

Rookey Hockey

In General

As part of the Hook in2 Hockey - National Hockey Participation Strategy, the Under 7 and Under 9 Age Groups have been identified for special development.

Rookey Hockey has been designed to be a stepping stone towards Junior competition. It focuses on

- Positions
- Passing
- Team Work

This type of game can be adapted well in communities where facilities and human resources are limited.

To purchase Rookey Hockey Equipment email julie.mcneil4@bigpond.com



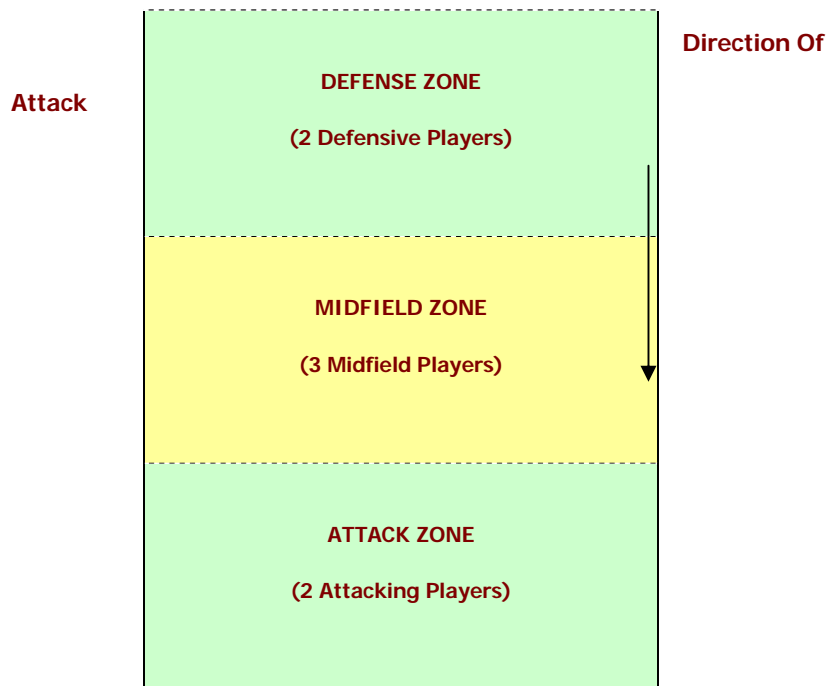


Under 7 Rookey

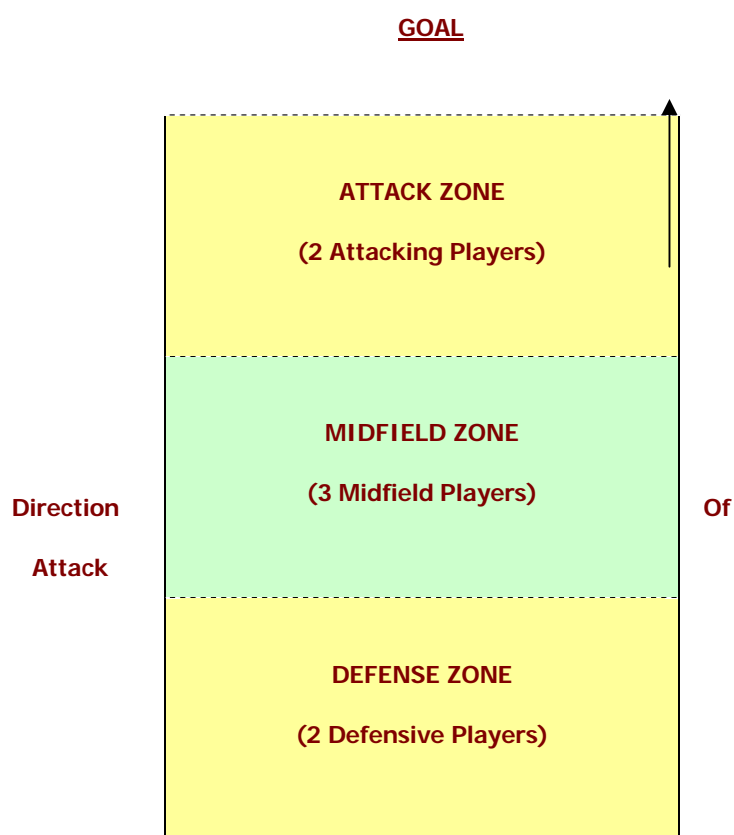
- The game is played by 2 teams of **7 players**
- Reserve players may be interchanged freely during the game
- The game is commenced at the start of each half and after each goal, **with a one-touch 'bully'**.
- The U7 Rookey playing field is to be **marked out into 3 zones** with 2 separate goals.
- Each team of 7 is divided into **2 defenders, 3 midfielders and 2 attackers**.
- Field dimensions are approximately 45m long and 30m wide (quarter field) as shown below.
- Players must be 3 stick lengths away from the ball at 'free plays'.
- There are no goalkeepers or 'kicking backs' in U7 Rookey.
- The aim is for the players to learn about each zone and the ability to use vision to pass the ball out of each zone while maintaining possession.

GAME 1

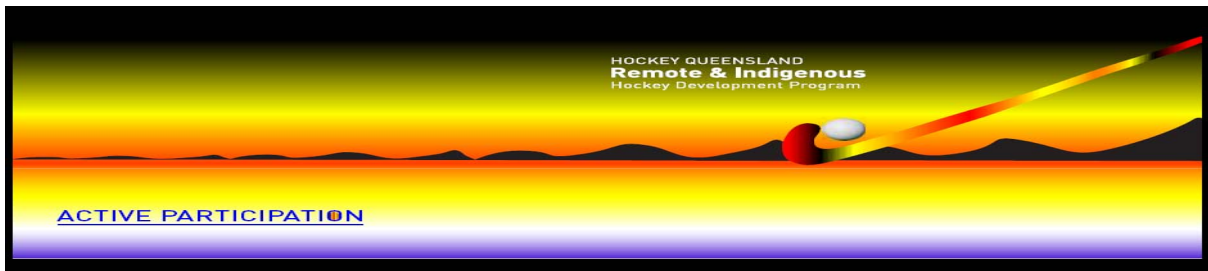
GOAL



GOAL



- Players must remain in their zone during play ie: defenders must remain in the designated defensive zone; midfielders must remain in the designated midfield zone, etc.
- *Although a penalty will not be awarded for a player moving out of their zone, both coaches & umpires will be encouraging players to remain within their designated zone.*
- Pushing & slap hitting only are permitted in U7 Rookey.



U9 ROOKEY

- The game is played by 2 teams of **9 players**
- **Teams are encouraged to introduce a fully equipped goalkeeper with pads, kickers, helmet, etc and allow each player to try this position at least once during the season.**
- Reserve players may be interchanged freely during the game
- The game is commenced at the start of each half and after each goal, **with a one-touch 'bully'**.
- There will be no zones, however each team of 9 is encouraged to be divided into **1 GK, 2 defenders (or 3 defenders if no GK), 3 midfielders and 3 attackers** as per directions noted below.
- Teams are increased to nine (9) players and teams are encouraged to introduce a fully equipped goalkeeper with pads, kickers, helmet etc and allow each player to try this position at least once during the season.

Teams are encouraged to have similar positions to those used in U7 Rookey. Please note diagram below for suggested format:-

GK	<u>1 - GK</u>	Sweeper/ Fullback	<u>3 - HB/ Def</u>
Halfback Halfback	<u>2 - HB/ Def</u>	Halfback Halfback	
Centre Midfield		Centre Midfielder	<u>3 - Midfielders</u>
Midfield Midfield	<u>3 - Midfielders</u>	Midfield Midfield	
Striker Striker Striker	<u>3 - Strikers</u>	Striker Striker Striker	<u>3 - Strikers</u>

How you wish to roll this out in your centre is up to you; as we appreciate that not all centres have an U7 & U9 age group. If however, you could change the name from Minkey & Modified to the Rookey name immediately and add it to the age group that suits your centre, it would be much appreciated.

If you can also trial the Rookey format in the youngest age group (based on the U7 Rookey format noted above) it would be of benefit to not only your association, but also your junior players starting out in Hockey.



Please contact Cathy Taylor, Game Development Supervisor, at Hockey Queensland if you would like any assistance.

Cathy can be contact on 07 3399 6577 or via ctaylor@hockeyqld.com.au