

# ***YOUTH HOCKEY FORMATS***

## ***WHY AND HOW.***

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# **YOUTH HOCKEY FORMATS**

## **U8 3V3**

**The player sits at the centre of the game, supported by a format that allows for individual growth and development. The hope should be that this format of the game provides all players with equal opportunities to engage in hockey via a more interactive and exciting format than the large formats currently being delivered.**

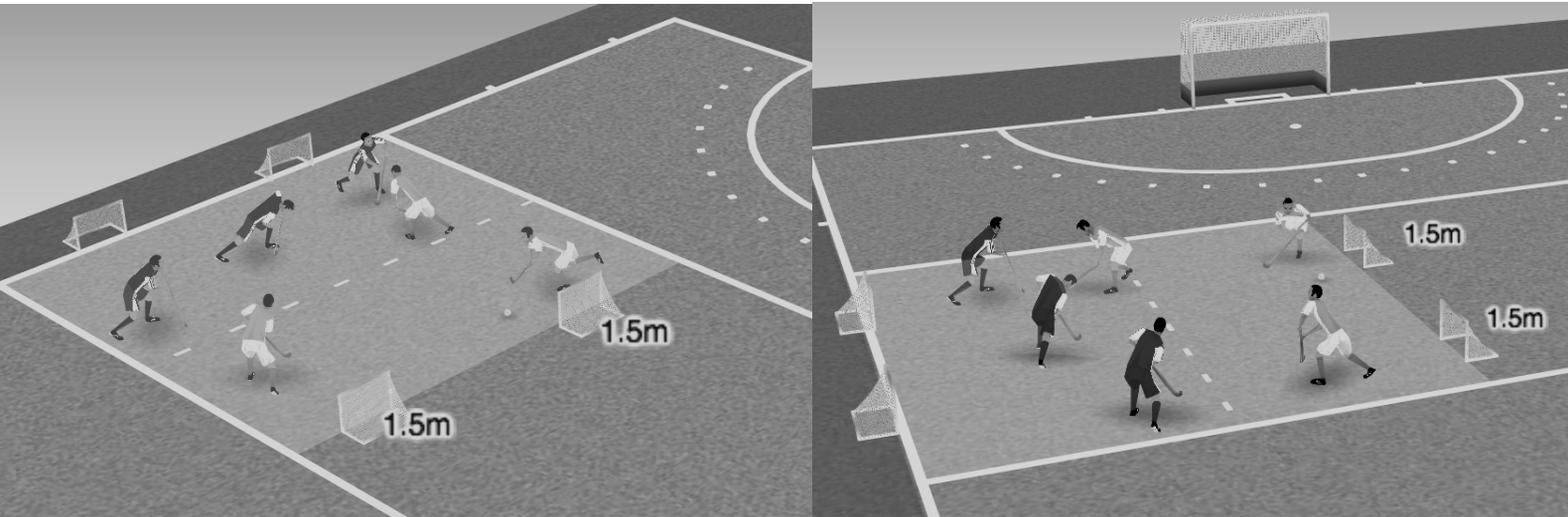
The 3v3 format of the game is characterised by the necessity for speed of movement to create available playing space, combined with spacial awareness. The pitch dimensions generate constraints on the physical space available, requiring players to make decisions more often than they would in another format of the game. Each player is tasked with the constant change of direction, acceleration and deceleration to create or reduce space.

The tactical, technical and physical elements of the 3v3 format all interact to create an intense, fast-paced action packed game. An environment which requires players to think quickly and make decisions swiftly as they will receive more touches of the ball than any other format.

This transitional phase of removing goalkeepers, introducing smaller pitches and potentially more teams will take time. All coaches are encouraged to communicate their thoughts on a regular basis to key stakeholders ensuring you continue to move forward in the right direction.

# **YOUTH HOCKEY FORMATS**

## **U8 3V3**



**Everybody is encouraged to get involved with the goal scoring action, this is a collective game. Players shouldn't be locked down to a set position or location on the field, rather there should be a limited emphasis on positions. All players should be given the chance to explore many areas of the pitch!**

### **Why 3v3?**

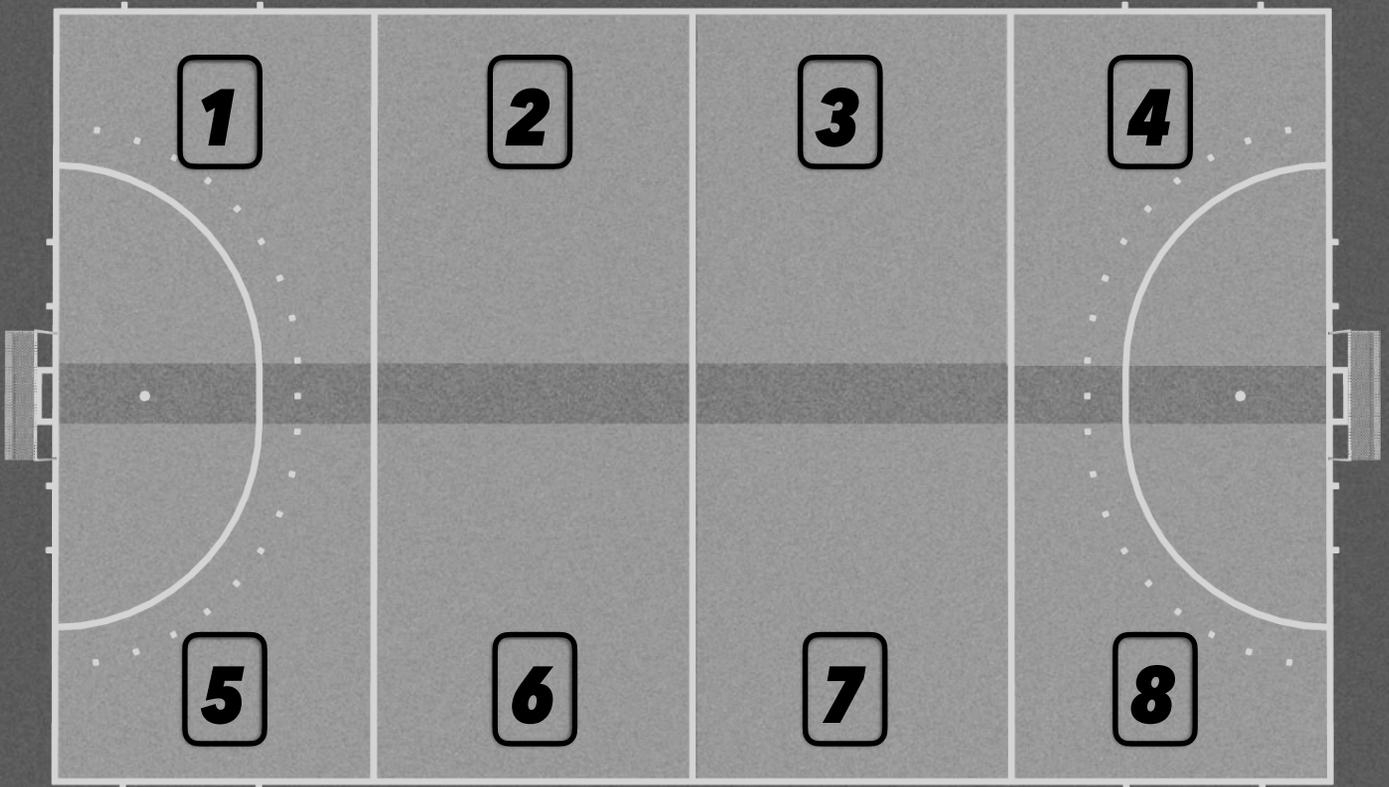
- Increase active participation for boys and girls aged 6, 7 and 8.
- Create more opportunities for players to play under pressure
- Develop greater opportunities to be confident on the ball
- Increased variability during the game
- Increase touches of the ball

### **Why no goalkeepers?**

- Prevent early specialisation of a set position
- Develop game intelligence
- Encourage greater social connections between teammates
- Physical development of speed and endurance
- Greater opportunities to explore and discover all areas of the game

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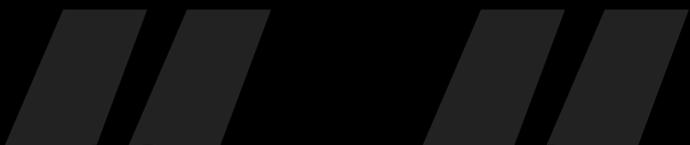
## **U8 3V3**



**Given the best way to learn is to be actively involved in the game, playing a larger format dismisses these potential learning opportunities for players. Clubs and teams across the country are often faced with the challenge of providing their youngest players with the right opportunities on a match day, the 3v3 format changes this! If you opt to use a full pitch you'll have over double the amount of kids playing than if you were to play 5v5 or 7v7 in each half.**

### ***USING A FULL PITCH?***

- 48 on field players actively involved in non stop action
- Notice a free-space channel in between pitches for resting players and coaches
- Central timing is considered the best option for game management
- The host club to provide crates of balls across the turf rather than visiting clubs using their own
- 1 umpire per pitch rather 2



***THE COMPETITION YOU  
PLAY SHOULD BE LIKE  
YOUR SHOES, IT SHOULD  
FIT YOU PERFECTLY!***

Horst Wein Youth Football Development Model

# **YOUTH HOCKEY FORMATS**

## **U8 3V3**

**Many of the rules remain the same as the 7v7 and 11v11 game although there is slight variations in place to provide the long-term development opportunities for our rising stars in a fun, interactive and unpredictable environment.**

**GAME DURATION:** Teams may decide to adopt the standard two half format or look to introduce thirds or quarters depending on the unpredictable English weather, player availability or time on the pitch. Rock, paper, scissors between each team's captain will determine the direction and possession before the start of the game. There are no timeouts during 3v3 games.

**GOAL SCORING:** A goal may only be scored in any of the two goals of which the team are attacking. There are no own goals! Goals are scored by a push (Split grip) from anywhere in the opponents half. For those clubs without mini goals, cones (1.5m apart) are a suitable replacement.

**FREE HITS:** Similar to the free hit rule in the 7v7 and 11v11 game, the self pass remains a tool for players to attack space and play quickly. The only difference being all players must be 3m away rather than 5m. All phases of play should be with split grip, NO HITTING.

**LONG CORNERS:** In the event of a long corner, possession is played from the half way line. Players can not score directly from a long corner and must make a least one pass prior to a goal being scored from this situation.

**SUBSTITUTIONS:** Substitutions can be made in any situation. It is emphasised that players should rotate and experience all playing locations on the field.

**UMPIRING:** Rather than the traditional two umpires per field of play, only one umpire is required. This creates an opportunity for one member of the coaching team to deliver more individual feedback to players on the sideline. It is suggested clubs and teams rotate the umpiring per half, third or quarter if you so wish to make the most of the feedback opportunity for your players.

# ROTATIONS

Players should be encouraged to call their team mates off rather than the coach, this promotes communication between the playing group and supports whole player development.

#OwnTheGame



# POSITIONS

No player is a 'Defender' or 'Attacker' rather terminology like this should be left to one side and players should be simply asked to play on the field as a group of three.

#HockeyLovingWarriors

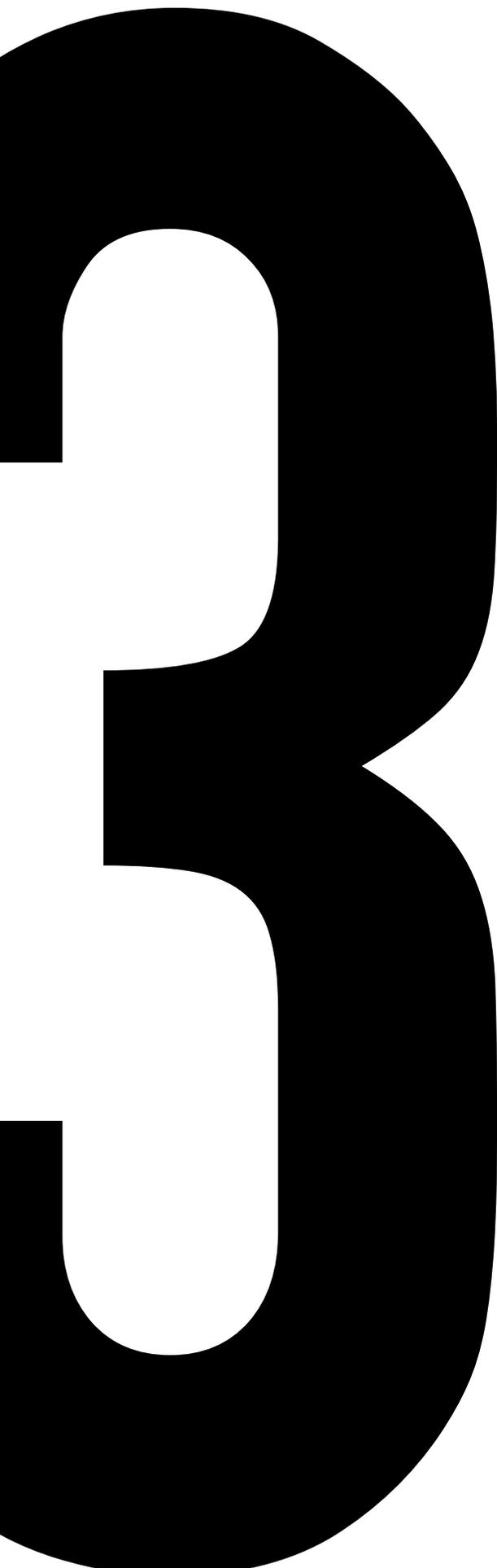


# FEEDBACK

Feedback should be player driven rather than team focused. Similarly, at U8 level feedback should be both technical and psychological with very limited, if any, team tactics. This early phase is all about developing the individual.

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# ***POWER PLAY***

**At this early and often entry level phase of hockey, our mission is to create great learning opportunities for our young players in an interactive and supportive environment.**

The main aim of the ***POWER PLAY*** option is that all players are being pushed and still actively engaged in the game no matter the score line. The ***POWER PLAY*** concept comes alive when a team go down by a clear 3 goals (Example: 3-0, 4-1 etc). The losing team have an opportunity to bring another player into the match creating a 4v3.

- If the score returns to less than a three goal difference the team takes off a player. It does not have to be the last player to come on.
- If a team were to go a further 3 goals behind (6-0, 7-1 etc) a further player is added to the existing 4-3 to create a 5-3.

**# UNLEASHING  
# CREATIVITY**

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