

# Format U10's – Kanga's



## Teams

Each team may have ten (10) to twelve (12) players. There are eight (8) field players, permitted on the pitch at any one time. Kicking backs are not allowed.

The remaining players are interchange substitutes, all players must have equal time on the field and in all positions.

Teams can be a mixture of each gender.

***Trial Rule 2023: One team member to be a fully kitted goalkeeper.***

## Duration

Two (2) periods of twenty (20) minutes each with interval of five (5) minutes.

## Rules Synopsis

All rules are to be the same as the 2016 FIH Rules of Hockey EXCEPT

- \* The stick must remain on the ground at all times - "bubblegum sticks"

- \* No hitting of the ball

- \* *Slap passes are allowed but NOT very hard and/or dangerous slap shots (remember that the stick must stay on the ground at all times)*

- \* The ball cannot be raised above shin pad height in play

- \* No reverse side hits known as "tomahawks"

**Long corners** played as per FIH Rules but the ball must be passed before it enters the circle.

**Penalty corners** will consist of 5 attackers and 4 defenders (including the goalkeeper) - *Trial rule 2023*

- \* ALL remaining players must be withdrawn to the defending team's circle at the opposite end of the field until the ball is played.

- \* The corner will be played out like a standard penalty corner with the ball being pushed out from the back line to the attacking players at the top of the circle.

# Umpires

Kanga's shall be controlled by two umpires. This can be an umpire, a parent or coach.

Hockey NSW recommend a junior training umpire or community level umpire gain experience at this level. Instructing umpires can still be utilised where necessary.

The umpires are responsible for all decisions and penalties.

## Field Dimensions – played on 1/2 field

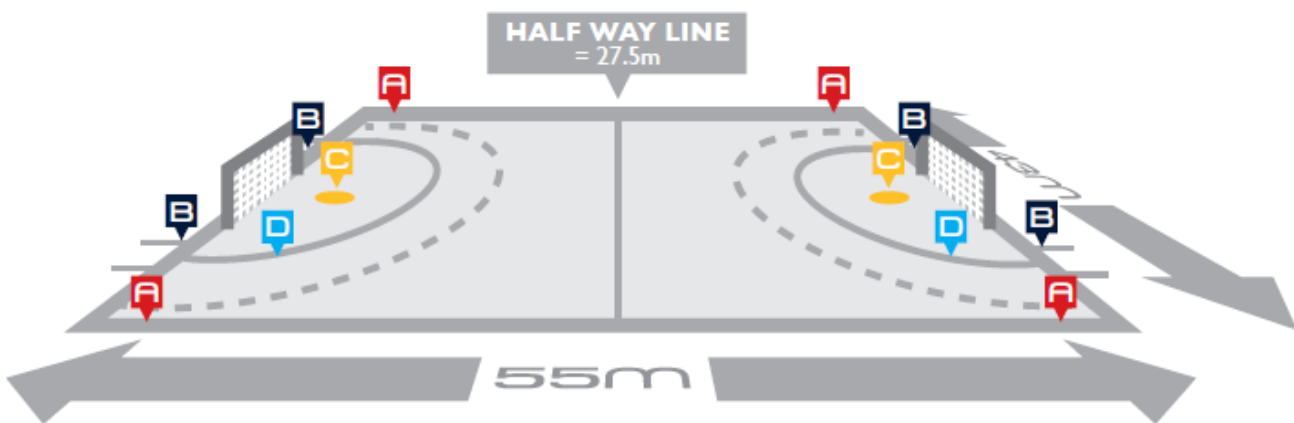
Length - 55 metres

Width – 45.8 metres

Circle - full size

A Side line

B Penalty Corner Markers on the back-line 10 metres from each goal-post



C

Penalty Stroke Spot - 5 metres from the goal-line into the pitch

D Shooting Circles (the same as a full-size hockey pitch) - Radius of 14.63 metres

E Long corner spot - 3 metres back from shooting circle in line with centre of goal

# Player Equipment and Clothing

It is essential that shin-pads and mouth-guards are worn by all field players at all times.

No players shall wear any equipment that may be dangerous to themselves or other players. This includes no jewellery (including watches), baseball caps with a stiffened peak, clothing with zips and / or any sharp object

The use of appropriate footwear for the playing surface (trainers or turf shoes)

# Coaching Guidelines

To help support coaches of junior teams here are a few tips to assist when coaching a Junior Kanga Hockey team!!

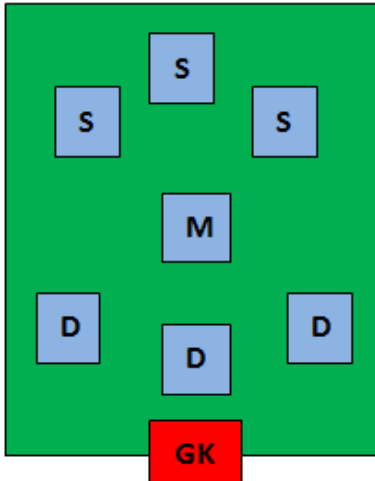
- \* Make it **FUN!!**
- \* Take the emphasis off winning and ensure the players have a **positive experience**.
- \* Keep it **simple!!**
- \* Remember you are a role model for the players, respect the umpires, parents and other players at all times.
- \* Use **positive** language with the players and officials.
- \* Use the correct terms for positions – **Strikers, Midfield and Defenders**
- \* Encourage quick passing
- \* Movement off the ball
- \* High work rate when on the field

## Rotation, Positions and Formation

It is important to focus on the development of every player in all positions. Hockey NSW recommends that players are rotated in every position to ensure they can learn the different skills needed in modern day hockey. Ensure rotation is equal with all players.

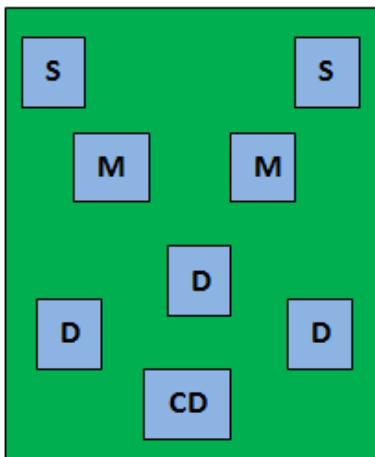
Suggested formats are:

**GK-3-1-3**

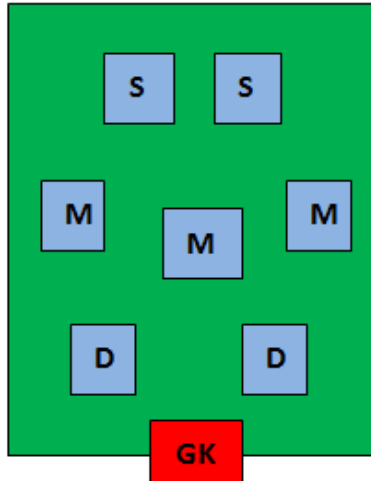


*No GK*

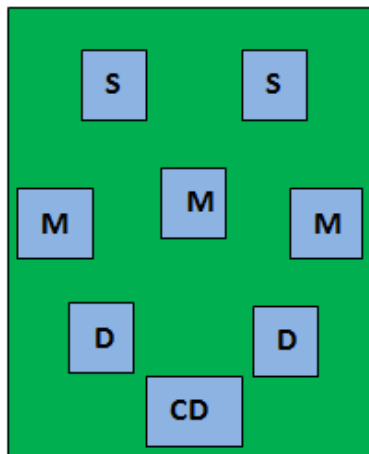
**1-3-2-2**



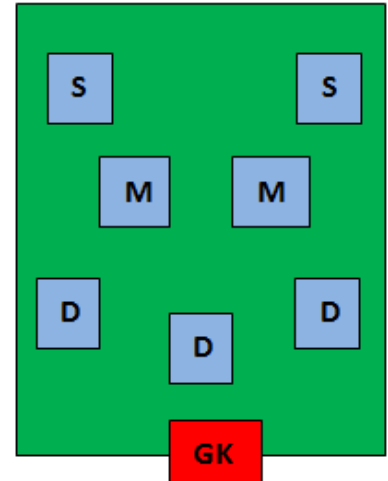
**GK-2-3-2**



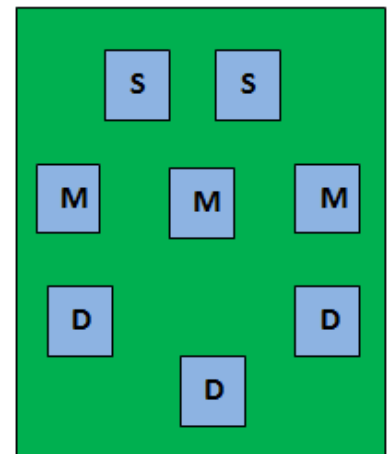
**1-2-3-2**



**GK-3-2-2**



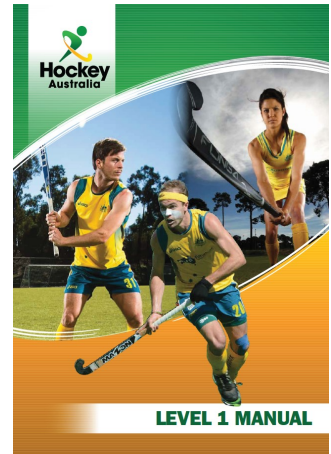
**3-3-2**



S = Striker    M = Midfield    D = Defender    CD = Central Defender    GK = Goal Keeper

## Technical Training and Core Skills

It is vital that junior players are being taught the correct techniques at an early age. As coaches we must ensure our players are taught the correct core skills of Hockey. Hockey Australia has developed a user friendly Level 1 coaching manual that can assist you in ensuring players are taught the right techniques.



As a coach it is important to correct poor technique before it becomes a habit, visit the Hockey Australia [www.hockey.org.au](http://www.hockey.org.au) and Aussie Hockey website for videos and resources that can assist you coaching [www.aussiehockey.com.au](http://www.aussiehockey.com.au)

To support Stick2Hockey, Hockey NSW has developed an easy to use coaching program that helps coaches make hockey fun and easy to learn for young players.

If you would like to purchase a copy please email

[gamedevelopment@hockeynsw.com.au](mailto:gamedevelopment@hockeynsw.com.au)

For help with coaching practices and safety within sport check out the Play by the Rules website [www.playbytherules.net.au](http://www.playbytherules.net.au) and the Australian Sports Commission's coaching page <http://www.ausport.gov.au/participating/coaches>



Hockey Australia rules of Hockey are available on the FIH website.

<http://www.fih.ch/inside-fih/our-official-documents/rules-of-hockey/>

