

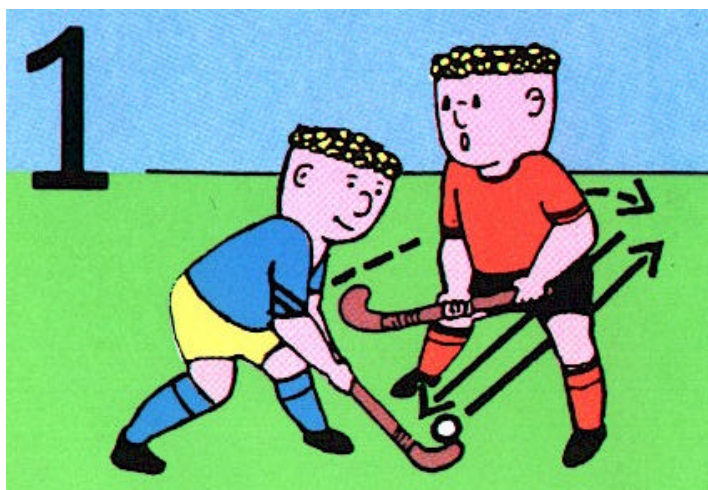


# Hockey Decathlon

A COMPETITION FOR BEGINNERS

by

Horst Wein



## 1. THE TUNNEL

One player passes the ball, alternately with his front and reverse stick, through the tunnel formed by the legs of a second player, who remains stationary, and counts the opponent's goals scored in 30 seconds.

Both players alternate their functions after 30 seconds until both have competed twice.

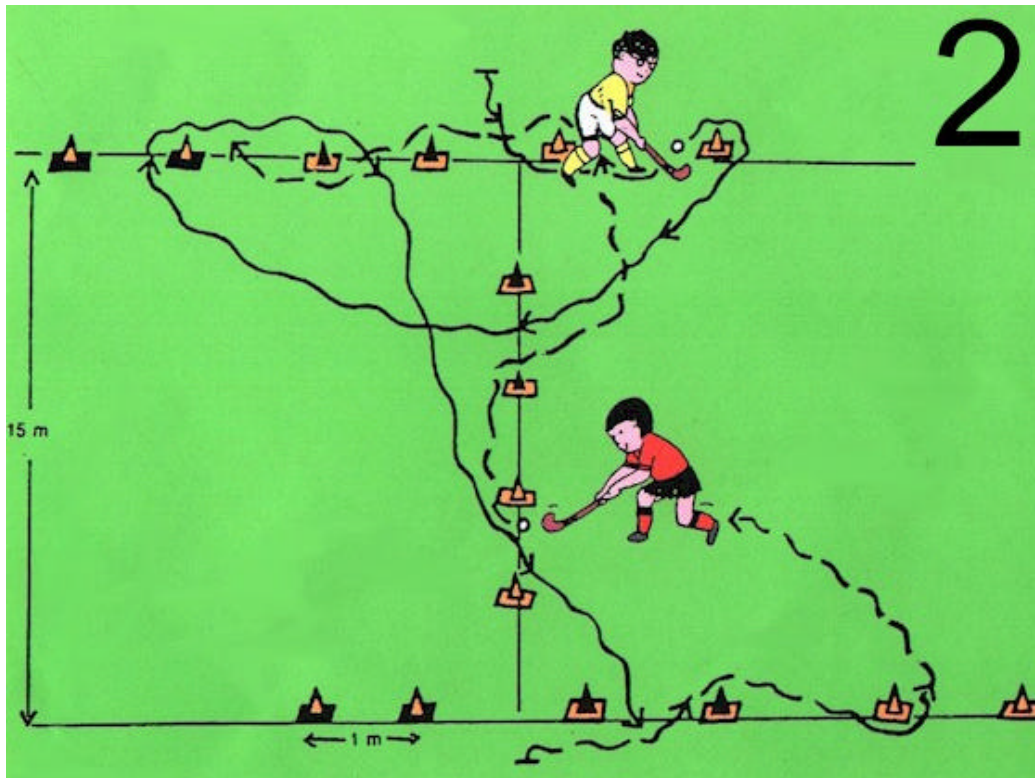
The winner is the player who scores the most goals in the two attempts. The exercise is repeated in the event of a draw.

### **Training objectives.**

- a) After having ensured a correct grip of both hands, play the ball in a technically correct way with forehand and reverse.
- b) Transfer the weight of the body slightly from the left foot towards the right foot in order to synchronise the movement of the ball and the stick, with that of the body.

Note: The player who forms the tunnel stays between 2 parallel lines separated by 1m. In this neutral zone the ball can not be played under any circumstances, only beyond the lines.

To protect his shin which faces the attacker the "defender" is asked to put his stick in front of it.



## 2. THE LABYRINTH

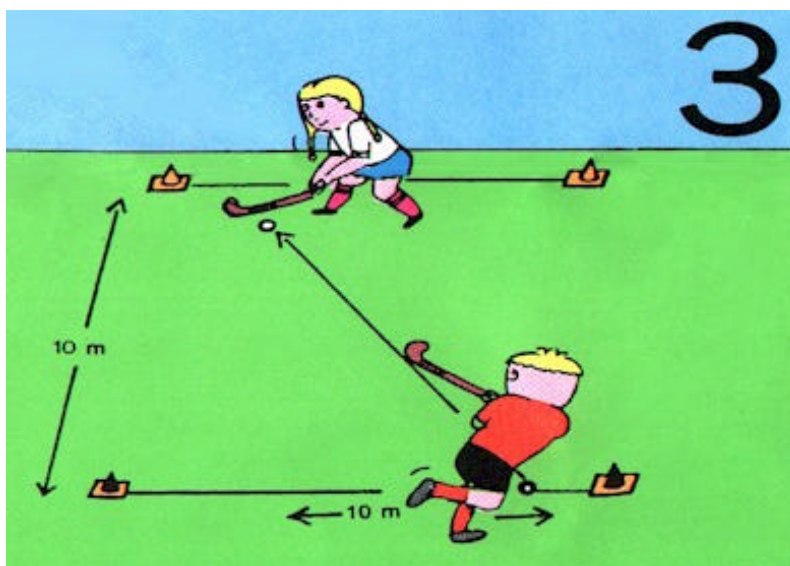
Two players start simultaneously from diametrically opposed positions outside of the labyrinth. Their task is to dribble the ball through all 8 goals of the labyrinth without leaving any out.

The winner is the player who returns first, with the ball under control, to the starting point.

Both players face each other twice and in case of a draw a tie break is played.

### Training objectives:

- a) To dribble the ball according to a game situation with the forehand or backhand.
- b) To be able to collect visual information by raising the head frequently whilst dribbling the ball.
- c) To change the direction of dribbling according to the next goal to be passed.
- d) To find the shortest route, that is, to anticipate mentally the next action.



### 3. PASSING AND RECEIVING

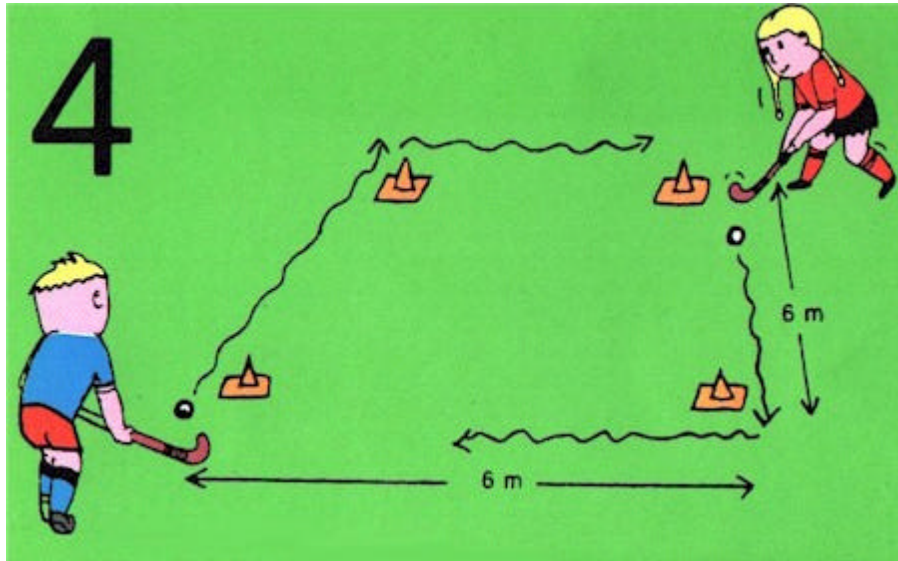
Two players, each one standing in his goal, which is 12m wide, try to push the mini-hockey ball (around 100 gr.) from the goal line along the ground into the opposite goal whilst the opponent does everything to prevent the attacker from scoring. It's compulsory to have both hands separated on the handle of the stick when passing the ball.

In case of an infringement of these rules (feet, touching the ball with the round part of the curve, or lifting the curve before passing the ball) the "offender" is penalised by a technical goal.

The first player to score 4 goals wins the event.

#### Training objectives:

- a) To execute the push or "slap-shot" in a technically correct way, with the curve always sweeping along the ground.
- b) To know how to disguise the direction of the pass
- c) To receive or save the ball with the legs sufficiently bent and using as much of the surface of the stick as possible.
- d) To receive the ball in motion with forehand and reverse stick.



#### 4. AROUND THE SQUARE

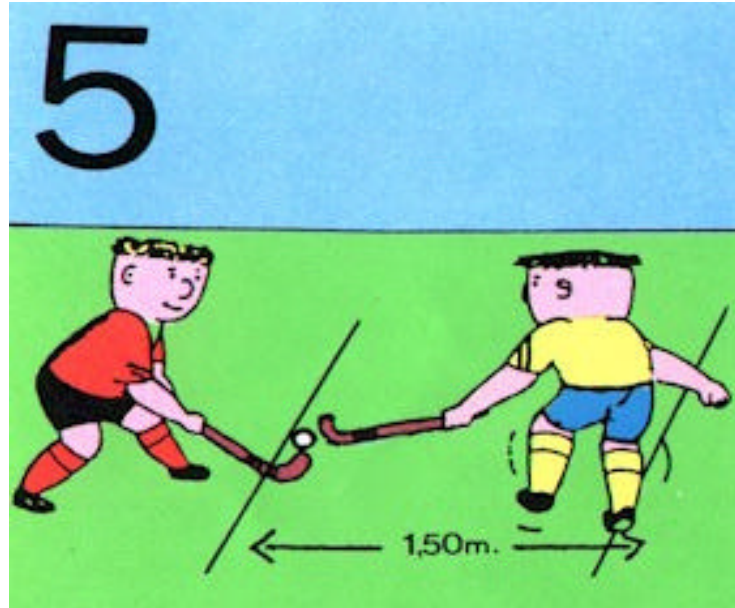
In a square with 6m sides, two players start at the same time from opposite corners, each dribbling a ball along the perimeter of the square.

The winner is the player who completes two clockwise circuits and stops the ball with the stick when he reaches the start again.

They have two goes, and if the result is a draw there is a play off.

##### **Training objectives**

- a) To dribble the ball at speed without losing control of it in spite of several changes of direction.
- b) To choose the appropriate move at each stage of the event, that is, to dribble with the forehand on the straight line and use the backhand to change the ball's direction quickly.
- c) While changing direction, first lower the centre of gravity and then push the body with a full extension of the outside leg into the new direction. At the same time the ball is played with reverse stick.



## 5. THE TACKLE

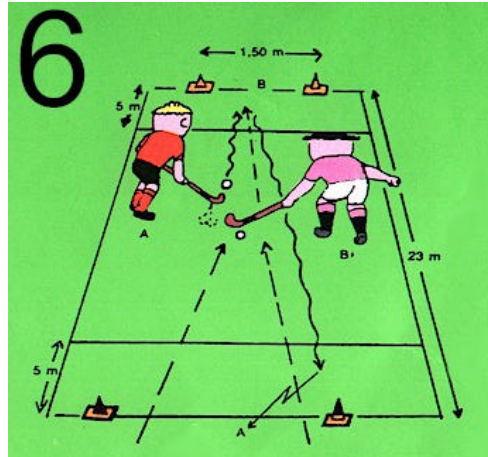
The ball placed on a line is in contact with the curve of an attacker's stick. An opponent is in front of him with his feet touching a second line which is drawn parallel to and 1.5 metres away from the first. The defence's objective is to make a fast surprise tackle in a technically correct way and touch the ball before the attacker can anticipate his tackle. The attacker can only move the ball sideways and along the line, when the defender has initiated his tackle.

After five goes each the competitors places and functions are changed.

The winner is the defender who manages to touch, with five attempts, his opponent's ball the greater number of times. After each tackle there will be an interval of at least 10 seconds. To score it is necessary to move the left foot forward and grip the stick with only the left hand when playing the ball.

### Training objectives:

- a) To know how to execute a lunge tackle in a technically correct way.
- b) To assume, before the execution of the tackle, an optimal basic position from which the defence has more possibilities of success.
- c) To make feints with the body and/or the stick before making a decisive move.
- d) To anticipate the opponent's move, that is, the direction in which his ball is played.
- e) To observe attentively, as an attacker, the preparation and execution of the opponent's tackle so as to move the ball out of his range of action.
- f) To teach the defender to tackle, especially when the ball is away from the attacker's stick



## 6. THE CHALLENGE

Two players meet on the same goal-line, one at the post and the other at the left, inside a 1.5m wide goal. When they are given a visual signal, they both run towards a ball placed in the centre of the field.

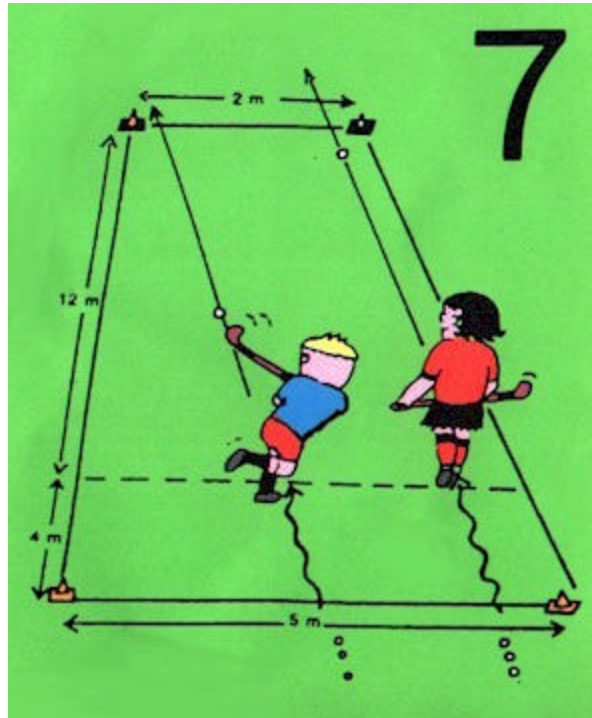
The first player to take possession of it must dribble it into the opponent's circle and score. The player at the left post tries to score at the far goal, the player at the right post, once in possession of the ball, must dribble into the goal from which he started.

If there is an infringement of the rules of hockey in the mid field, the "offender" resumes the game without the ball, from a distance of 1/2 m behind the attacker. If the defender infringes the rules in his own circle he will be penalised by a stroke which is made with a push or flick (with the hands apart) from the centre of the field towards the empty goal.

Each time a goal is scored or the ball leaves the field over a back line, the two players change their starting-places. The winner is the first player to score two goals.

### Training objectives

- a) To run quickly on to the ball with only the right hand gripping the centre of the stick in order to gain the best position to play the ball first.
- b) To dribble and keep possession of the ball against an opponent defending from behind.
- c) To defend from behind or from a sideways position in relation to the attacker.
- d) To score in spite of the presence of an opponent.
- e) To change quickly from attacking to defending and vice versa.
- f) To execute an accurate pass when a penalty stroke is awarded.
- g) Not to dribble the ball into the range of the defender.



## 7. QUICK GOALS

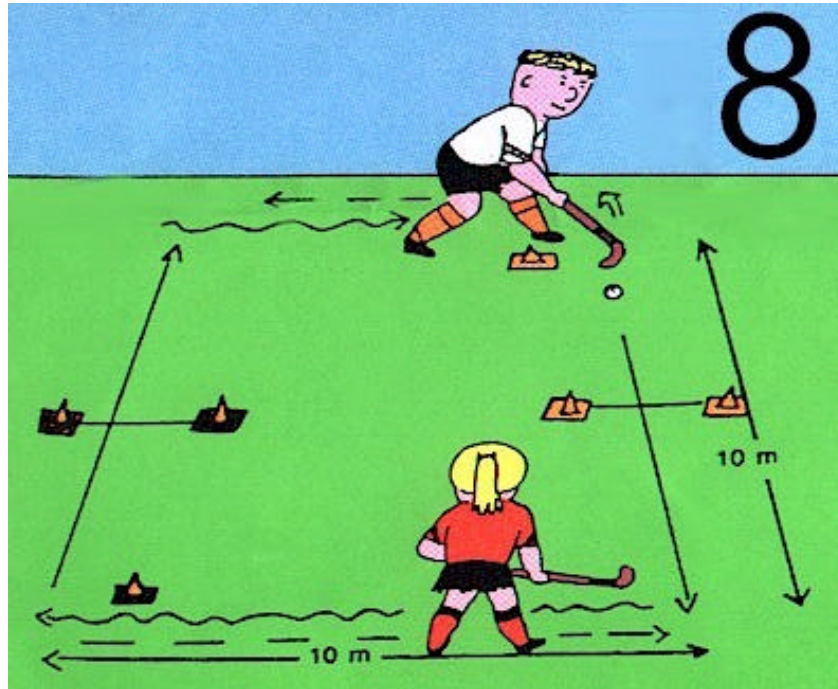
Two players, each in possession of a ball, set off at the same time. They have to dribble beyond a 4m line and shoot into a goal only 2m wide which is set up 12m away from them. When shooting, the player may choose either to push the ball or to use a slap-shot, that is to say, the hands must be apart on the stick when shooting.

The first player who manages to pass his ball between the goal posts (after crossing the 4m line) scores a point.

The winner is the player who scores the higher number of points in 5 competitions.

### Training objectives

- To accelerate from a stationary position with the ball.
- To combine two basic technical moves, such as dribbling the ball in front of the body and executing push or "slap shot" in a sideways position, quickly and with synchronisation.
- To execute the push or "slap-shot" not only quickly and accurately, but also with power so that the ball travels through the goal first.
- To lower the centre of gravity before pushing the ball so as to assure better accuracy and also power.



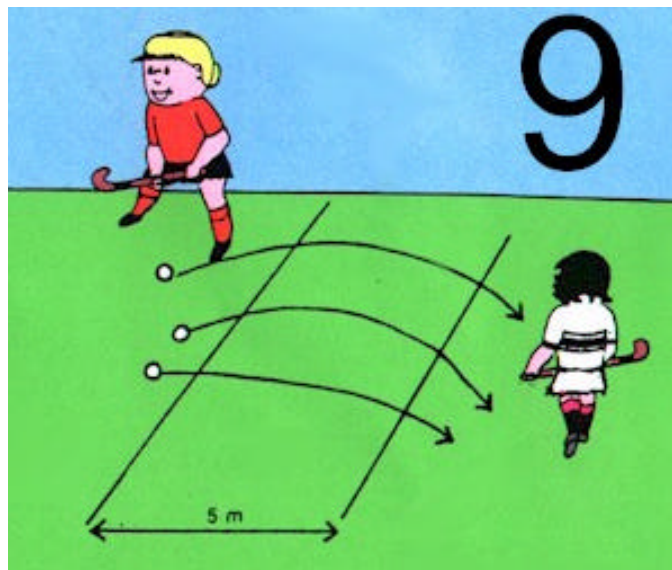
## 8. REVERSE STICK PASSING

After dribbling the ball for 10m, the player must push it through a wide goal (1-1.5m). A goal scored with the ball being stationary when the push is taken is not valid. After the push pass the player returns to his starting point and waits 5m behind the second goal to receive the ball passed by the second player who has done the same as the first player.

The winner is the first player to score five goals with the ball on the move. The distances may be altered depending on the performance level of the player involved. It's recommended to use a mini-hockey ball with a weight of approximately 100 g

### Training objectives

- a) To assure accuracy when passing with the reverse stick
- b) Don't lift the curve before the impact of the stick with the ball. This could lead to an inaccurate pass and besides gives the opponent information about the moment and direction of your pass.



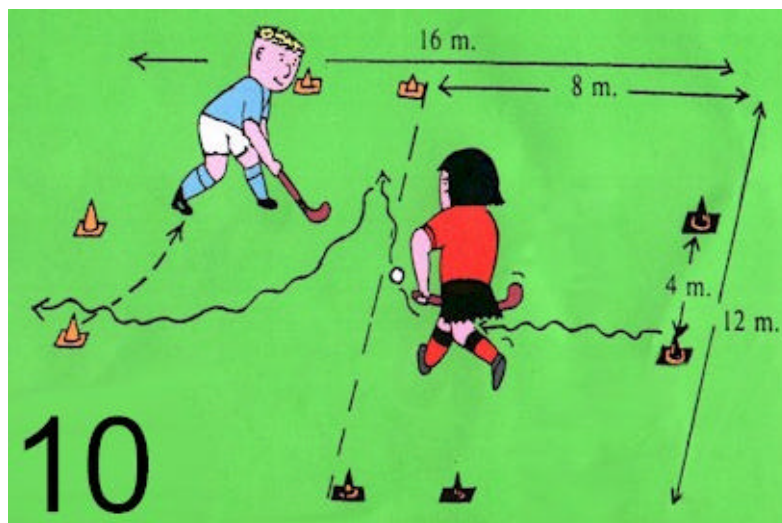
## 9. FLICK OVER THE RIVER

Two players are separated by a neutral zone between 5m and 10m wide (dependent on their performance level) which they cannot enter. The younger player is given three balls which he must flick one after another over the "river" in such a way, that they do not drop between the two parallel lines. Then its the other players turn.

The winner is the first player to execute three consecutive valid "flicks over the river", unless the other player achieves the same result in the same turn. In this case there is a play off for which the "river" is made wider.

### Training objectives:

To execute a flick in a technically correct way over a distance of between 5 to 10m.



## 10. GAME WITH FOUR GOALS

The aim of each player is to score a goal, controlling the ball in one of the two wide goals set up to his right (or left) and at the opposite end. The player without the ball defends his two goals, that is to say, one goal behind him and another to his left (or right).

Once the attacker touches his ball and attacks, the defender leaves his goal in order to prevent the attacker from scoring in either of the two goals assigned to him.

When the ball goes off-field or when a goal is scored the game is resumed as already described, but the players change roles.

After an infringement the attacker is awarded a free dribble with the defender at a distance of no less than 1/2 m. He may only interfere when the attacker resumes play and touches the ball.

The winner is the player who scores the most goals in 3 minutes (or two 3-minutes periods).

### Training objectives:

- While dribbling the ball, to raise the head so as to be able to observe and analyze the opponent's position and play
- To avoid dribbling the ball into the range of the defender
- By dribbling the ball to one side, to force the defender to move in that direction, and then enter the space thus created with a sudden change of speed and direction.
- To improve the technique of dribbling the ball with change of speed and direction.
- As defenders to learn to force the attacker to dribble the ball into a desired space.

## **RULES MODIFICATIONS FOR MORE ADVANCED PLAYERS**

### **1st Game**

The winner is the player who, in 30 seconds, moves the ball most times through the separated legs and over two parallel lines 2m apart playing the ball alternately with forehand and reverse stick strikes. The ball can't be touched in the 2m zone

### **4th Game**

Two players start at the same time. The one who is in control of the ball must dribble it along a triangular route (a diagonal and two 10m. sides) keeping to the outside. Meanwhile, his opponent without the ball must run around the field marked by the four cones with the aim of reaching the attacker and touching the ball before it can be controlled into the goal.

Each player has two turns as attacker and two as defender dribbling once in a clockwise and once in an anti clockwise direction. Whilst defending he learns to wait for the exact moment to tackle without touching the opponent's stick.

The winner is the player who manages to keep possession of the ball the greater number of times until they get to the starting point

### **5th Game**

On each side of the defender, 3m away from him, a 3m wide goal is marked with cones. The moment the defender tries to touch the attacker's stationary ball, from a distance of 1.5m with a tackle, the attacker moves it quickly to the side, out of the range of his opponent and then dribbles it into the goal which is the less well defended.

In this test the defender has at least two tackling opportunities in order to achieve his objective: to touch the ball and thus to prevent the attacker from scoring a goal. If he fails with his first tackle (a "front" tackle"), he must quickly recover his basic defending position so as to try again, but this time being situated sideways in relation to the attacker.

Each player attacks and defends five times.

## **7th Game**

In each of his 5 attempts, each player must use the following different techniques to pass the ball through a 3m goal from a distance of 23m.

1. Push
2. Hit with the hands together (drive)
3. Slap-shot
4. Hit with the right foot in front
5. Low hit (artificial turf hit)

In their efforts to win, the players learn to consider, before and after the attempt, the present result of the competition and their opponent's capabilities (see also game 9).

## **8th Game**

After dribbling the ball quickly over a distance of 10m, the player hits the moving ball with sufficient speed through a 2m wide goal placed on his left at a distance of 15m. Each goal scored wins a point. The younger player starts.

The winner of this first leg of the 8th test is the first player to gain 5 points. In the second leg the players compete in the accurate hit towards the right. To win the game a player has to win both legs or the "tie-break" (best of five passes

## **9th Game**

Each of the two players has three balls. After a visible signal is given, each dribbles his first ball from a position 8m outside the 23m area towards that area so as to score from any distance a goal with a flick over the 23m zone, without entering the area. Once he executes the flick he then runs back to fetch the next ball.

The winner is the player who first masters 3 consecutive flicks over the 23m wide area.

# **VARIOUS POSSIBILITIES FOR ORGANIZING A DECATHLON-COMPETITION**

## **TWO DAYS COMPETITION**

An unlimited number of participants run through 5 tests each day.

## **INDIVIDUAL COMPETITION**

1. In each game a player meets a different opponent. The pairs for each of the 10 games are chosen by drawing lots. The winner is the player who wins the most games. If there is a draw between two or more players, game 10 is used as a tie breaker.

2. The coach/educator checks on the pairs to see that two players of a very similar technical, tactical, physical and constitutional level face each other in all 10 games. The winner of the decathlon challenge is the player who wins the highest number of games.

## **TEAM COMPETITION**

Two teams (clubs or schools) compete, both with the same number of players. In each event, a player from one team meets a player from the other team, changing opponent for each of the 10 games. The winning team is the one which wins the most games.

## **COMPETITIONS OVER SEVERAL DAYS**

### **INDIVIDUAL COMPETITION**

Only one of the 10 games will be organized during each training session, and the winner will be sought from amongst all the participants.

If there are fewer than seven players, they will compete against each other until the winner is established.

If there are between 8 and 14 participants, they are divided into two groups, the winners of which meet in the final.

If there are 16 or more players, a knockout tournament is organized, and both the winners and the losers play their final rounds.

## **HOW TO INTRODUCE ONE OF THE 10 GAMES IN TRAINING SESSION FOR BEGINNERS**

First the instructor prepares the playing field and selects two players. Then he explains step by step the rules of the game, demonstrating slowly how the game is played, until all the rules are known. Through several questions put forward to the rest of the players, he makes sure that the rules are understood and everybody knows what to do to win the game.

Finally a full demonstration of the game takes place.

1. In order to gain sufficient experience in the game, the instructor gives all players the opportunity to practice with a chosen partner for 3-5 minutes.
2. After practice the beginners should explain their first experiences necessary to win the game.
3. The coach selects who is playing against whom.
4. 1st competition
5. The players are asked, why one has won and the other has lost the game. Can you explain to me the reason for your win or loss?
6. With help of two corrective exercises the coach isolates one important aspect of the test (for instance the technique and tactics of tackling in the 1:1 situation, different techniques of beating a man or dribbling techniques) which has diminished the performance of the players.
7. 2nd competition (the winners play against the winners and the losers play the consolation round)
8. Together with the beginners the coach works out the necessary abilities and capacities to win the game. The aim is that all players have a complete understanding of what to do at which moment in playing the game. That is why one or two more corrective exercises should be practiced to help overcome observed deficiencies in beginners. Sometimes taking a step backward could be the best way to advance.
9. 3rd competition to establish the most skillful players in this game of the decathlon.