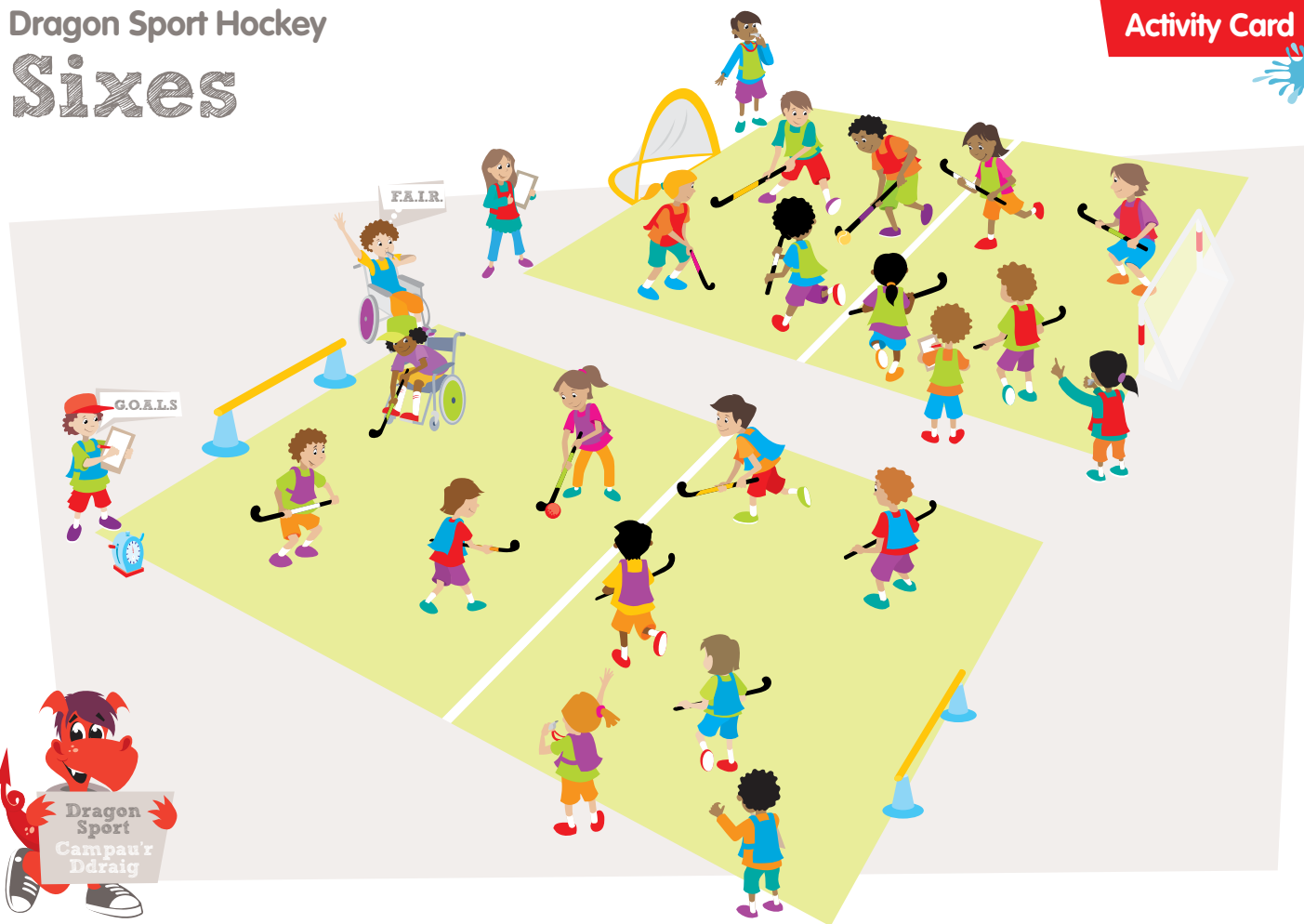


# Dragon Sport Hockey

# Sixes

Activity Card



Dragon Sport  
Campau'r Ddraig

# Sixes



### Let's play

- 6v6 in a large garden (pitch) divided by a halfway line
- Play 4v4 with an umpire and coach from each side
- The playing team is made up of 2 attackers and 2 defenders
- 6 playing sessions at the end of each session rotate roles
- The two teams toss a coin to see which team starts with a pass from the centre spot. The team in possession of the ball send and receive the ball between themselves, progressing towards their goal. A goal is scored if the ball crosses the end line into the goal
- The team not in possession of the ball, try to intercept/tackle to get the ball, if they gain possession, they send and receive between themselves progressing towards their goal, passing to their attackers for them to attempt to score
- After a goal is scored, the game is restarted from the centre spot by the team that did not score

### The two umpires keep the game safe by remembering F-A-I-R:

- Feet** give the ball to the other team if someone kicks the ball on purpose
- Air** give the ball to the other team if someone lifts their stick or the ball in the air
- Inside** award a team one point if they score a goal from inside the attacking half
- Result** what is the result of someone cheating? If it isn't fair, blow your whistle! Ask the teams to help you decide if it was FAIR and how you can fix it!

### The two coaches lead their teams by remembering G-O-A-L-S:

- Go get it** don't wait for the ball to get to you
- Offer** to help your team mates
- Ask** for the ball and for help
- Look** for players to mark
- Space** keep moving!

