



# HOW TO MAKE HOCKEY55 BOARDS





# HOCKEY5S BOARDS



## DO-IT-YOURSELF INSTRUCTIONS

Hockey5s is fun to play with or without boards! Hockey5s can be played on various surfaces including natural grass, synthetic turf and hard recreational areas. It's a small-sided version of hockey that is complementary to the traditional 11v11 outdoor game and the 6v6 indoor game. [Click here](#) for FIH's Rules of Hockey5s.

At the international level, 10-inch high boards surround the entire pitch, keeping the ball in play for non-stop action. Official Hockey5s boards are made of lightweight material, so they are easy to set up, move and store. Fikagear, a sponsor of USA Field Hockey, is the leading manufacturer of Hockey5s boards internationally. Fikagear boards are durable and are an investment that will last for many years. [Click here](#) to purchase.

If you want to play Hockey5s with boards but are not ready to invest, and are handy with wood, or know someone who is - you can make a DIY version of Hockey5 boards for approximately \$1,000 or less. Here are some instructions on one way to make them. If you have another style of homemade Hockey5s boards that are working well for your program, please send pictures and instructions to [sportdevelopment@usafieldhockey.com](mailto:sportdevelopment@usafieldhockey.com) and USA Field Hockey will add them to the website for others to reference.



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# HOCKEY55 BOARDS



## EQUIPMENT & MATERIALS

- Wood for the Frames – 2" x 4" x 8' boards. Cut some of the boards into small pieces for the horizontal frame bases, assuming four vertical pieces per 8-foot section.
- Plywood (1/2" thick) for the Face of the Boards, cut into 12" x 8' pieces
- Saw
- Drill
- Wood Glue
- Flat head wood screws
- Measuring tape
- Safety goggles
- Sander and sandpaper to smooth edges
- Paint if you want to paint the boards

**NOTE:** If you also want to make storage carts as the ones pictured, you will also need:

- Heavy-duty wheels - four per cart
- Extra wood and screws



# INSTRUCTIONS



Before you purchase your materials, it's important to decide what size your Hockey5s pitch will be. Keep in mind that each section needs to stand up perpendicular to the floor, and be strong enough to safely withstand the ball hitting hard and players/officials potentially bumping into them as well. Safety is essential!



## PLAN YOUR PITCH SIZE

Recreational Hockey5s courts don't need to be perfect, and can vary in size. This is true if the field will primarily be used for children, in which case a smaller field is appropriate. If you are making a smaller pitch, keep in mind that the ideal length to width ratio of approximately 1:07 is recommended.

The International Hockey Federation has set the following:

- Maximum Size: 55m x 42m. (180.45 feet x 137.8 feet)
- Minimum Size: 40m x 28m. (131.23 feet x 91.86 feet)

Take some time to plan your project and do the math, determining how many 8-foot sections you need to make. Some lumber yards may cut the boards for you.

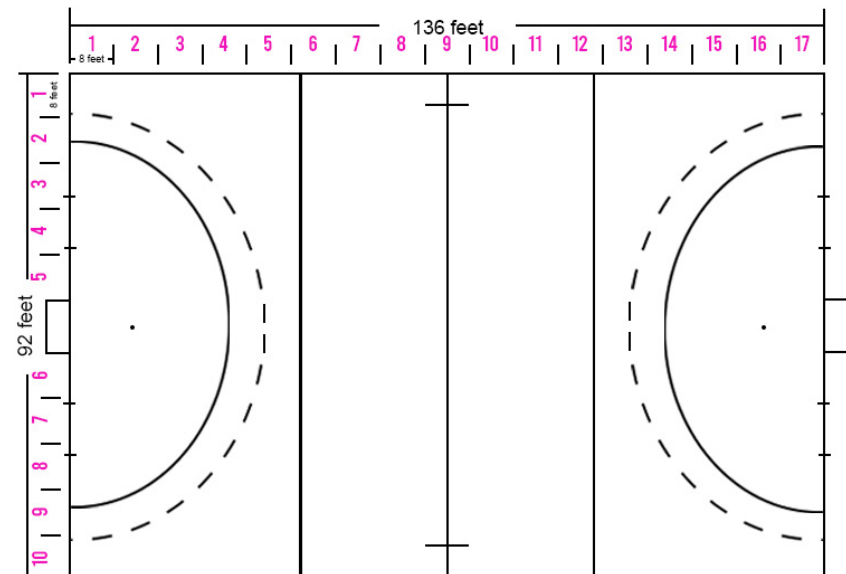
## EXAMPLE

Let's say you want your field to be close to minimum regulation size, 136 feet x 92 feet, and you are using regulation size goals, which are 12 feet wide.

Using 8-foot sections, you'll need seventeen 8-foot sections per side ( $17 \times 8' = 136'$ ) for a total of 34 sideline sections.

For the 92-foot ends, you'll need 80 feet of boards plus 12-foot of goal. That's 40 feet or five 8-foot sections on each side of the goal. This will mean you need a total of 20 endline sections.

Total of 54 sections that are 8-foot each.



# SECTION ASSEMBLY



Now that's you've done the math, you can head to the store and buy your wood.

## MAKE THE FRAMES FOR THE BOARDS

- 2"x4"x8' boards
  - » 108 total 8' pieces for horizontal part of 54 frames
  - » 22 total 8' pieces cut in 9" pieces for four horizontals for each 8' section
- Lay two 2"x4"x8' parallel
- Build frame by using a 9" piece of 2"x4" at each end and one at approximately 2.5' from each end. Secure with wood glue and flat head wood screws.

## MAKE THE FACES FOR THE FRAMES

- Once your frames are built, it's time to attach the plywood face
- 1/2" thick plywood boards (48"x96") and cut into 12"x8' lengths
  - » 14 pieces of 4'x8'x1/2" thick plywood
- Place the frames flat and cover with wood glue. Put a piece of plywood on top and attach with wood screws

## SANDING & PAINTING

- Once all sections are complete, sand lightly and paint to the color of choice - you may want to use a primer coat prior to painting
- Let paint dry thoroughly and boards are finished

Once dry, place on the field and let the games begin!

## OPTIONAL: ROLLING CART FOR STORAGE & TRANSPORTING

Now that you have your sections complete, you may want to build a cart that fits the pieces perfectly, holds them neatly, and makes it easy to roll them from a storage closet onto an outdoor area that will be your pitch.



If you have any questions regarding these instructions on how to make Hockey5s boards, email [sportdevelopment@usafielddhockey.com](mailto:sportdevelopment@usafielddhockey.com).