



USA
FIELD HOCKEY

FUNDAMENTAL
FIELD HOCKEY

**A QUICK START GUIDE FOR PHYSICAL
EDUCATION & COMMUNITY LEADERS**

WELCOME TO FIELD HOCKEY

Field hockey is one of the most popular team sports globally, played in more than 140 countries with over 2 billion fans. It's an Olympic sport for men and women, with simple rules, minimal equipment, and lots of fun. Known for its inclusivity and safety, it's perfect for kids of all ages, 5 to 85!

[Click here](#) to watch a video about the history and evolution of field hockey. This video was produced by the International Hockey Federation, the governing body for the sport globally.

This FUNdamental Field Hockey Guide will help you get the ball rolling in your community!



KATIE KEYES

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ABOUT FUNDAMENTAL FIELD HOCKEY

USA Field Hockey's **FUNDamental Field Hockey Guide** is designed to support everyone who works with children in schools, YMCAs, Boys and Girls Clubs, Parks and Recreation Centers, Community Centers, Camps, Clubs and all other youth organizations.

THE GOAL OF FUNDAMENTAL FIELD HOCKEY IS TO:

- Introduce leaders to the sport of field hockey
- Equip physical education teachers and program leaders with no field hockey experience to introduce the sport to students in a fun, turnkey way
- Provide tools and resources for ongoing learning and support

This FUNDamental Field Hockey Guide includes photos, videos and a sample 12-session curriculum packed with games and instructional tips. Thank you to the [International Hockey Federation](#) (FIH), the governing body for field hockey globally, and USA Field Hockey sponsor and partner [Leap Hockey](#) for providing videos to support learning.



KATIE KEYES



FIELD HOCKEY + YOU = FUN



REGISTER TO BECOME A USA FIELD HOCKEY PLAYMAKER!

USA Field Hockey Playmakers are important partners who drive grassroots growth.

[Click here](#) to complete this brief survey and tell us about your program!

USA Field Hockey Playmakers will be listed on the USA Field Hockey and State Chapter websites.

FUN FACTS ABOUT FIELD HOCKEY

- The **third** most popular sport in the world, behind soccer and cricket, with approximately 2 billion fans across 140 countries.
- An Olympic sport for men and women, played in the Summer Games since 1908 as one of the original team sports. USA will host the Los Angeles 2028 Olympic Games.
- One of the most **gender-equal sports** in the world. The rules and equipment are the same for men and women.
- Called “hockey” everywhere except in the United States, Argentina and Canada.
- Played in multiple formats: indoor, outdoor and Hockey5s.
- Played in approximately **300 NCAA** colleges in the United States, plus 150+ college club teams. Field hockey is a scholarship sport for girls.
- Played in 1,700+ United States high schools by more than 60,000 female athletes as a fall sport. Some states also offer co-ed high school play.
- An **inclusive sport**, providing opportunities for all ages and for those with intellectual and physical disabilities.
- Easy to learn and affordable, with minimal equipment needs.
- A safe sport, with a low rate of serious injuries and concussions.
- Governed by **USA Field Hockey**, the U.S. Olympic and Paralympic Committee (USOPC), International Hockey Federation (FIH) and Pan American Hockey Federation (PAHF).
- Above all, it's **FUN!** To get into the game and learn more, visit usafieldhockey.com.

FIELD HOCKEY IS A SPORT FOR ALL, A SPORT FOR LIFE!

BASICS OF THE GAME

- Field hockey is an **invasion game**, like soccer, lacrosse, ice hockey, and other team sports.
- It's a **team sport** played on a football-sized field with **11 players per side** in the Olympic version.
- For younger players, it can also be played with **5 or 7 players** per side and adapted to smaller spaces, including **indoors in a gym** as well as outdoors.
- Each athlete uses a **stick that is flat on one side and rounded on the other**. The stick is the same for both left- and right-handed players, and only the flat side can be used.
- Teams work together to **move the ball** using their sticks and **score more goals than their opponents**.
- Each team has a **goalkeeper** who wears special protective equipment. The goalkeeper is the only player who can use their body and feet to defend the goal — though they must also use a stick.
- Field hockey is a **global sport** played in more than 140 countries and at all levels — from kids learning the basics to Olympic athletes competing on the world stage.
- Known for being **inclusive, fun, and safe**, the game is easy to learn and accessible to athletes of all ages.



Watch this short [How to Hockey Video](#) to learn these basics.

STARTER EQUIPMENT NEEDS

All you need to get started are sticks and balls.

USA Field Hockey offers **beginner sticks** and **balls** in bulk sets or individually, at cost, to help support the growth of the game in schools and community programs. Visit [USA Field Hockey's Equipment Shop](#) to explore options.

The best part? Sticks and balls last for years and can be used again and again across multiple programs and sessions.

STICKS

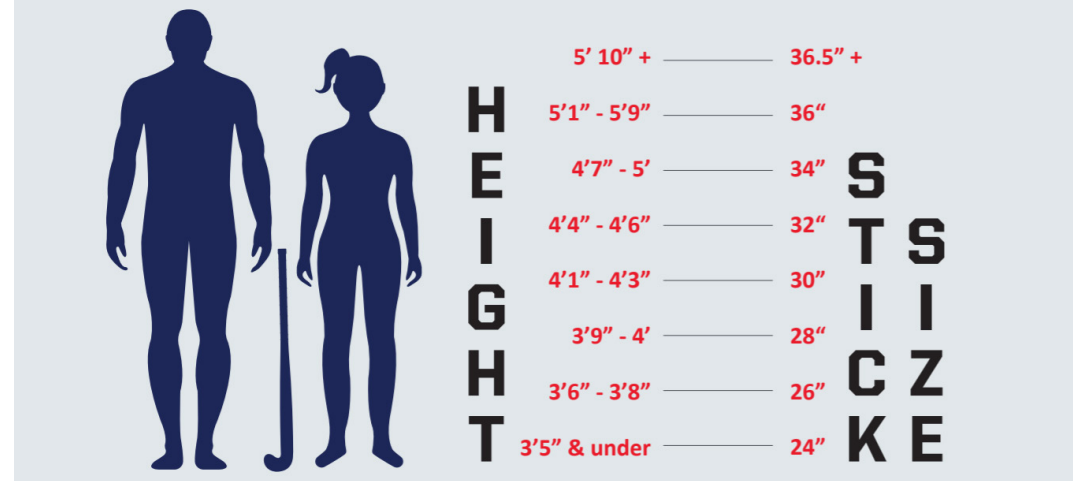
Wood or **plastic** sticks, like the ones sold in USA Field Hockey's Equipment Shop, are perfect for **beginners** because they are inexpensive, lightweight and forgiving, making it easier for new players to successfully move and control the ball.



Most important is that the stick is approximately the **correct length** for optimal success and enjoyment. A stick that is way too short will cause incorrect body position and be uncomfortable for the player. Similarly, a stick that is way too long will make it hard for the player to grip the stick correctly and control the ball. Most prefer a stick that comes up to the hip. See the chart for a guideline.

STICK SIZING + SELECTION

Most prefer a stick that comes to the top of the hip. Here's an approximate size chart based on height:



STARTER EQUIPMENT NEEDS

BALLS

Field hockey balls are made of hard plastic and are approximately the size of a baseball.

USA Field Hockey developed and sells both official field hockey balls and the modified GO Ball, which is highly recommended for beginners. The GO Ball is an oversized, lighter-weight ball that rolls better on long grass and more slowly on a hard surfaces such as a gym floor or parking lot.

Teachers and leaders are encouraged to use any ball appropriate for athletes' ages, stages of development, and ability.



SHINGUARDS + MOUTH GUARDS

FUNDamental Field Hockey encourages and promotes safety throughout.

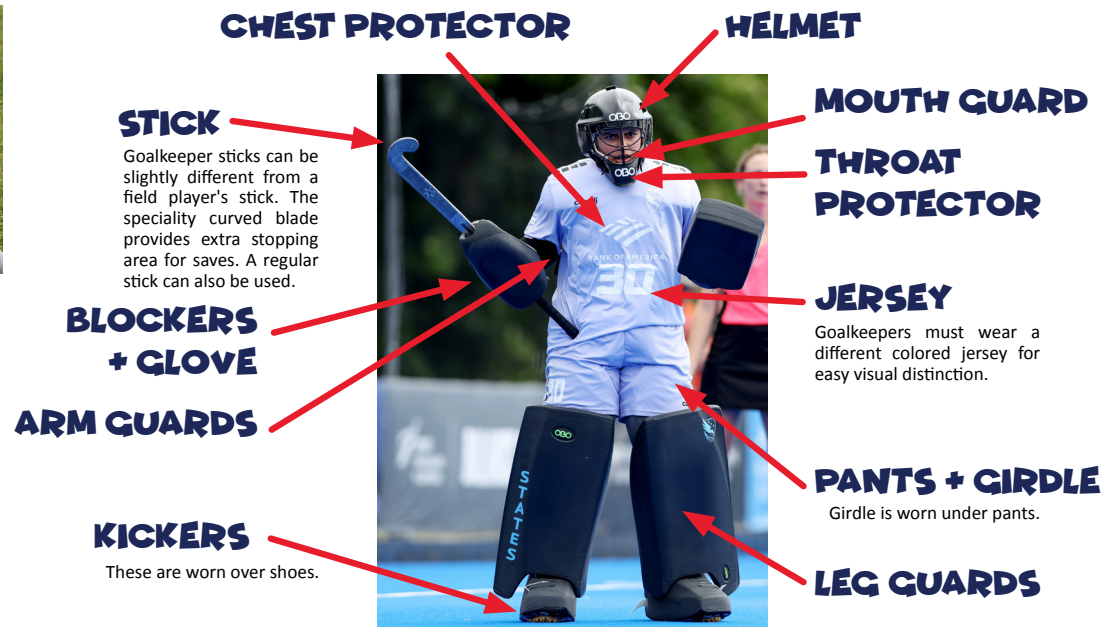
Shinguards and mouth guards are standard equipment for field players competing in an official game. Most physical education classes and introductory sessions do not require shinguards or mouth guards, especially when using the GO Ball, though they are optional.

GOALS

An official field hockey goal is 12' wide x 7' tall x 3' deep! They are big and unnecessary for small-game play and fun. Any goals will work for small-game enjoyment. Use cones or markers and adjust sizes to make the games fun and goal-filled.

GOALKEEPING GEAR

FUNDamental Field Hockey does not include curriculum to teach the goalkeeping position, as all beginners need to learn the basics first. When you and your program are ready, see additional resources on page 37 for next steps.



CORE SKILLS + CONCEPTS

The following core skills and concepts are the building blocks and provide a foundation for success, nurturing a love for the sport. Leaders will incorporate many of these skills, concepts and vocabulary in every session.

THE GRIP ▶: How to properly hold the stick

THE STANCE ▶: How to stand and position your body

BALL CARRYING ▶: How to move with and dribble the ball to progress it up the field

ELIMINATIONS ▶: How to manipulate the ball to dodge and run past defenders

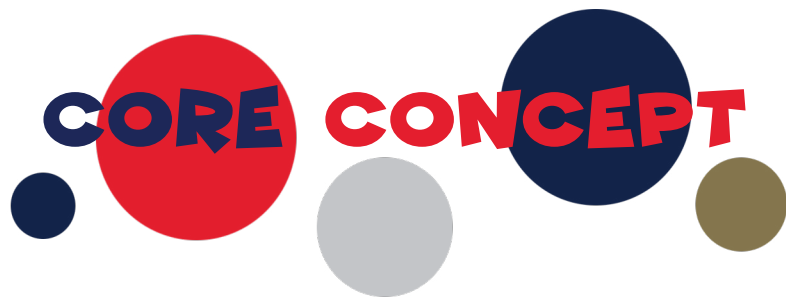
PASSING ▶: How to pass the ball to another player or into the goal to score

RECEIVING ▶: How to control or "trap" the ball in order to take another action

TACKLING ▶: How to take the ball away from an offensive player. Not like tackling in football!

USA Field Hockey and Leap Hockey have produced a series of short videos for each of these core skills and concepts. Links are indicated by this graphic ▶ and each video includes suggested exercises to reinforce the concept and practice the skill in a fun way.





THE GRIP

Mastering the basic grips is one of the most important keys to learning and improving quickly in field hockey. How you hold the stick makes a big difference in developing every skill.

BASIC GRIP

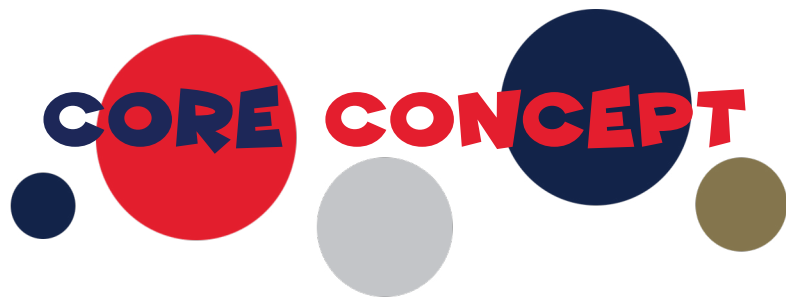
- Place **left hand** firmly at the top of the stick
- Left hand knuckles should point in the same direction at the hook of the stick
- Place **right hand** loosely in the middle of the stick
- Right hand fingernails should **point in the same direction** as the hook of the stick
- Left hand stays **firm** and controls the stick movements
- Right hand stays **loose** and acts as a support
- Basic Grip is used to dribble, receive and push pass

WATCH TO LEARN



GRIP TO PULL BALL





THE STANCE

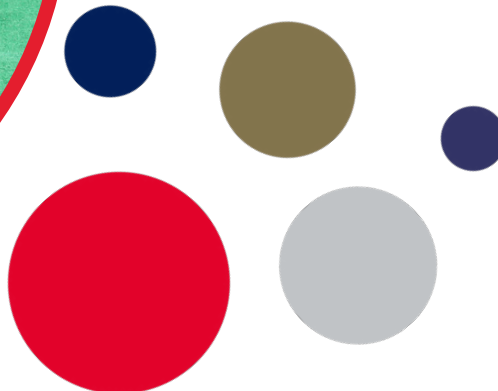
A good body position on the ball gives field hockey players a huge advantage when playing. A proper stance improves strength, ball control, field vision and the ability to move quickly when attacking and defending.

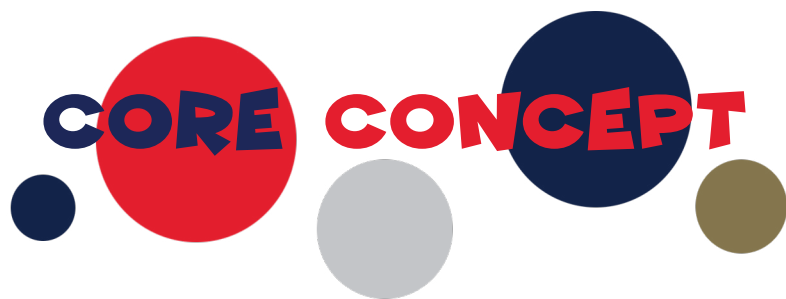
WATCH TO LEARN



WIDE BASE

- Feet shoulder-width apart
- Knees slightly bent, in a slight squat
- Elbows comfortably away from the body
- Head on a swivel - keep eyes up, not looking down
- Back straight, not hunched





BALL CARRYING

Players need to learn to dribble and move with the ball, called ball carrying. Encourage players to practice this skill by moving slowly at first and then faster as they become more comfortable. Challenge players to keep their eyes up as much as possible!

GRIP + HAND POSITION

- Right hand with a loose grip (allows swivel from backhand to forehand)
- Left hand extended away from the body (not bent at the elbow)
- Maintain a strong grip with the left hand
- Keep the left elbow higher than the right

BODY POSITION

- Knees bent
- Hips lowered
- Back straight, not hunched

BALL POSITION

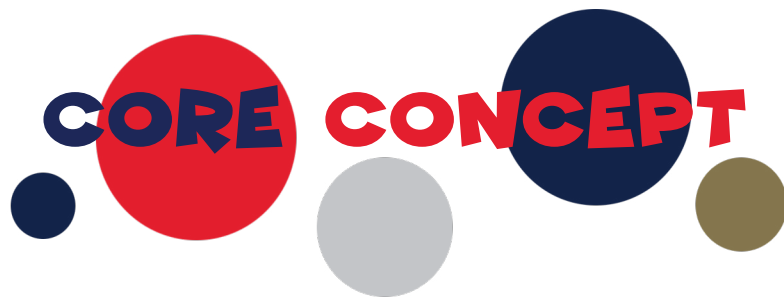
- Keep the ball away from the feet
- Ball should be carried in front and slightly outside the right foot
- Maintain the carry at the 1 o'clock position



WATCH TO LEARN



Once players get comfortable carrying the ball, they will want to work on getting around defenders. [Watch this video](#) to introduce Elimination Skills.



PASSING

There are several techniques to pass the ball, but FUNdamental Field Hockey focuses on the push pass.

PUSH PASS

- A controlled pass - stick starts on the ball, push to teammate
- It's not a "hit"
- First passing skill to master

BODY POSITION

- Athletic stance
- Body side-on to target

HAND + STICK POSITION

- Hands apart
- Stick and hands away from body
- Toe follows through low toward target
- Stick on ball - no back swing

BALL POSITION

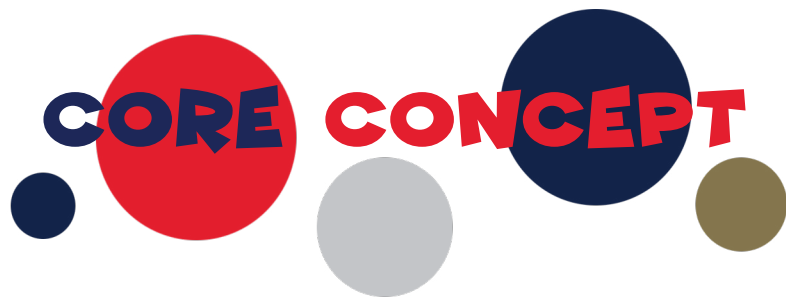
- In line with back leg with right arm extended, left elbow bent

SKILL EXECUTION

- Step with left foot
- Open left foot toward target
- Transfer weight to front leg - keep feet moving through the pass AND have weight moving at the target
- Follow through leading with left elbow
- Push using the flat side of the stick

WATCH TO LEARN





RECEIVING

It's important that players learn how to receive passes or balls coming toward them. The goal is for players to "trap" the ball - stop it on their stick so they can control the ball right away.

RECEIVING - FLAT PASS

GRIP

- Use Basic Grip (refer to [Page 11](#))
- Have your hands and stick extended away from your body

STICK + HAND POSITION

- Stick angled (not flat)
- Hands about at knee height
- Hook of the stick resting on the field

BODY POSITION

- Athletic stance
- Line up slightly right of center, in line with ball

SKILL EXECUTION

- Form a triangle (feet + stick head)
- Flex knees, create a "pocket" to collect ball
- Left foot slightly forward of right
- Angle stick forward (left hand further away than stick head)
- Pick up line of ball
- Use "soft hands" on contact

FOREHAND RECEIVING - BOUNCY PASS

STICK + HAND POSITION

- Stick vertical, hands up higher
- Stick angled forward to trap ball

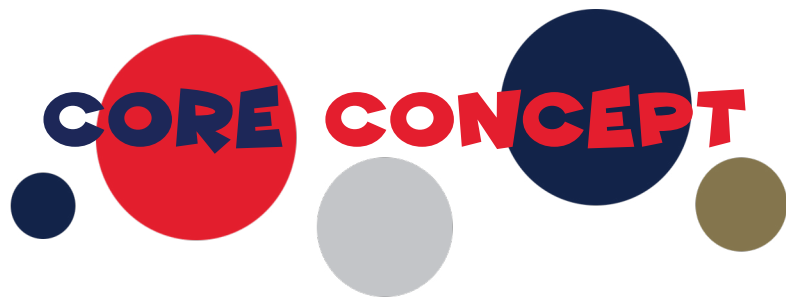
BODY POSITION

- Left elbow (shoulder height, in front of body)
- Thumb pointed down, stick angled to form a trap



WATCH TO LEARN





TACKLING

In field hockey, tackling is when a defending player takes the ball from an opposing player. Field hockey is a non-contact sport, and the term “tackling” has nothing to do with body contact, unlike American football. There are two types of common tackles:

Flat or Block Tackle and Jab Tackle

FLAT TACKLE (BLOCK): A defensive move where athletes place the stick flat on the ground to stop the ball or take it away from an opponent - not by swinging, but by blocking.

GRIP + HAND POSITION

- Basic grip
- Stick held firmly with both hands
- Stick flat on the ground - like a wall

BODY POSITION

- Knees bent, bottom low (squat)
- Feet angled at 45 degrees (not flat to attacker)
- Body behind the stick for strength

STICK POSITION

- Slide stick low - don't swing
- Keep stick flat to block or intercept
- Time it right - wait until attacker is close



JAB TACKLE: A defensive move to poke the ball away — reduces attacker's vision and speed.

GRIP + HAND POSITION

- Hold stick in both hands, pointed forward like a sword
- Use frying pan grip
- Hands slightly higher at hip level

BODY POSITION

- Upright stance
- Knees bent, balanced, ready to move
- When you jab, the left leg normally leads
- Eyes up — watch the ball, not the player

STICK POSITION

- Left hand holds the top of the stick at hip level
- Stick face pointing up toward the sky
- Use your left hand to make a fast jabbing movement in then out, at the ball (like a fencer)
- Keep the stick moving in and out fast, do not hold the stick extended (no dangling or fishing)

WATCH TO LEARN



TRY THIS!

AIR DRIBBLING

FOR EYE-HAND COORDINATION

Field hockey is a three-dimensional game, meaning that players can lift the ball into the air. A fun way to practice 3D skills and hand-eye coordination with a stick and ball is air dribbling. It's also a good way for beginners to get comfortable with their stick.

GRIP

- Stick grip similar to dribbling position, but in the air
- Start with a natural 'basic' grip when picking the ball up
- Reinforce right hand touch on the ball

STICK POSITION

- Stick guides ball back toward feet
- Ball is 'picked up' off the ground and controlled

HOW TO PICK UP THE BALL TO AIR DRIBBLE

- Stick guides ball back toward feet
- Ball is lifted off the ground and controlled

TRY SOME OF THESE TRICKS:

1. Bounce the ball on the stick as many times as possible
2. Balance ball on stick for as long as possible
3. Try these tricks while walking or skipping



WATCH THIS VIDEO! HAVE FUN AND BE CREATIVE!



LET'S PLAY!

You are now familiar with the core skills and concepts, and you've even seen them in action through the videos. Now it's time to plan your sessions and get the ball rolling!

This **FUNDamental Field Hockey Guide** provides 12 sample sessions using an athlete-centered approach and the **PLAY–PRACTICE–PLAY** format. Each session can be modified to fit your schedule and the age and stage of your athletes.

Each sample session is 60 minutes (*adapt as necessary*) and includes:

1. **Warm-Up** - fun games and/or stick work game
2. **Skill Introduction and Play** - focus on 1 to 2 core skills
3. **Skill Practice** - reinforce through games and drills
4. **Game Play** - small-sided games to apply skills
5. **Clean-Up & Review** - reinforce what was learned

SESSION PLANNING BEST PRACTICES SHARED BY ADAM FALLA, LEAP HOCKEY



- **Safety is #1** - establish and follow safety guidelines at all times.
- Don't hesitate to **repeat a good session plan**. Consistency with exercises and games helps kids see progress and build confidence. They won't get bored if they know they're improving.
- Focus on just **one or two key technical points** per session (e.g., grip or ball position) and reinforce them 5 to 6 times.
- Use positive reinforcement and stay flexible.
- Have athletes **play intensely for 15 to 20 minutes**, then give them a break before moving on to a new exercise or adding a twist to the current one. 'Read the Group'.
- Remember, the **coach's energy** transfers to the group - so keep your own energy high throughout the session.
- Always **finish with a huddle**: ask what they learned and what they enjoyed, then use that feedback to shape the next session.



SESSION 1



WARM-UP

Do a fun warm-up activity without sticks prior to introductions



INTRODUCTION

Before you hand out equipment:

- Introduce yourself and your staff.
- Get them excited about field hockey telling them a little about the sport, its popularity and status as an Olympic sport for men and women
- Consider showing [HOW TO HOCKEY](#) video
- Hold up a stick and ball and talk about how a stick is unique, and how players can only use the flat side
- Review basics of the game
- Discuss safety rules: no stick swinging, “candy cane” part of stick stays down and on the ground
- Hand out sticks and have players spread out



TEACH + PLAY

1. Introduce the grip - show the athletes how to hold the stick. Teach the flat-side rule and how to turn the stick over properly for dribbling. Get them to immediately practice!
2. Practice stationary “Yard Stick” pulls, also called “Tick Tocks”
3. Introduce the Athletic Stance



ACTIONS

ON THE MOVE - DRIBBLING SKILLS

OBJECTIVE: To get athletes to dribble with vision becoming comfortable with stick and moving.

1. Walk with the ball with vision - keep it on the forehand. If ball moves to left side of body, use a drag to get it back to the right.
2. “Indian” dribble while walking.
3. Start jogging around with the ball - keep in control of the ball and body, encouraging a change of direction, using footwork.
4. On “whistle” - girls, stop - boys circle around girls - boys, stop, circle around girls. (Also use color of shirt or hair color for different prompts).
5. Briefly show how the athletes can push pass and receive. While dribbling around, on “whistle”, make eye contact with someone, call their name and pass to partner. Exchange balls with five different people.

TEACHING REMINDERS

- Get them to dribble with vision becoming comfortable with stick and moving.
- Show them how they can stop the ball with stick almost covering the ball.



PLAY GAMES

OBJECTIVE: Running without the ball, dribbling with vision and control.

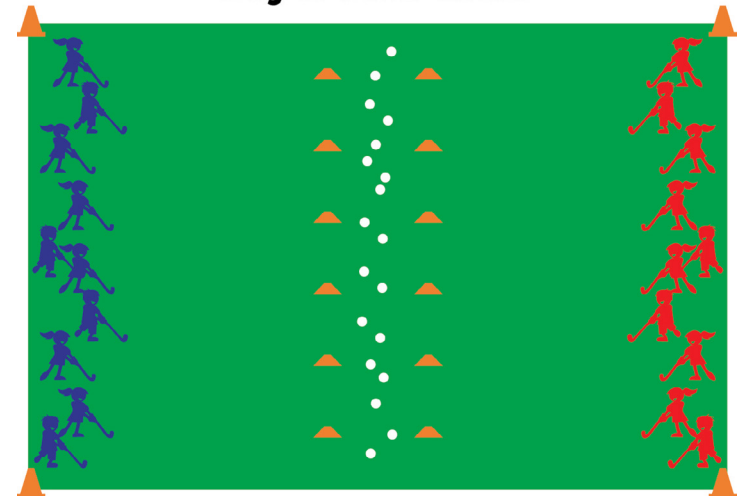
RED-LIGHT, GREEN-LIGHT

Everyone on end-line. Back to players or cover eyes, call out “red-light”, everyone must stop under control (or you must go back to start, “green light”, everyone can start to dribble. First player to cover 20-25 yard under control, wins.

DOG AND BONE

20 kids, 19 balls in the middle - one kid will come back empty-handed. Spacing of balls important - barrier in middle, so they don’t run into each other. You can adapt this game to the number of players you have. Put one less ball in the middle.

Dog & Bone Game



SESSION 2

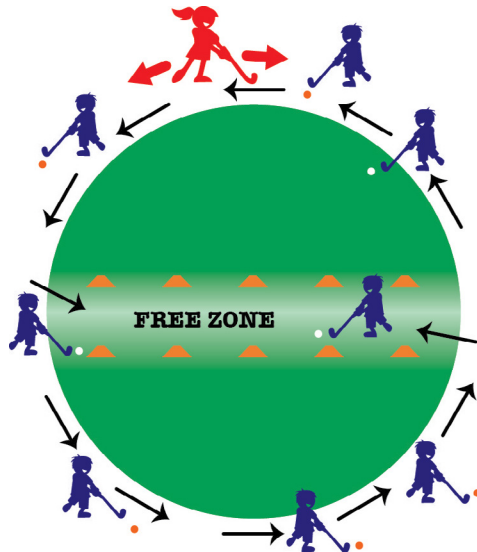


WARM-UP

FOXES & RABBITS GAME

DESCRIPTION: Make a circle with two entrances

One player is the FOX!



All players must move in counter-clockwise direction around the circle dribbling the ball.

All players can pass through the 'free zone' or 'tunnel' and be safe – the fox can only go around the outside of the circle in either direction.

The fox must tackle the rabbits (under control) and once tackled (and ball pushed out of area), the rabbits go and stand in the cage.

Give the fox 30 to 60 seconds to catch as many rabbits as they can.

The winner is the fox who catches the most rabbits in the time frame decided.

VARIATION: Have two foxes chasing the rabbits. If a fox tackles a player, make the player tackled the 'fox'.



ACTIONS:

DRAGS LEFT & RIGHT • SPINS • LITTLE LIFTS

In groups of three:

Set up 1-3 cone drill for every three people.

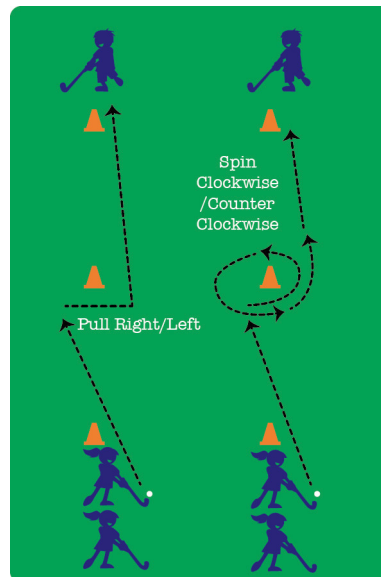
1. Drags LEFT AND RIGHT - Cone work - Drag right or left - Continuous exercise 3-5 minutes.

2. SPINS - Spin around cones - Left and right.

STOP - Show how to combine - Walk slowly to practice, then let them try it.

TEACHING REMINDERS

- Bend the legs
- See if you can see the next cone before you get there
- Athletes can use the reverse stick to slow the ball down, similar to "red-light, green-light" (how to stop)



GAME

3 V 3 (SAME TEAMS, UP TO YOU)

SIZE: half of a basketball court or 15 yards x 15 yards

PROGRESSIONS:

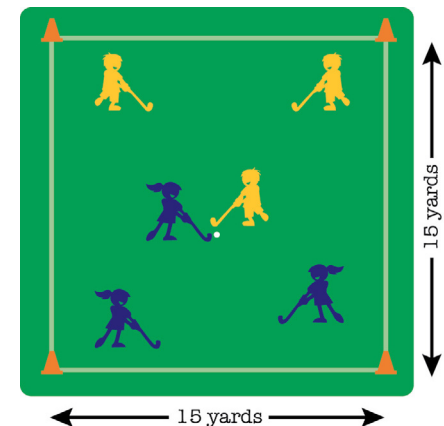
- Two Passes = 1 Point
- Dribble over endline under control
- Always attacking the same goal!
- NO HACKING
- Encourage use of jab and shave/take-away tackle

MATCH 1

Players score goals by running across their end line while controlling the ball

MATCH 2

Players score goals by making two passes. Advance level, 3-4 passes for a point.



CLEAN-UP + REVIEW

Get the kids excited for the next session!
Total Session Time = 60 minutes.



SESSION 3



WARM-UP

FUN AIR DRIBBLING

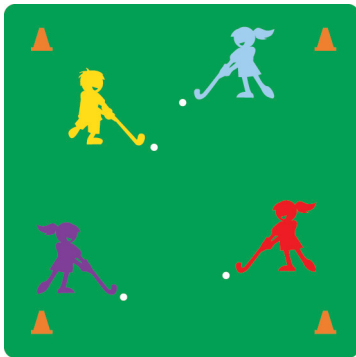


ACTIONS

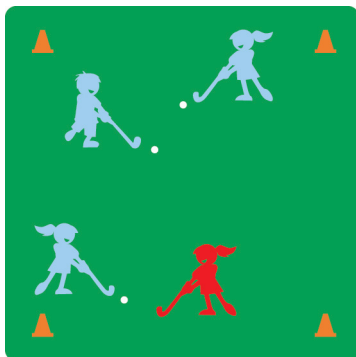
Set up one grid for every four players

1. Knockout Game: in one grid of four

ALL FOUR WITH A BALL - Holding possession, dribbling and using jab tackle - MUST keep control of your ball



2. Sharks and Minnows Game: choose 1:4 without a ball - one "shark", the other three are minnows.



GAME

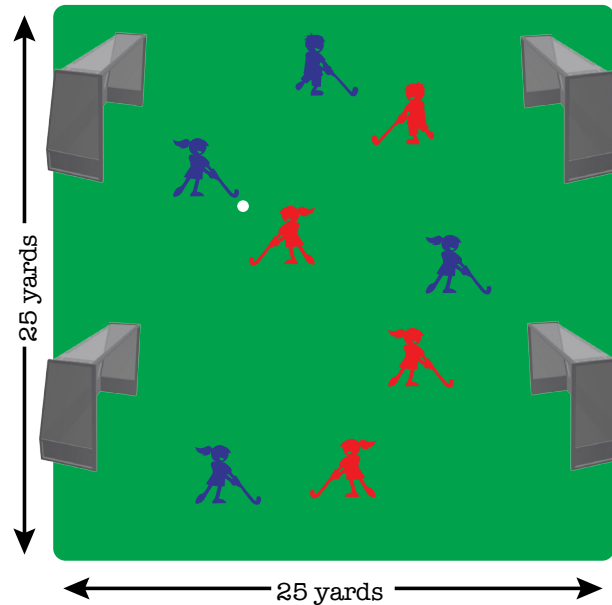
4 V 4 • FOUR GOAL GAME

20 yards x 20 yards grid

4 v 4, Four Goal Game - score through front or back of goal

TEACHING REMINDERS

- NO HACKING
- Encourage use of jab and shave/take-away tackle
- Encourage athletes to keep the ball on the move, while looking to pass to a teammate.



CLEAN-UP + REVIEW

Get the kids excited for the next session!
Total Session Time = 60 minutes.



SESSION 4



WARM-UP

Stretch, partner pass and work with the stick.



ACTION

YARD-STICK/DRIBBLING WITH VISION

TEACHING REMINDERS

- Make sure the right hand is not turning over when using reverse. Right hand stays in the handshake grip with V's at the top of the stick.
- When changing speed, make sure ball is not too close. Cannot use their feet and can only use the flat side of the stick.



GAME

Spread 10-20 cones out over a 15 yard x 15 yard area. 10-15 players each with a stick and ball stand next to a cone. Each player has three imaginary dollars (or whatever fun imagery). When the coach says "switch," the players have to dribble to a new cone.

EXTENSIONS: Time limit to find a new cone or touch multiple cones.

EXAMPLE: Dribble to four cones in 12 seconds, "switch!...12, 11, 10..."

VARIATIONS:

- Different styles of dribbling
- Spin around cones, lift, pull right or left
- Make farm animal noises at each cone, name a different fruit at each cone
- When coach counts down to ZERO, whoever hasn't reached their cone owes the coach an imaginary dollar.
- Focus on vision and keeping personal space for safety.



ACTION

PUSH AND TRAP (RECEIVING)

1. In pairs of two, passing through cones - two stick lengths apart. Pairs are 5-7 yards apart and practicing for technique only. Body position should be side on, toward the intended target.

TEACHING REMINDERS

- Explain/show how to trap on the reverse stick when the ball comes to the left side of the body.

STOP

2. **GIVE AND GO PRACTICE** - Have pairs find their own personal space to begin, 3-5 yards apart. After the GIVE, GO into a new/ different open space.

Always TRAP the ball before you give the next pass. The player receiving the ball is always stationary. Try to LEAD, your partner with the pass. Or WEIGHT the pass, into the open space, for your partner to run onto.

MORE EXPERIENCED?

Can you trap/pass on the reverse stick? Increase passing distance to 5-7 yards and then 7-10 yards.



RAPID FIRE CHALLENGE

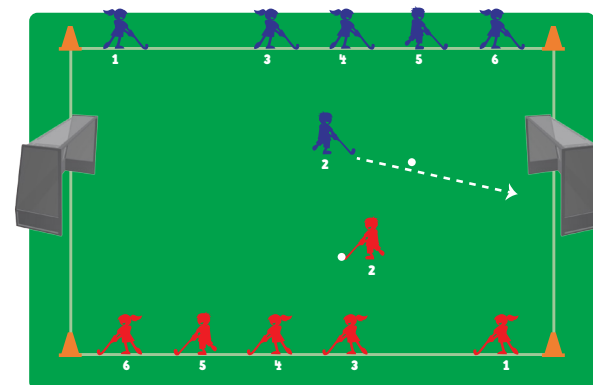
(Check out GO Card 15)

- Teams of 6 athletes, each assigned numbers 1 through 6
- Set up a rectangular field with a goal at each end and 6 balls per team in ball zones
- Teams line up opposite each other in number order
- Coach/leader calls out a number → those players race to get a ball and score
- First to score earns a point for their team
- Players return to line; game continues with next number
- Play to a set score - team with most points wins

VARIATIONS: Call multiple numbers for teamwork

OPTIONAL: Umpire tracks score and fair play

Rapid Fire Challenge



CLEAN-UP + REVIEW

Get the kids excited for the next session!
Total Session Time = 60 minutes.



SESSION 5



WARM-UP

Pull right/dribbles in groups of three or four - shuttle lines - forehand dribble (change speed - walk to jog, walk to sprint), pull right/left, little lift into dribble, etc.



ACTION

PASSING IN GROUPS OF THREE ON THE MOVE

1. Stationary
2. Moving triangle
3. Monkey in the middle

TEACHING REMINDERS

- Getting the players used to moving after they pass.
- When a player moves, make sure stick is on the ground when they ask for the ball back, for example.



GAME

THE CHESS GAME

Can have 7-10 players/team

OBJECTIVE: Varying numbers, attack team versus defense team, where both teams choose how many players to attack or defend, 1-5.

Team A starts with the ball. They decide how many players they can send out (between 1-5). Team B Defense team does the same.

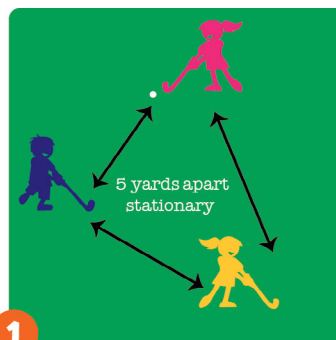
EXAMPLE: Team A sends four players out, Team B sends three players to defend and try to get the ball from Team A. (Coach makes sure both teams are ready to play. On the whistle, one player on Team A has a ball and starts to dribble or pass to a teammate). They play out the 4 v 3. Coach decides on fouls, goals. If Team B comes up with the ball, they can attack the goal, BUT, because they are down numbers, it may not be wise to do this! Explain this. Teach them how to strategize.

*After a goal, Team A gets the ball, BUT, must choose a different number of players to send out. Can not repeat!

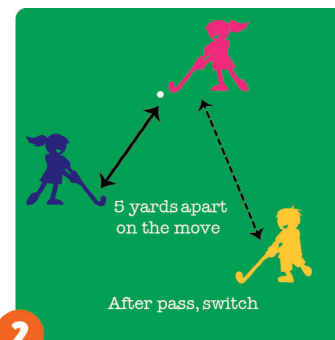


CLEAN-UP + REVIEW

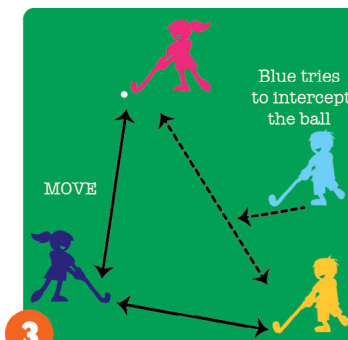
Get the kids excited for the next session!
Total Session Time = 60 minutes.



Have students pass in 3's, stationary

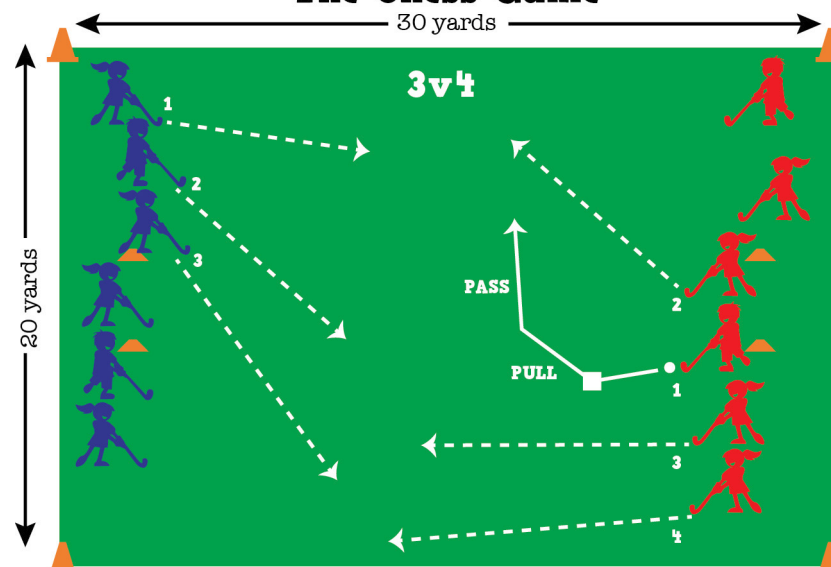


Have students pass in 3's, on the move Pink and Yellow change position



Moving "Monkey in the Middle" 2 v 1 "Keep Away"
Pink plays a lead pass to Purple while Blue tries to intercept the ball

The Chess Game



Feel free to play the Rapid Fire Challenge if the athletes aren't ready for The Chess Game. Keep it simple.

SESSION 6



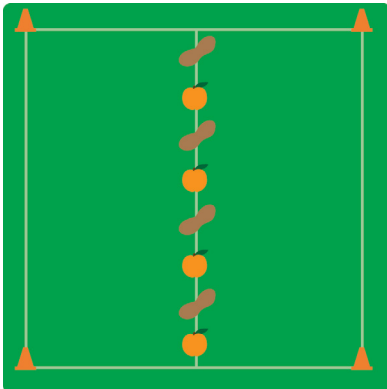
WARM-UP

1. Aerial dribbling practice
2. Aerial dribbling contest – Last three standing win a prize. Champion gets one arm lifted over-head by coach!



GAME

PEACHES & PEANUTS



ACTIONS

Divide players into two teams: Peanuts and Peaches. Line up on the center line in the middle of a 20 yard squared area.

When the coach calls “Peaches” they dribble their ball to their safety line, the Peanuts chase them and look to tackle cleanly before the player reaches the safety area.

If a player is tackled, they join the other team. The game is over when one group has caught all the other team.

VARIATIONS: The coach can trick the players by saying other P words to get a false start, or by saying PEA...to keep teams in anticipation for a few seconds.

Once a player is tackled, they could become a ‘floating tackler’ on either side of the center line.

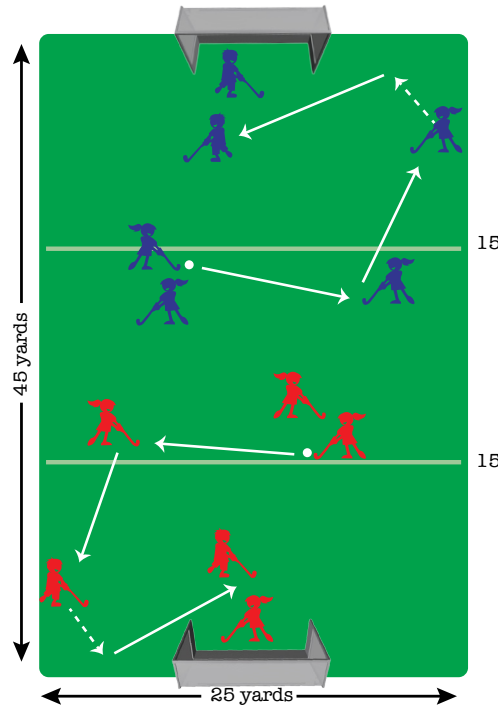


ACTION

PATTERN TO GOAL (END WITH SHOT)

Set up multiple example patterns 3-4 kids per exercise.

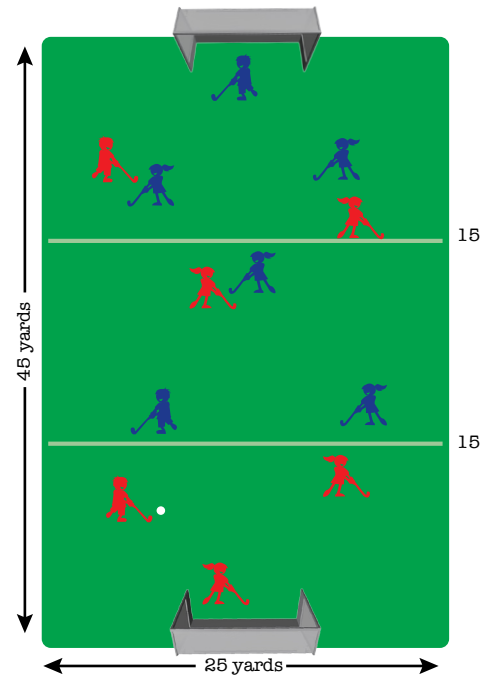
- Choose any pattern that will work in the game.
- Park yourself in the circle and be a ‘passive’ defender to show the forward how to move around the defense.



GAME

6v6 (or less numbers depending on group size)

- Use two or four goals depending on the level of the group or based on what you need to work on.
- Show them set-up - explain positions.
- Okay to switch positions with a teammate.
- Avoid crowding into one another.
- No swinging the sticks. Remind them of how to use footwork and stick to defend. Two strikers/forwards, one center midfielder, two backs - encourage them to interchange and make sure there is balance.
- Indoor basketball gym size playing area.



CLEAN-UP + REVIEW

Get the kids excited for the next session!
Total Session Time = 60 minutes.



SESSION 7

ALL SMALL GAMES DAY • HAVE FUN



WARM-UP

Skill work – whatever you choose



ACTION

Have fifteen athletes get into an area the size of a basketball court (approx. 30 yards x 30 yards). Have athletes practice moving in that area freely, keeping the ball close to the blade of the stick.

TEACHING REMINDERS

- Correct any HAND GRIP ISSUES, remind students not to use the ROUND SIDE of the stick and NO USE OF FEET. Have players exchange balls with a teammate that is within 5 yards, by passing the ball simultaneously.

Have students exchange balls with 5-10 different teammates.



GAME

SHARKS & MINNOWS

Pick four players to be the, “Sharks.” They are the only ones allowed to knock out the balls. “Minnows” balls out of a squared-off area of about 20 yards x 20 yards (depends on numbers). Reinforce using the jab or poke tackle technique only.



“Minnows” are protecting their ball only and trying to stay away from the, “Sharks.”

“Minnows” can return to the game after they have set their equipment down and completed five jumping jacks.

After 5-10 minutes, have the, “Sharks” pick a “Minnow” to replace them. Restart the game.



GAME

Small Games can be played in any size area.

Use the existing lines of a tennis or basketball court to play 3 vs. 3 or two courts for 6 vs. 6. If it seems there are too many players on the court.

Can allow a few players to play on the sideline only. They are only allowed to move up and down one sideline and can switch with their teammates on the court, every few minutes.

Add the concept of make it and take it.

Example: When a team scores a goal they get the ball back and attack the goal that they were just previously defending. (Example: winners outs in half court)

Games can also be played keep away style.

3 vs. 3 on a basketball court (6 vs. 6 on two courts) with 3 (or 5) uninterrupted passes equaling one goal. Adjust the passing requirements to the skill level of the players involved.

Two Goal Games are another way to, spread out small games. Put two small goals (adjust goal size to the skill of the individuals involved) at each end of the field. Can also allow players to score through the front or the back of the goals.



CLEAN-UP + REVIEW

Get the kids excited for the next session!
Total Session Time = 60 minutes.



SESSION 8

SKILLS CIRCUITS FOR POINTS



WARM-UP

Stick and ball, your choice - keep them moving



ACTION

Set up Circuit - Depends on number of teams - Pair them up. Could have two teams of 4 or 5, who compete against the other team. Two red teams, two blue teams for example.

2 x 2 minutes depending on numbers

Try to improve scores

Take highest score

1. Obstacle Course
2. Dribble Through Cones Course — Push to Goal
3. Dribble Through Cones Course — Slap to Goal



GAME

6v6 (or less numbers depending on group size)

- Show them set-up - explain positions .
- Okay to switch positions with a teammate.
- Avoid crowding into one another.
- No swinging the sticks. Remind them of how to use footwork and stick to defend.
- Two strikers/forwards, one center midfielder, two backs.
- Encourage them to interchange and make sure there is balance.
- Use two or four goals depending on the level of the group or based on what you need to work on.

TEACHING REMINDERS

- Make sure their hand is not turning over when using reverse. Right hands stay in the handshake grip with V's at the top of the stick.
- When changing speed, make sure ball is not too close to feet when slowing down. Gradual stop!
- Can't use their feet and can only use flat side of stick.



CLEAN-UP + REVIEW

Get the kids excited for the next session!
Total Session Time = 60 minutes.



SESSION 9

SKILLS CIRCUITS FOR POINTS



WARM-UP

Stick and ball, your choice - keep them moving



ACTION

Create teams of three players, 2+ teams.

Spread older/younger players or better skilled players evenly on each team.

Each team chooses a team name and team spokesperson.

Choose different exercises that can be scored. Example: each repetition is 1 point, each time through the dribbling circuit is 1 point or each ball scored in the goal is one point.

Teams start at different exercises and rotate through each exercise. After each 2-5 minute round; team spokesperson will relay team score of that exercise to teacher/coach, team rotates to next exercise.

Team with highest score for a exercise wins 3 points total. After all 4+ exercises have been completed by each team once, total scores are tallied.

EXAMPLE:

	Team 1	Team 2	Winner
Exercise 1	7 Reps	5 Reps	Team 1 gets 3 Points
Exercise 2	11 Points	13 Points	Team 2 gets 3 Points
Exercise 3	13 Points	10 Points	Team 1 gets 3 Points
Team 1 = 6 Points Team 2 = 3 Points			Team 1 = Winner with 6 Points

TEACHING REMINDERS

- Vary duration of stations, time transitions and number of rounds
- Can also make it so that even the last team gets a point. For two teams - 3 points for the winner, 1 point for 2nd place.

Example: If you have four teams - 1st place = 4 points, 2nd place = 3 points, 3rd place = 2 points and last place (4th place) = 1 point



EXERCISES

EXERCISES ARE ON NEXT PAGE

Have **PRIZES** for the winners of the various skills and drills competitions!



CLEAN-UP + REVIEW

Get the kids excited for the next session!
Total Session Time = 60 minutes.

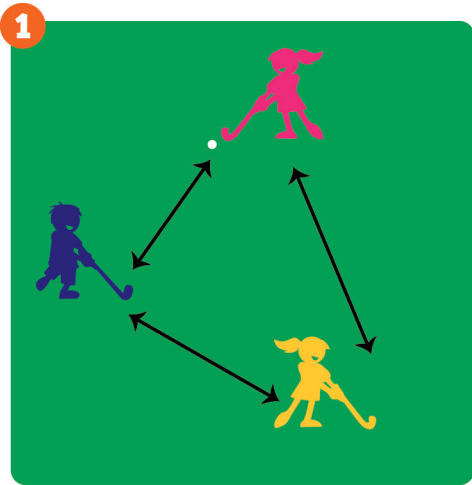


SESSION 10

SKILLS CIRCUITS FOR POINTS

COMPETITION 1

Taken from Session 3
Drags Left and Drags Right



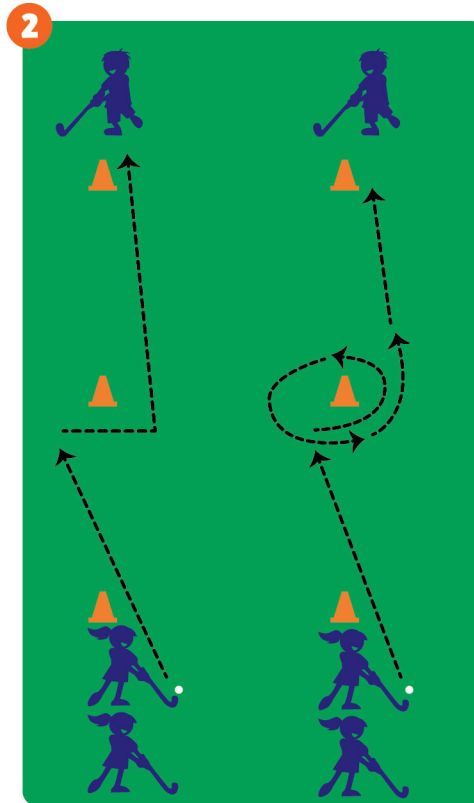
Count number of completed passes in the 2-5 minute round.

VARIATION: Create 15 yard x 15 yard box and have players pass on the move within the boundaries.



COMPETITION 2

Taken from Session 3
Shuttle Lines

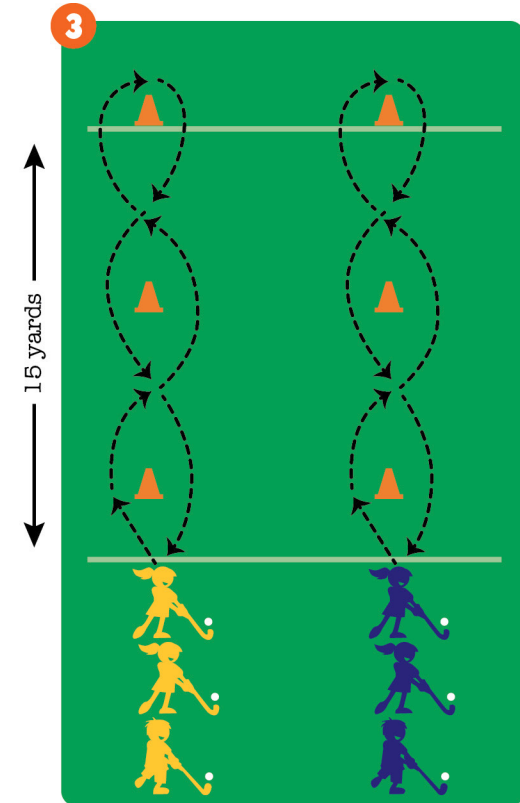


Count the number of completed shuttles 1-2 shuttles lines, even number of players, add each players total among the team.

VARIATION: Use different skills in each shuttle such as, drags, spins and lifts.

COMPETITION 3

Same set-up as Competition 2
Fun Relay Races



Count number of times each players completed relays, add each players total among the team.

VARIATION: Change the style of dribble, length of relay or using only strong stick no reverse.

SESSION 11



GAME

6v6 EXPERIENCE

1. 6v6 - four-goal game with no more than six players per team, so they can experience the game (depends on readiness of players).

OPTIONS: 3v3, 4v4, 5v5, 6v6 – adjust to meet the needs of your group

2. If you have too many numbers and limited space, use extra players on the side line only. Sideline players can move (their body) one step in either direction along the sideline only and not into the court of play.
3. Use two or four goals depending on the level of the group or based on what you need to work on.

TEACHING REMINDERS

- Start match with a bully and after a goal or point is scored
- Encourage use of the shave and jab tackles
- No feet
- A point if they dribble the ball over the back-line or shoot into goal within 5 yards (your call).



NOTE: Since it is the athletes' first 'experience' with playing, stop the play when you need to, in order to explain the rules (do's and don't's). SOON, the athletes will start to understand and the game will start to flow.



CLEAN-UP + REVIEW

Get the kids excited for the next session!
Total Session Time = 60 minutes.



SESSION 12

TOURNAMENT STYLE COMPETITION



WARM-UP

Stick and ball, your choice - keep them moving



ACTION

Depending on numbers and size of field 6 v 6 or appropriate numbers Round Robin.

Set up tournament - Round Robin Style.

TEACHING REMINDERS

- Proper umpiring should be set-up.
- Continue to stop the play, if aggressive tendencies occur.
- Games should be 3-5 minutes in length, depending on how many teams you have.



GAMES SET-UP

Teams of 6-8 players (make sure substitutes aren't sitting longer than 30-45 seconds)

Each team plays each other...if there are:

- 3 teams; each team plays each other twice @ 5 Minute Games
- 4 teams; each team plays each other twice @ 4 Minute Games
- 5 teams; each team plays each other twice @ 3 Minute Games
- 6 teams; each team plays each other once @ 5 Minute Games
- 7 teams; each team plays each other once @ 4 Minute Games
- 8 teams; each team plays each other once @ 3 Minute Games

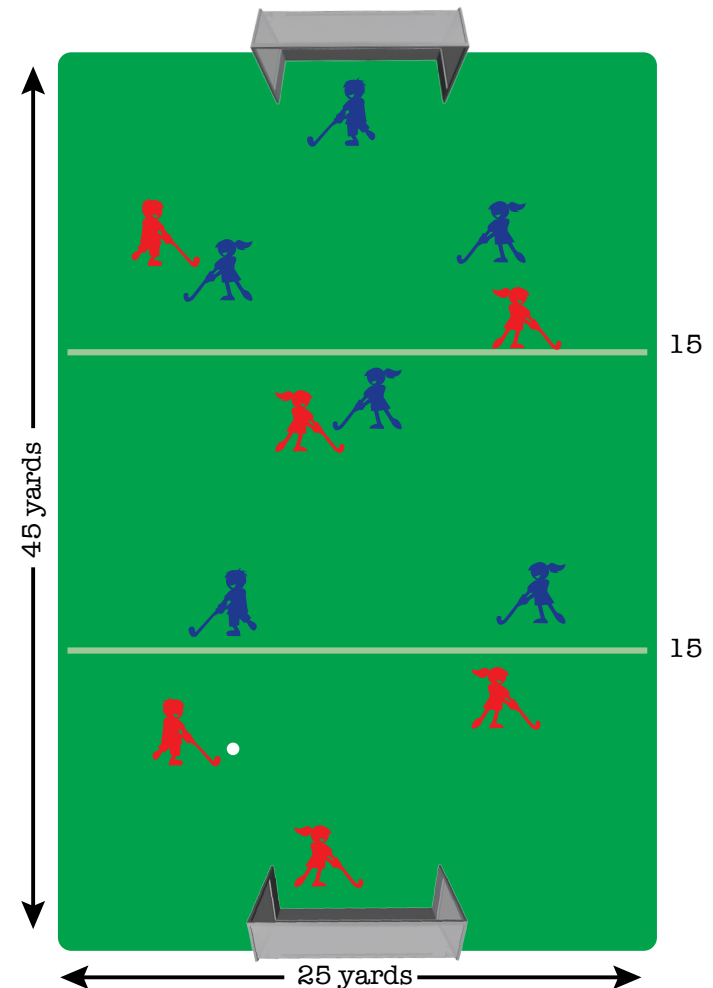
TIE BREAKER - Each team elects a representative- ROCK, PAPER, SCISSORS, SHOOT!

Team that collects the most wins after round robin is completed, WINS SESSION 10!



CLEAN-UP + REVIEW

Congratulate the kids for their excellent effort completing the program!
Total Session Time = 60 minutes.



THE USA FIELD HOCKEY AMERICAN DEVELOPMENT MODEL

The USA Field Hockey American Development Model (ADM) is a philosophy for developing a lifelong love of field hockey. It's critical that leaders meet young athletes where they are, focusing on fun and games at every age and stage of development.

Note that **FUNDamental Field Hockey** focuses on the **Discover** and **Play and Learn** Stages only.

Here are some general guidelines based on age. Note that FUN is essential for all ages and stages.

DISCOVER STAGE

Ages 5-8 and beginners of all ages: Focus on fun, basic motor skills and physical literacy, dribbling and simple games

Ages 9-12: Focus on fun, and on all of the above. As children become comfortable, transition into Play and Learn concepts such as structured tactics, positional play in small-sided games, teamwork and team shape.

Age 13+: Focus on fun, and all core skills and concepts. As older children may quickly pick up the core skills and concepts, especially if they participate in other sports, transition to the Play and Learn stage quickly and include concepts such as tactical awareness, fitness and competitive mindset.

Learn more about the ADM by [clicking here](#).



5 STAGES OF DEVELOPMENT

USA Field Hockey ADM is:

- A framework to support a fun and healthy sport experience
- Based on best principles on what, when and how to teach, train and play
- Prioritizing long-term development over short-term outcomes
- Supported by tools, resources, programs and equipment



DISCOVER: People discover field hockey in different ways and at various ages and stages of life. A positive and fun first exposure is critical to instilling a desire to get involved in the game.

PLAY & LEARN: Proper and appropriate introduction to the basic skills and concepts using a fun, active and learner-centered approach can fuel a desire for continued interest and growth, and a desire to compete and improve.

COMPETE & IMPROVE: Being part of a team, preparing for competition, and competing is fun and challenging and teaches valuable life lessons. It's also a great way to improve and grow.

SERIOUSLY FUN/PEAK PERFORMANCE: You're hooked, love the game and are committed to the sport. For all, the inspiration is fun and continual improvement, as well as the health and social benefits. To some, it's the pursuit of greatness, striving to achieve and perform at the highest possible level.

LIFETIME ENGAGEMENT: Field hockey is a sport for life and a great way to stay active, fit and involved. Adults are the foundation for grassroots growth and sustainability. Stay engaged as an athlete, coach, umpire, program leader, parent, fan, avid supporter, advocate, mentor or all of the above.

The USA Field Hockey ADM was developed in partnership with the United States Olympic Committee.

GROW THE GAME. SERVE MEMBERS. SUCCEED INTERNATIONALLY.

USAFIELDHOCKEY.COM



FROM USA FIELD HOCKEY'S EXPERIENCES...

The challenge most new coaches face is when some players' skill levels are far above others in the group. Younger or slower-to-develop athletes may feel intimidated by those who are more aggressive or quick to catch on. In this case, try to group athletes with similar abilities when possible. When dividing up teams, aim to keep them relatively balanced, with both advanced and developing players on each side. Encourage cooperation and mentorship from older athletes to younger ones. Having more than one coach on the field can help, though it may not always be possible.


SAMPLE CURRICULUM GOALS

- Keep it simple and athlete-centered.
- Get kids playing quickly - fun fuels learning.
- Make it fun first, teach second - both can happen at the same time.

CORE SESSION OBJECTIVES

- Introduce 1-2 new skills each day and revisit them next session.
- Use games and exercises that flow into games - correct on the spot, keep energy high.
- Adapt to your group - adjust for age, stage, and skill mix.
- Show it, don't over-talk it - short demonstrations > long explanations.

SESSION BREAKDOWN: "The Ways of the Wise"

- Start with the [grip and flat side rule](#)  - hardest to master, biggest payoff.
- Demonstrate, then let them practice/experiment — too much feedback kills the fun
- Highlight athletes doing it right — use them as examples
- Keep kids busy but on task with fun, focused activities
- Blend skill into challenges/games to keep engagement high
- Always finish with a real game

#1 CURRICULUM TIP: The sooner athletes start playing, the faster they learn. Stay relaxed with rules at first, then tighten up week by week. When possible, jump in and play to keep the ball moving and athletes engaged.

DESIRED OUTCOME: Kids leave excited to play more — that's your green light to layer in new skills and challenges.



MAKE THE SESSIONS FUN

Excerpted from Spark Education Classes

sparkpe.org

- Physical education classes that are well paced and enjoyable “turn students on” to movement.
- Be enthusiastic about physical activity and life!
- Create a class environment which fosters the success of all students.
- Prompt students, “We are going to have so much fun today!”
- Use “magic” numbers” to challenge students and assist them in setting goals. “Today the magic number for the number of yard-stick drags is ____!”
- Participate occasionally in a game or activity.
- Encourage and praise often. Look for the “gold standard” and point it out when you see it.
- Use game play; inclusive, low/no-competition tournaments; and special events to provide new and exciting variations.
- Before trying a new idea, see if it passes the “SEAD” test: Is it **S**afe, **E**njoyable, **A**ctive for all and **D**evelop-mentally appropriate? A yes response to all four questions is a green light to field/test a new activity.



KATIE KEYES



WHAT'S NEXT?

- **REPORT!** Please report back to USA Field Hockey your most accurate number of girls and boys participants. You can find this [online form](#) at the website and e-mail sportdevelopment@usafielddhockey.com! These number are extremely important to monitor the program.
- **JOIN US!** Become a member of USA Field Hockey to stay connected and attend the National Events! For more information visit the [website](#).
- **BROWSE!** You can also learn a lot more about our sport and this program at usafielddhockey.com. You'll also find instructional videos, fun games and much more!
- **LET US KNOW!** Your feedback is important. Please let USA Field Hockey know how to improve FUNdamental Field Hockey at sportdevelopment@usafielddhockey.com.
- **REPEAT!** Run another session
- **KEEP PLAYING!** Encourage your athletes to join a league, school team, or local club. Find one near you at USA Field Hockey's Club Finder or Find Field Hockey pages.

Visit usafielddhockey.com/play.



ABOUT USA FIELD HOCKEY

USA Field Hockey is the national governing body for the sport of field hockey in the United States and is based in Colorado Springs, Colo. USA Field Hockey is committed to providing opportunities for the 30,000 members to participate develop and excel as athletes, coaches, umpires and administrators. The U.S. Men's and Women's National Teams strive for competitive excellence in the Olympic Games, Pan American Games, World Cup and other international competitions. USA Field Hockey is a proud member of the U.S. Olympic and Paralympic Committee, International Hockey Federation and Pan American Hockey Federation. For more information visit usafieldhockey.com.

The United States Field Hockey Association (USFHA) was founded in 1922 by Constance Applebee to govern women's field hockey in the United States. Six years later in 1928, the Field Hockey Association of America (FHAA) was founded to govern men's field hockey in the United States. In April 1993, the USFHA and FHAA merged to form the United States Field Hockey Association. Later that year, the name was changed to just USA Field Hockey.



The mission of USA Field Hockey is to:

- Grow the Game by promoting and continuing to develop the sport for future generations to enjoy.
- Serve and Inspire Membership by helping members achieve their field hockey ambition and creating value for continued membership.
- Succeed Internationally with competitive success and enhanced performance programming.
- Be an Effective Sport Leader by allocating resources efficiently to Grow the Game, Serve and Inspire Membership and Succeed Internationally.

ABOUT LEAP HOCKEY



Leap Hockey is a global training platform and media channel committed to helping field hockey players unlock their full potential - anytime, anywhere. Rooted in elite instruction and fueled by innovation, Leap's mission is to deliver inspiration and world-class training to athletes and coaches no matter where they train. Whether you're sharpening your technique at home or pushing your limits on the field, Leap's programs blend skill mastery with physical conditioning to build confident, competitive players.

At the heart of Leap is a belief: properly focused work leads to exceptional results. Leap's not about fluff - they focus on the fundamentals, because that's what truly moves the needle. With LEAP LIVE, the virtual training sessions bring the energy and structure of team coaching into your personal practice time - making it fun, trackable, and effective.

Leap challenges players to compete with themselves and inspire others, building a lifestyle of consistency, authenticity, and relentless growth. Leap's vision is to be a lifelong training partner, helping hockey athletes realize their talent and play with purpose. This is more than training. This is Leap.

TRAIN WITH LEAP IN-PERSON

Leap is OFFLINE in addition to ONLINE! In 2025, Leap will run over 30 in-person elite training camps to give access to young players all over the United States. Leap's unique events offer:

- **World-class coaches:** Learn from international-caliber instructors - including Olympians and current college/international stars—who bring our proven Leap training philosophy on the road.
- **Skill through structure:** Leap syllabus distills elite practices into a clear, progressive pathway designed to elevate technical, tactical, and physical hockey skills.
- **Tactical & video analysis:** Gain deeper insight during in-person sessions enhanced with tactical education and video breakdowns, accelerating decision-making and game-readiness .
- **Nationwide access:** We bring elite training right to your doorstep with Academy events held across major United States cities throughout the summer.
- **Community & competition:** Join a community that emphasizes “compete with yourself, inspire others”—train hard alongside peers, push boundaries, and build lasting connections.
- **Member perks:** Leap members get early access and a 10% discount on Academy registration.



RESOURCES

USA Field Hockey offers many resources for anyone who wants to

- Teach field hockey
- Learn field hockey
- Start a new club
- Participate in sport growth
- And more

USA Field Hockey's resources are aligned with the American Development Model (ADM), a guiding framework for athletes, coaches, umpires, program leaders and fans to get into the sport earlier and stick with it longer. The ADM is built on six core values and provides best principles for age and stage appropriate development on how, what and when we teach, train and play to maximize fun and enjoyment of field hockey. Learn more by [visiting here](#).



Purchase affordable field hockey equipment in bulk packages for your program through the [USA Field Hockey Equipment Shop](#).



CORE SKILLS

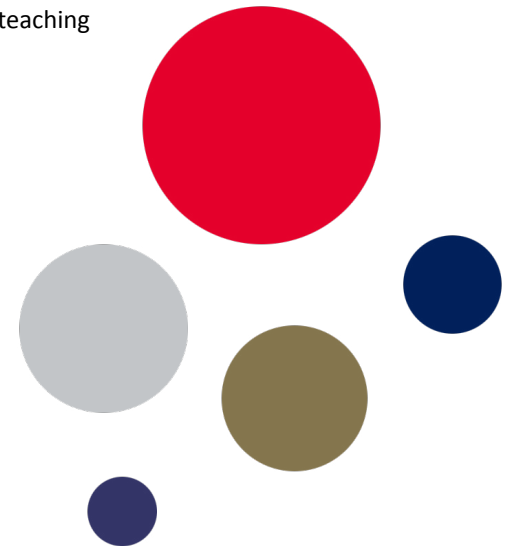
OF FIELD HOCKEY



CORE SKILLS OF FIELD HOCKEY

This valuable resources provides more support on teaching the basics of the game of field hockey.

[CLICK HERE TO DOWNLOAD](#)



RESOURCES

USA FIELD HOCKEY WEBSITE

The FUNdamental Field Hockey document, [Field Hockey 101](#), and much more is available on USA Field Hockey's website under [PLAY](#). For beginners, check out the GO Cards, 50 field hockey games to play with beginners of all ages.



Check out the educational courses under [Coach Education](#) tools.

The [Connection Based Coaching Program](#) is a specialized course gifted by the U.S. Olympic and Paralympic Committee and USA Field Hockey, designed to enhance the social and emotional skills of field hockey coaches at every level. The course is pertinent for coaches, players, parents and administrators.

USA FIELD HOCKEY'S IN THE CIRCLE MOBILE APP

Download USA Field Hockey's [In the Circle App](#) to your smart phone, tablet or desktop computer. You'll find resources free to parents, players, coaches, officials, and additional resources exclusively for USA Field Hockey Members. Check out the free courses, [How to Coach Kids](#) and [How to Coach Girls](#). Become a USA Field Hockey Member today to access!



USA FIELD HOCKEY'S STATE CHAPTERS

USA Field Hockey launched a system of regional representation in the form of [State Chapters](#). State Chapters are volunteer-led extensions of USA Field Hockey and may be able to offer local support. Visit the [webpage](#) to see if your State Chapter is launched and connect with your State Chapter leaders.

CLUB FINDER

Use USA Field Hockey's [Club Finder](#) to connect with local clubs.

RESOURCES

NFHSLEARN.COM

USA Field Hockey partners with the [National Federation of State High School Associations](#) (NFHS) to support and grow field hockey. There are several great courses including three specifically for field hockey: Coaching Field Hockey, Coaching Field Hockey Goalkeeping, and Officiating Field Hockey.



POSITIVE COACHING ALLIANCE (PCA)

USA Field Hockey partners with the [Positive Coaching Alliance](#) to provide general support for players, parents, coaches and officials. PCA has outstanding resources to create and deliver a positive and fun sports experience.



INTERNATIONAL HOCKEY FEDERATION (FIH)

The [International Hockey Federation](#) (FIH) is the global governing body for hockey (called just “hockey” outside of the United States and Canada). Explore their resources, including rules, videos, and the FIH Rules of Hockey App on [Google Play](#) and the [App Store](#). Through the [FIH Academy](#), you can find courses for coaches, umpires, technical officials, and more in a world-class education framework.



LEAP HOCKEY

[Leap Hockey](#) is a global training platform and media channel committed to helping field hockey players unlock their full potential - anytime, anywhere. Rooted in elite instruction and fueled by innovation, Leap's mission is to deliver inspiration and world-class training to athletes and coaches no matter where they train. Whether you're sharpening your technique at home or pushing your limits on the field, Leap's programs blend skill mastery with physical conditioning to build confident, competitive players.



FIKAGEAR

[FIKAGEAR](#) is USA Field Hockey's official partner for Hockey5s boards, providing high-quality equipment designed for durability and fast-paced play. Their boards are easy to set up and transport, making them ideal for clubs, schools, and community programs looking to introduce or expand Hockey5s.



THANK YOU SPONSORS + MEMBERSHIP INFORMATION

ACCESS MORE RESOURCES AND BENEFITS WHEN YOU JOIN!

USA Field Hockey would like to thank all its [sponsors and commercial partners](#) who help Grow the Game.



BECOME A USA FIELD HOCKEY MEMBER!

Membership in USA Field Hockey supports USA Field Hockey's mission to Grow the Game. Serve and Inspire Membership. Succeed Internationally.

Membership includes many valuable benefits including more FREE resources like this FUNdamental Guide, as well as exclusive savings from our sponsors.

CLICK HERE TO JOIN TODAY!

FOLLOW USA FIELD HOCKEY ON SOCIAL!



@usafielddhockey



GAME ON FIELD HOCKEY

The next few pages are excerpts from the full GAME ON Field Hockey Guide and GO Cards available for download. USA Field Hockey has pulled out the key pieces to make it easy to understand and share. GAME ON is USA Field Hockey's official small-sided game format that is fun, fast, safe, and perfect for introducing the sport. By the end, you'll know the basics and be able to grab the full document and all 50 GO Cards to use with your athletes or team.

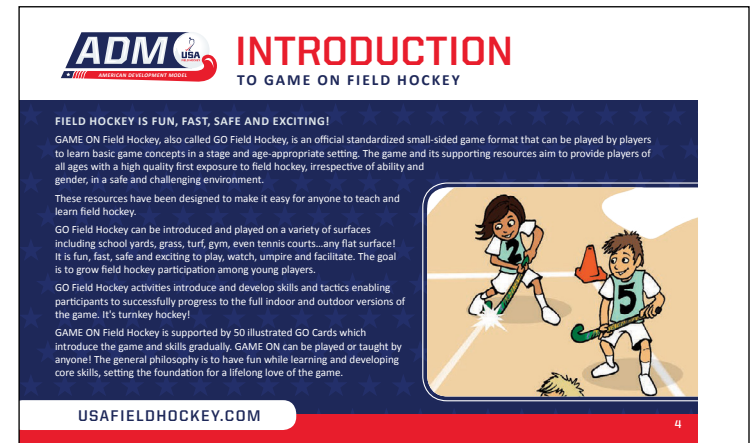
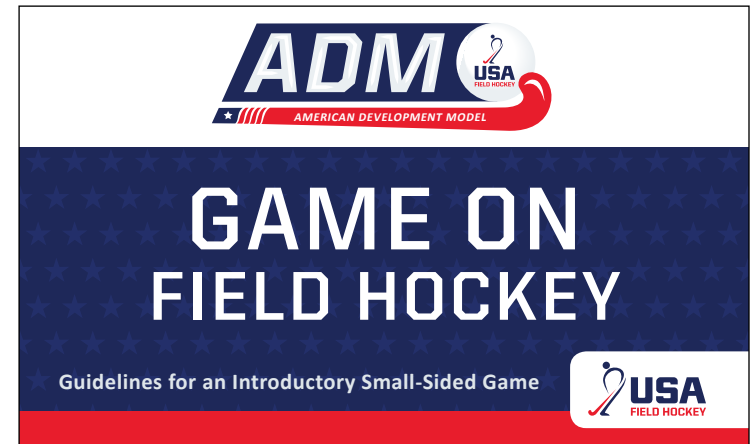
CLICK ON THE VIDEO LINKS BELOW TO LEARN MORE

-  **GAME ON INTRO**
-  **GAME ON EQUIPMENT**
-  **GAME ON RESOURCES**

WHAT IS GAME ON FIELD HOCKEY?

GAME ON Field Hockey is USA Field Hockey's official small-sided game format. It's fun, fast, safe, and exciting, designed to give players of all ages and abilities a high-quality first experience. With simple rules and flexible set-up, GAME ON can be played anywhere - grass, turf, gyms, even tennis courts - making it easy for anyone to learn, teach, and fall in love with the sport. Introduce leaders to the sport of field hockey

- Official small-sided format
- Fun for all ages and abilities
- Play anywhere: grass, turf, gyms, tennis courts
- Simple and easy for anyone to teach and play



**PURCHASE PRINTED GO CARDS
OR DOWNLOAD + PRINT YOUR
OWN GO CARDS**

WHY GAME ON?

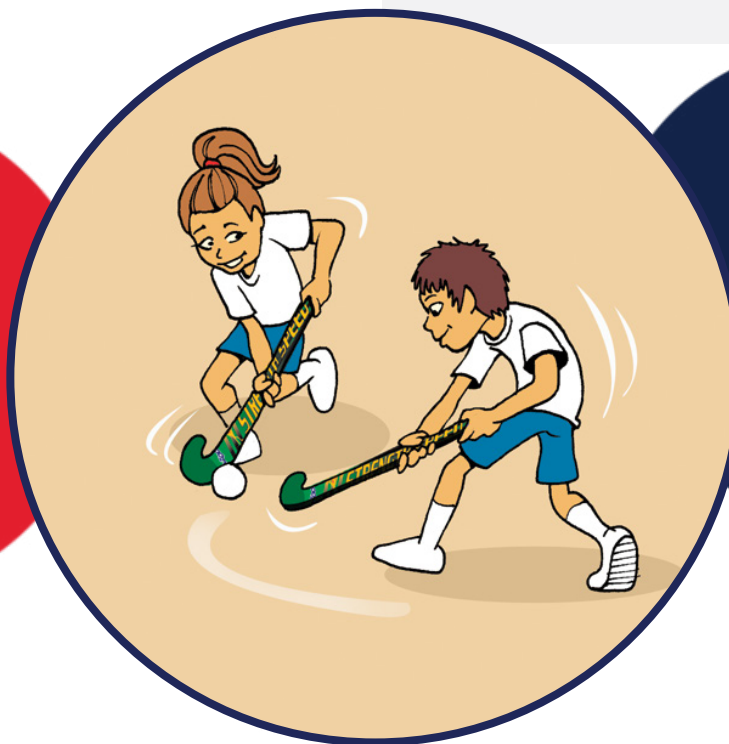
GAME ON introduces field hockey in a way that's inclusive and engaging for all players. Small-sided games mean more touches, more involvement, and faster skill development. Kids build teamwork, confidence, and motor skills in a safe, supportive environment. The format ensures programs are fun, easy to deliver, and set the stage for a smooth transition to full field hockey.

- More touches, more involvement
- Builds teamwork, confidence, and skills
- Safe and inclusive for all ages
- Smooth pathway to full hockey

EASY TO RUN

With GAME ON, the set-up is simple and affordable. All you need are sticks, balls, cones, pinnies, and small goals - or just markers for goal posts. The GO Sticks are color-coded for size and highlight the flat side of the stick, while the oversized, lightweight GO Ball is perfect for beginners. Fields can be marked to fit any safe space, from a gym floor to a tennis court, making it truly turnkey hockey.

- Minimal equipment needed
- GO Sticks: color-coded & teaching-friendly
- GO Ball: bigger, softer, safer
- Fields adapt to any safe space



SIMPLE RULES

GAME ON is built on simple, child-friendly rules. Teams play 4v4 with no goalkeepers, rotating roles to keep everyone involved. Each game is divided into short periods, starting with a center pass that can go any direction. Players score by getting the ball over the goal line, and free hits restart play when fouls occur. Umpires and leaders keep the game flowing by focusing on safety, fairness, and fun..

- Teams: 4v4, no goalkeepers
- Short, timed periods
- Center pass starts play
- Free hits restart after fouls (3 yards space)
- Scoring = ball over goal line
- Focus on safety, fairness, and flow

ANYONE CAN LEAD

GAME ON gives every player the chance to be more than just an athlete. Kids can step into roles as warm-up leaders, equipment managers, team coaches, or umpires, building confidence, responsibility, and teamwork. To support leaders and teachers, GAME ON is backed by 50 illustrated GO Cards, offering step-by-step activities and progressions. The result: a program where anyone can teach, anyone can play, and everyone can grow the game.

- Rotate roles: warm-up leader, manager, umpire (use the squistle)
- Builds confidence and responsibility
- Encourages teamwork and leadership
- Supported by 50 GO Cards with step-by-step activities



THANK YOU

Thank you for continuing to grow your coaching craft and making a difference for young athletes. GAME ON Field Hockey is flexible - adapt it to your space, use four goals instead of two, or play with a GO Ball to keep things fun and engaging. No matter how you set it up, the goal is the same: create a safe, exciting environment where kids fall in love with field hockey.

Question, comments or suggestions? Contact sportdevelopment@usafieldhockey.com.

