick with the FLAT side on the ground.
- With the LEFT hand pick up the stick at the TOP.
- RIGHT hand moves forward to shake hands with stick 15-20cm below top.

Watch for:

- When facing stick forward the LEFT hand must curl around the stick.
- RIGHT hand palm must be on back of stick with thumb pointing down.



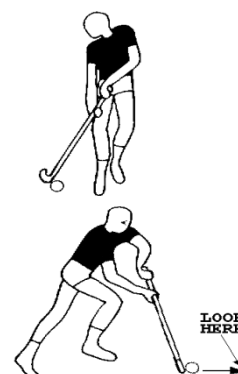
Basic Dribble (Minkey and Modified Skill)

Execution of skill:

- To improve vision BEND KNEES more so than the back to and get down low.
- CORRECT GRIP above is important for reverse stick dribble later on.
- RIGHT hand can/should move closer to top of stick to increase vision.
- Dribble the ball slightly OUTSIDE the RIGHT FOOT and IN FRONT of body.
- Lean the stick back toward you to get the ball further out in front.
- With knees bent look about a metre in FRONT of BALL so can see ahead.
- Also practise looking up as often as possible without losing control.
- In early stages keep ball on or very close to the stick at ALL times.

Watch for:

- Correct grip.
- Knees are bent and ball is out in front and to the right.
- Eyes are looking forward.



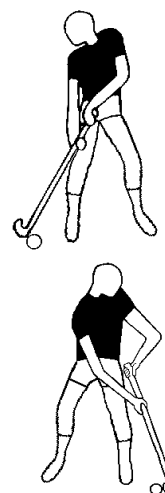
Indian Dribble (Minkey and Modified Skill)

Execution of skill:

- Use of BASIC GRIP is important for reverse stick (Indian) dribble.
- Top (LEFT) hand remains firm on stick and bottom (RIGHT) hand loose.
- Only the LEFT hand turns with the stick.
- Turn stick OVER not UNDER ball (acts as a form of ball protection).
- RIGHT hand used to push to left and pull back to right.
- Try to keep the ball on the stick at ALL times.
- Discourage players from tapping ball in front in early stages.
- Weight should transfer from side to side with the movement of ball.
- Extend LEFT hand & make stick more upright if stick rolls over ball.
- Face of stick should be 90° to desired direction for ball.

Watch for:

- Top (LEFT) hand position allows stick to turn 360° comfortably.
- Stick stays on ball - NO SOUND of tapping can be heard.
- Weight transfers with ball.
- Bottom (RIGHT) hand DOESN'T turn with stick (TOP hand problem).



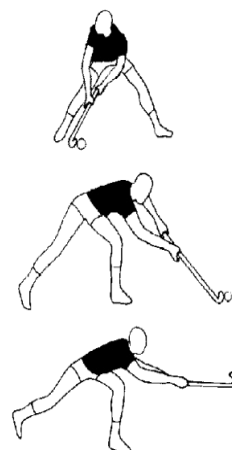
Basic Push (Minkey and Modified Skill)

Execution of skill:

- Players roll ball with right hand (no stick) to get feel of what to do.
- LEFT hand rotated anticlockwise from basic grip to be comfortable.
- RIGHT hand should be placed to exert maximum forward power.
- For basic push, line between feet points where you want to go.
- Place ball in front (or even further back) of RIGHT foot.
- Put stick on ball & SCRAPE stick along ground for at least a metre.
- Keep stick on the ball and ACCELERATE it as it scrapes the ground.
- Keep face of stick at 90° to the direction of the push throughout.
- Transfer weight from right to left foot as stick scrapes ground.
- Follow through in an arc

Watch for:

- Eyes focussed on ball UNTIL ball delivery completed.
- Stick STAYS ON BALL throughout the push.
- Stick SCRAPES the ground as ball is pushed.
- Weight transfer from RIGHT to LEFT foot.
- Face of stick is at RIGHT ANGLES to direction of push.



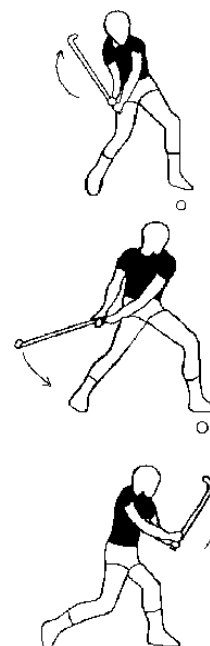
Basic Hit (Minkey and Modified Skill)

Execution of skill:

- LEFT hand at top (unless stick is too big/heavy) of stick turned anticlockwise from basic grip.
- RIGHT hand at top of stick immediately under left hand.
- Practise swinging as though chopping down a tree.
- Gradually bend both knees and the back so swing just contacts ground.
- Introduce a ball to practise the hit.
- Ball should be placed near the front (LEFT) foot.
- Keep face of stick at 90° to the direction of the hit on contact.
- Wrist movement should be used to increase stick speed on contact (cock the wrists).
- Wrists should be cocked first before starting the swing.
- Transfer weight from right to left foot as swing through the ball.
- At end players should feel like they are falling forward NOT backwards.
- Follow through should be around the body.

Watch for:

- Hands together on stick.
- Eyes focussed on ball UNTIL ball delivery completed.
- Knees bent.
- Ball starts near front (LEFT) foot.
- Ball is not too close to front foot (makes player tend to be upright).
- Swing is fluent (elbows NOT tucked in).
- Wrists are cocked to start the swing.
- Weight transfer from RIGHT to LEFT foot.
- Face of stick is at RIGHT ANGLES to direction of hit.



Basic Trap (Minkey and Modified Skill)

Execution of skill:

- Same grip as for dribble. LEFT hand can shift anticlockwise for comfort.
- Eyes to focus on ball throughout its travel until trap has been completed.
- Feet must move quickly to get eye behind line of ball as early as possible.
- Bend knees to get down low.
- For basic trap keep stick upright to allow for bouncy ball.
- Stick tilted forward so as to control the ball and prevent it rebounding.
- Keep face of stick at 90° to the direction of the ball.
- Let the stick “give” to the degree required to make ball stay on stick.
- Ball should be trapped in a protected position near front foot.
- Trap in a position to allow immediate movement in any direction.
- For advanced skill trap so as to immediately perform the next movement.

Watch for:

- Players keep their eyes behind the line of the ball.
- Players watch the ball all the way on to their stick.
- The stick is not held too softly or too firmly.
- Players are well balanced.



Basic Tackling Technique (Minkey and Modified Skill)

Execution of skill:

- Practise mirroring opponent.
- Show how to CHANNEL opponent to one side or the other.
- Show how to move backwards by pivoting on back foot rather than crossing feet over.
- Practise moving/running backwards without crossing feet.
- Practise channelling.
- Players should concentrate on the ball and not the opponents stick and body feints..
- The tackler can also employ deceptive stick and body movements to influence what the opponent does with the ball.
- Players should be taught to appreciate their and their opponents position in relation to the goal and/or team mates.

Watch for:

- Tackler is able to slow down or stop opponent.
- Defender moves BACKWARDS quickly if opponent is in a position to get past.
- When moving back while mirroring or channelling the feet do NOT cross over.
- Position for channelling forces opponent to go one way but NOT enough to escape tackle.

Hitting On The Run (Minkey and Modified Skill)

- Used to deliver the ball quickly without slowing down.
- Prevents opponent catching up and tackling from behind.

Execution of skill:

- LEFT hand at top of stick turned anticlockwise from basic grip.
- RIGHT hand at top of stick immediately under left hand.
- Hit can be made off either foot.
- Ball should be placed near the front (LEFT or RIGHT) foot.
- Keep face of stick at 90° to the direction of the hit on contact.
- Transfer weight from BACK to FRONT foot as swing through the ball.
- It important player does not slow down, shuffle the feet or skip (DON'T break stride).
- Player should continue to move forward even after delivering ball.
- If necessary have players start at walking pace and build up to a full sprint.

Watch for:

- Hands together on stick.
 - Eyes focussed on ball UNTIL ball delivery completed.
 - Ball starts near front (LEFT or RIGHT) foot.
 - Swing is fluent (elbows NOT tucked in).
 - Weight transfer from BACK to FRONT foot.
 - Player does not break stride.
 - Face of stick is at RIGHT ANGLES to direction of push.
-

Pushing on the run (Minkey and Modified Skill)

- Used to deliver the ball quickly without slowing down.
- Prevents opponent catching up and tackling from behind.
- Enables player to quickly follow up any goal shot.

Execution of skill:

- Grip is as per basic dribble. The LEFT hand should be comfortable.
- RIGHT hand should be placed to exert maximum forward power.
- Push can be made off either foot.
- Keep knees bent to get greater power into the thrust.
- It important player does not slow down, shuffle the feet or skip (DON'T break stride).
- Player should continue to move forward even after delivering ball.
- Power can be imparted by scraping stick along ground for a distance with ball on stick.
- Keep stick on the ball and ACCELERATE it as it scrapes the ground.
- Keep face of stick at 90° to the direction of the push throughout.
- Extend stick through direction of push after release.
- If necessary have players start at walking pace and build up to a full sprint.

Watch for:

- Hands apart on stick.
- Eyes focussed on ball UNTIL ball delivery completed.
- Stick STAYS ON BALL throughout the push.
- Stick SCRAPES the ground as ball is pushed.
- Player does not break stride.
- Face of stick is at RIGHT ANGLES to direction of push.

Basic Flat Stick Tackle (Minkey and Modified Skill)

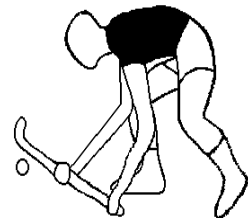
- Used to present a large tackling surface (opponent needs a big drag to avoid tackle).
- Used to tackle player who is attempting to enter the circle.
- Used to tackle player who has limited area in which to move.

Execution of skill:

- BEFORE tackling MIRROR and/or CHANNEL opponent.
- Wait until opponents are where YOU want them to be.
- Look for ball control errors or time opponent's moves are limited.
- Knees should be bent and weight balanced to allow quick recovery.
- Knuckles of BOTH hands should be on ground so stick is flat.
- Place RIGHT elbow behind RIGHT knee to get strength in the tackle.

Watch for:

- Player slows down opponent before tackling.
- Player waits for best time to tackle.
- Player is balanced to allow quick recovery.
- Player does NOT rush at opponent.
- Stick is low enough so ball CAN'T go under it at any point.

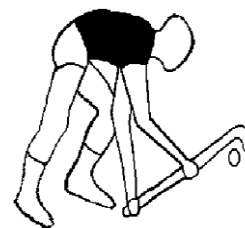


Reverse Flat Stick Tackle (Minkey and Modified Skill)

- Used to present a large tackling surface (opponent needs a big drag to avoid tackle).
- Used to tackle player who is attempting to enter the circle.
- Used to tackle player who has limited area in which to move.
- Used to tackle player who has forced you onto your reverse stick side.

Execution of skill:

- BEFORE tackling MIRROR and/or CHANNEL opponent.
- Wait until opponents are where YOU want them to be.
- Look for ball control errors or time opponent's moves are limited.
- Grip should allow stick to be reversed easily.
- Knees should be bent and weight balanced to allow quick recovery.
- Knuckles of BOTH hands should be on ground so stick is flat.
- Place LEFT elbow behind LEFT knee to get strength in the tackle.
- If opponent drags from fore to back stick SWEEP stick along ground (NOT OVER THE TOP).



Watch for:

- Player slows down opponent before tackling.
- Player waits for best time to tackle.
- Player is balanced to allow quick recovery.
- Player does NOT rush at opponent.
- Stick is low enough so ball CAN'T go under it at any point.
- Stick swept along ground (NOT OVER THE TOP) to change from fore to reverse stick tackle.

Poke, Jab Or Lunge Tackle (Advanced Modified Skill Leading Into Under 11)

- Used to tackle players who have large area in which to move.
- Used to make player move ball to cause errors, channel and/or set up for flat tackle.
- Used to tackle fast moving opponent.

Execution of skill:

- BEFORE tackling MIRROR and/or CHANNEL opponent.
- Wait until opponents are where YOU want them to be.
- Look for ball control errors or time opponent's moves are limited.
- Knees should be bent and weight balanced to allow quick recovery.
- Stick is held in both hands EXCEPT for the lunge forward.
- Step forward and QUICKLY extend stick (held in LEFT hand only).
- Use DUMMY lunges to make opponent move ball and create errors.
- Stick returns to both hands ASAP after the lunge.
- If unsuccessful step back ASAP to continue to mirror opponent and repeat lunges.
- If successful move forward immediately and steal ball with BOTH hands on stick.
- Poke the ball in behind the opponent rather than try to sweep it to the side.



Watch for:

- Player slows down opponent before tackling.
- Player waits for best time to tackle.
- Player is balanced to allow quick recovery.
- Player does NOT rush at opponent.
- Lunge is made with stick only held in LEFT hand.
- Stick returns to BOTH hands ASAP.
- Player moves backwards if lunge is NOT successful.
- Player moves forward ASAP if lunge IS successful.

Trapping on the run (Minkey and Modified Skill)

- Used to prevent player from behind catching up.
- Also used to run on to ball passed in front of player.

Execution of skill:

- Same grip as for dribble. LEFT hand can shift anticlockwise for comfort.
- Eyes to focus on ball throughout its travel until trap has been completed.
- Feet must move quickly to get eye behind line of ball as early as possible.
- Bend knees to get down low.
- Keep stick upright to allow for bouncy ball and prevent slowing down.
- Stick tilted forward so as to control the ball and prevent it rebounding.
- Keep face of stick at 90° to the direction of the ball.
- Push/bunt ball forward as it meets stick so that it stays on stick as you move forward.

Watch for:

- Players keep their eyes behind the line of the ball.
- Players watch the ball all the way on to their stick.
- The stick is not held too softly or too firmly.
- Players are well balanced.
- Player propels the ball forward so that it stays on the stick.

Flat Stick Trap (Minkey and Modified Skill)

- This is the easiest way to trap a ball which is coming along the ground.
- However many players tend to be lazy and not get their eyes behind the line of the ball.

Execution of skill:

- Same grip as for dribble. LEFT hand can shift anticlockwise for comfort.
- Eyes to focus on ball throughout its travel until trap has been completed.
- Feet must move quickly to get eye behind line of ball as early as possible.
- Bend knees to get down low.
- Stick is placed flat on ground tilted forward.
- Let the stick “give” to the degree required to make ball stay on stick.
- Keep face of stick at 90° to the direction of the ball.
- Ball should be trapped in a protected position near front foot.
- Ball should be trapped in a position to allow immediate movement in any direction.
- Players should let the stick “give” to the degree required to make ball stay on stick.

Watch for:

- Players keep their eyes behind the line of the ball.
- Players watch the ball all the way on to their stick.
- The stick is not held too softly or too firmly.
- Players are well balanced.

Reverse Stick Trap (Advanced Modified Skill Leading Into Under 11))

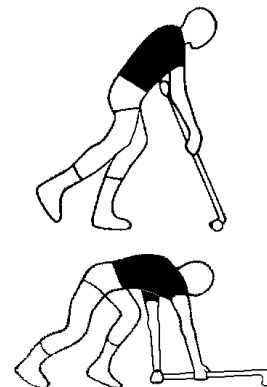
- Used as an advanced skill so as to immediately perform next move e.g. goal shot.
- Also used when player does not have time to get around the ball to trap.

Execution of skill:

- Same grip as for dribble.
- Eyes to focus on ball throughout its travel until trap completed.
- Feet must move quickly to get eye behind line of ball asap.
- Bend knees to get down low.
- Left hand reverses stick, right hand lets the stick turn.
- Stick tilted forward to prevent rebound.
- If stick is upright trap ball behind front (right) foot.
- If stick upright keep face of stick at 90° to the direction of ball.
- If stick is flat on ground, have left knuckles on ground.
- If stick is flat, angle it forward so ball will move to strong side.
- Let the stick “give” to degree required to make ball stay on stick.

Watch for:

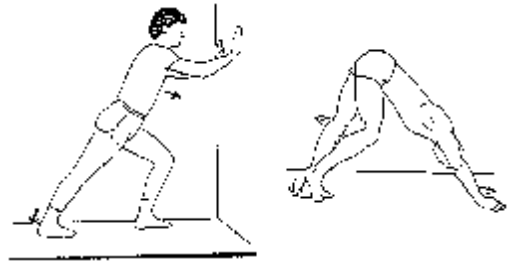
- Players watch the ball all the way on to their stick.
- The stick is not held too softly or too firmly.
- Players are well balanced.



BASIC WARM-UP EXERCISES FOR MINKEY/MODIFIED PLAYERS

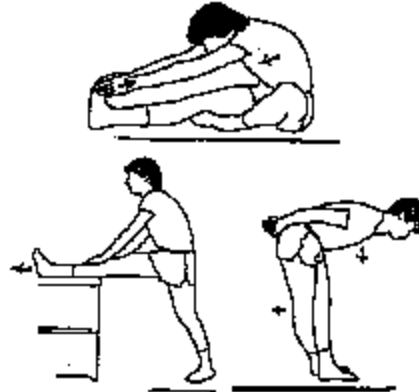
Calf

- Keep heel flat on the ground
- Keep back knee straight.
- Lean body evenly forward.



Hamstring

- Keep knee straight.



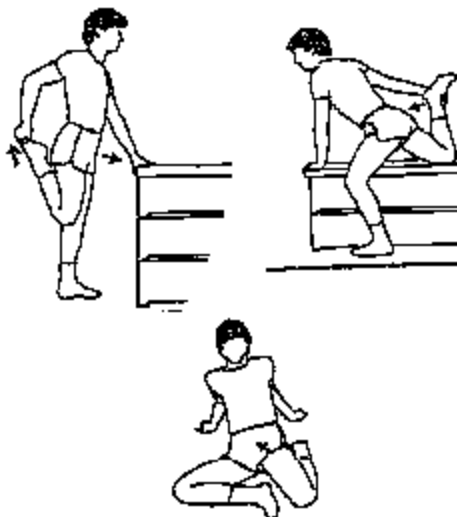
Hip adductors – groin

- Keep one knee straight and slowly lunge sideways

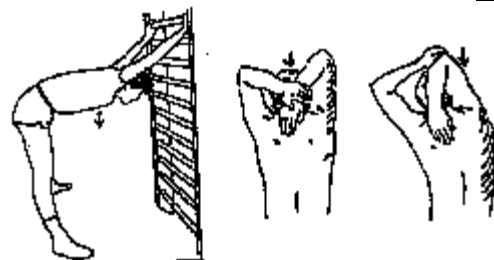


Quadriceps - front thigh

- Push hips forward.
- Keep thigh behind line of body.
- Keep body upright.



Arms



SAFETY RULES

These should be emphasised at the start of every game:

- a) Only one person from each team on the ball at once.
- b) Don't swing at the ball when other players are around you. Keep your stick on the ball and push.
- c) Always tackle at the oppositions stick side. Never tackle from the non-stick side.

COACHING HINTS

- All players at this level (or any level for that matter) want to have fun and improve their skills. We need to create the environment for this to happen.
- Always use praise when a player performs a skill well and use encouraging language when a player makes a mistake. Encourage team mates to do the same.
- At training, make the drill sessions fun and short (a sample coaching session is attached). Always finish with a game.
- At the game, get players into the habit of turning up early to warm-up. Go through positioning before they take the field. It is very tempting to throw all your players on the field at once. Only play with the set amount – the field is chaotic enough.
- It is important we don't make minkey and modified hockey an 'anything goes' exercise. Apart from the safety issue, children learning require some structure. The above explanation of rules should help you provide that structure.

DRILLS

[Drill 1: Grip and dribbling](#)

[Drill 2: Grip and dribbling continued](#)

[Drill 3: Grip revision and dribbling continued](#)

[Drill 4: Pushing](#)

[Drill 5: Hitting](#)

[Drill 6: Hitting continued](#)

[Drill 7: Block tackling](#)

[Drill 8: Pushing continued](#)

Session Plan Template

Date:	Attendance:	Equipment needed:
Venue:		
Duration:		

Introduction (aims for session, reminders, etc.):

Warm-up activities:	Drills and games:	Cool-down activities:
Coaching tips/questions/challenges:		Class management/energisers:

Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) :

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PLAYING SKILLS INVENTORY (FOR INTERNAL USE ONLY)

This checklist has been designed for clubs to monitor their players progression through the THA's minkey and modified program. The skills have been identified by the Regional Coaching Director and the THA Development Officers as pertinent in the development of players at these levels.

Completion of this checklist is voluntary, however may serve as a guide for tailoring training sessions or alternatively used to as a tool to provide parents with an indication on how their child/ren are progressing throughout hockey season.

Name: _____ Date: ____/____/____ Minkey Modified

Place a number between 1 and 10 in the rating box, with 10 being the best.

MINKEY/MODIFIED	SKILL	RATING
	PASSING/HITTING	
MINKEY/MODIFIED	Hit – stationery	
MINKEY/MODIFIED	Hit – moving, hit right to left	
MINKEY/MODIFIED	Push – stationary	
MINKEY/MODIFIED	Push – moving, push right to left	
MINKEY/MODIFIED	Push – moving, push left to right	
	SHOOTING	
MINKEY/MODIFIED	Normal grip hitting	
MODIFIED	Short grip hitting	
	TRAPPING	
MINKEY/MODIFIED	Fore stick trapping – when received from front and left side	
MINKEY/MODIFIED	Fore stick trapping – when received from right side	
MINKEY/MODIFIED	Fore stick trapping – moving	
	TACKLING	
MINKEY/MODIFIED	Poke tackle	
MINKEY	Flat tackle	
MODIFIED	Flat tackle both sides	
COMMENTS:		