



KNHB

Royal Dutch Hockey Association

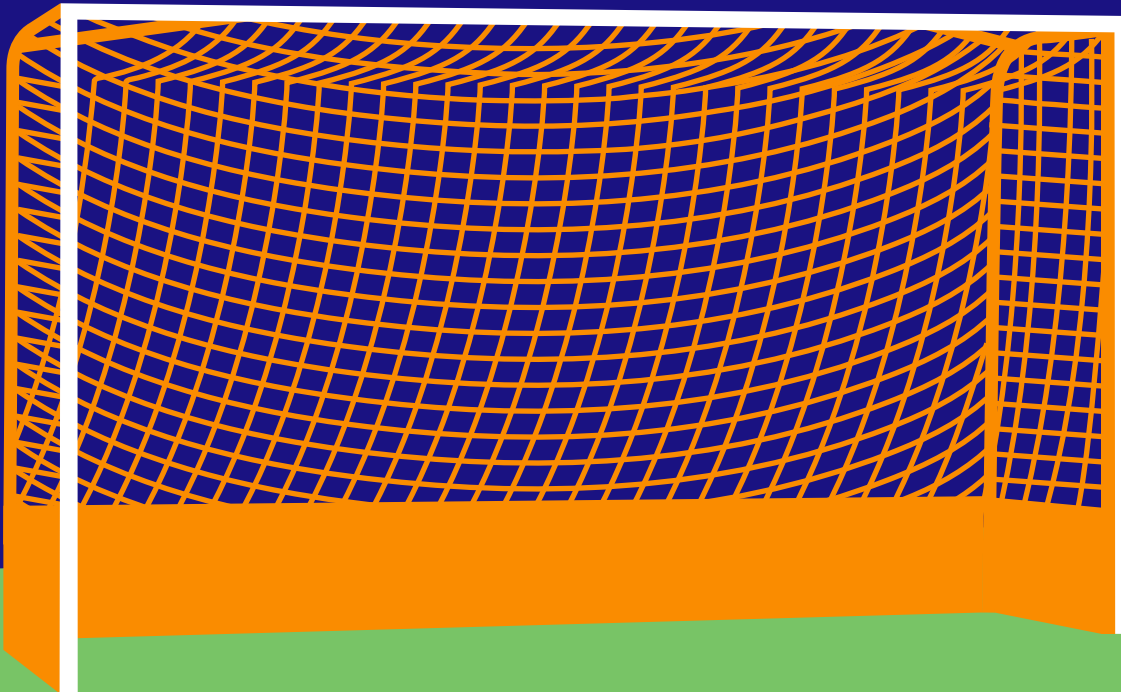
WELCOME TO HOCKEY

Fun and development for your child



WELCOME TO THE WORLD OF FIELD HOCKEY!

Fun on the pitch and along the sidelines are the central focal points of our sport. This booklet will help you get started with your first steps in hockey and aims to show you as a parent how much fun it is to be involved in your child's sport experience.



TOPICS OF THIS BOOKLET

6 STEPS FORWARDS IN HOCKEY

Vision for hockey player development

FUN ON THE PITCH AND ALONG THE SIDELINE

How do we treat each other on and off the pitch?

MOST IMPORTANT RULES OF PLAY

Do you know the rules of the hockey game?

FROM PARENT TO TRAINER/COACH

Tips and tricks for a successful season as a team leader or coach

Enjoy reading this booklet and have a great season!

6 STEPS FORWARD IN HOCKEY

Don't we all want to go forward in hockey? Parents want their children to have fun when practising their sport and to have the freedom to develop their skills. Children who enjoy their sport will continue to improve, be more confident and develop in the broadest sense.

Vision for hockey players' development

Children are naturally curious and enterprising. In order to gain knowledge and experience, it is important that they try new things, build new relationships, and above all practise a lot and enjoy themselves. This will cultivate their physical, cognitive, emotional, and social development. These four domains are interconnected.

To ensure that hockey aligns even more closely with the development of your child, we have formulated six guiding principles — in other words, *6 STEPS FORWARD IN HOCKEY*.

- 1 Better hockey starts with you
- 2 Identify and encourage unique strengths
- 3 Age-appropriate intensity
- 4 Play your part in the team
- 5 Support ongoing learning
- 6 Balance sport and life

For the most up to date understanding of this vision, please check www.knhb.nl/6xvooruit

The background of the entire page is a light blue color. It is decorated with various black silhouettes of children in different poses related to hockey. Some are holding sticks, some are jumping, and some are in motion. The silhouettes are scattered across the page, with some appearing at the top and others at the bottom.

6 X FORWARD IN HOCKEY

VISION FOR HOCKEY PLAYER DEVELOPMENT

1

BETTER HOCKEY STARTS WITH YOU



As children gain more knowledge and experience, they become better equipped to decide for themselves what they enjoy and what direction they want to take.

Age-appropriate guidance is crucial, because a 10-year-old has less knowledge and experience to make good decisions than an 18-year-old. As a parent, encourage your child's ability to self-regulation by allowing them to explore, take their own steps, and reflect. This helps them gain increasing control over their own development and enjoy their activities more.

TIP!

Self-regulation may sound complicated, but it can be practised in simple ways. For instance, let your child pack their own hockey bag on Saturday.

2

IDENTIFY AND ENCOURAGE UNIQUE STRENGTHS



Children thrive best when they feel valued in a safe environment.

To support your child's development, it is important to provide not only safety and support, but also sufficient guidance and inspiration. Every child develops at their own pace and has different preferences and strengths. Keep in mind that positive development is largely driven by intrinsic motivation, meaning motivation that comes from within the child. This is primarily encouraged by a safe, stimulating and engaging environment.

TIP!

Don't be too quick in assessing the skills of young children as their full potential may still be hidden. Keep encouraging them to explore and discover for themselves.

3

AGE- APPROPRIATE INTENSITY



For children up to 12 years old the main focus is on playing, exploring and having fun and not so much on performance quite yet.

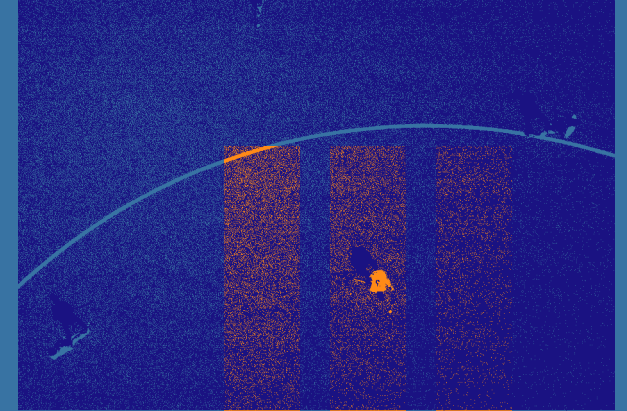
Research and experience show that selecting children for talent up to the age of 12 has little or no added value and only creates unnecessary pressure for young players and those around them. At that age, a child's development is still constantly evolving. A so-called "flower picker" in the eight-a-side teams can turn into a highly motivated player just three years later. A child who initially struggles to keep up physically can, after a growth spurt a few years later, suddenly become one of the strongest players on the team. By giving children the space to play, explore, and have fun, they stay motivated, develop at their own pace, and internalize essential skills more naturally and effectively.

TIP!

Offer children a range of after-school activities, with hockey being one option. If they choose to play hockey with friends on the street, you can be confident that it comes from their own initiative, which will boost their love for the game.

4

PLAY YOUR PART IN THE TEAM



Hockey is a team sport, both on and off the pitch.

Every child can contribute to the team in their own way, and this may change as they grow older. For 10-year-olds, just taking care of the training gear can be a big help, whereas older kids can take on more tasks and responsibilities. A contribution to the team doesn't always have to be about playing hockey. While one child might lead the team during a tough game, another might be the life of the locker room or clubhouse.

TIP!

Encourage fun team activities beyond games and training sessions. It's a great way for kids to get to know each other off the field, building a stronger bond on the field.

5



SUPPORT ONGOING LEARNING

Young kids don't really know discipline yet and are always curious and ready to discover something new.

That's why it's important to keep nudging them with small new challenges and helping them grow not just physically, but socially, emotionally, and mentally as well. This combination sparks personal growth, which is essential for performing on the hockey pitch. So on Saturdays, instead of focusing on winning the game, celebrate the development you see in your child—in all four areas.

TIP!

If you feel that your child is struggling in a certain area to keep up with the team, talk to the coach about it. Together, you will find a solution.

6



BALANCE SPORT AND LIFE

School and friends are evenly important for the development of children.

Playing sports is fun and important, but so are school, work and having a social life. The truth is, you can only reach your full athletic potential when you're growing in all parts of life. For young kids, that's a lot to juggle! By staying involved with the hockey club, you keep the lines of communication with trainers and coaches short and can keep each other updated on what's going on with your child. This helps your child maintain a good balance between hockey and their personal life.

TIP!

If your child is very busy at school, or if something has happened at home, talk to the coach about it. That way, they can take it into account too.

FUN ON THE PITCH AND ALONG THE SIDELINE

Hockey is a fun sport to play and to watch, especially when it's your own child! Pride, joy, excitement, surprise, anger... emotions are all part of the game, but sometimes they can get in the way of enjoying it. How do we want to treat each other, both on and off the pitch?

Together, we make playing hockey fun.

Every child loves it when their parents come to watch them play hockey. Your presence and support can give your child extra joy and boost their pride. As a parent, remember that the way you behave affects not just your child, but the whole team too. Your positive cheers from the sidelines will surely influence the fun the children experience on the pitch. It also makes life easier for the coaches, game leaders and referees, helping them keep the game running smoothly.

Your child wants to have fun.

The main reason kids play hockey is to have fun, not to chase trophies. Results will come naturally when fun comes first. So, as a parent, ask yourself: how do you want to behave on the sidelines? How can you help your child have more fun? How do you praise them for the progress in their game? How do you celebrate a win together—and support them when things don't go their way?

Want to know more about a safe sport environment? Or are you having trouble with unwanted behaviour? Please check: www.knhb.nl/hockeycultuur for more information and help.



ASK YOUR CHILD!

It can be really interesting to ask your child what they think about your presence and support on the sidelines. They often have a very clear opinion about it. You might be surprised by the answers you get!

What does your child consider positive behaviour - and what crosses the line? What do they enjoy hearing during or after a game, and what would they prefer you didn't say?

That our parents are coming to the club to cheer you on

That they tell us we are playing well

That they come and watch and give compliments

It doesn't help if they yell

Especially when things aren't going so well, it really helps when parents are there to cheer you on and boost your confidence

When parents give positive feedback, it helps make the game more enjoyable on the pitch

Come on guys/girls, you can do it!

Cheer for our opponents, that's also a nice thing to do

No comments on the ref

Good save!

Cheer on the whole team and not just your own son or daughter

We already have a coach, we don't need one on the sideline

Don't just highlight the striker who scores, also call out a great save or a beautiful hit

I like it when parents laugh and have fun during our game

Negative feedback makes me feel insecure

Well done! Nice play!
Great goal!
Beautiful pass!



An illustration of a hockey game scene with various actions highlighted by text labels. The scene is divided into several horizontal bands of color: yellow at the top, green, orange, yellow, green, and yellow at the bottom. In the top right, three people are clapping. In the middle left, a player in a green jersey helps a player in a red jersey who is sitting on the ice. In the middle right, two players shake hands. In the bottom left, three people are sitting at a table drinking lemonade. In the bottom right, a player in a red jersey holds a hockey stick while talking to a player in a green jersey.

**POSITIVE BEHAVIOUR
ALONG THE SIDELINE**

HELP GETTING EACH OTHER UP

SHAKE HANDS

**...THAT'S
HOCKEY!**

**DRINK A GLASS OF
LEMONADE TOGETHER
AFTER THE GAME**

MOST IMPORTANT RULES OF PLAY

Do you know the basic rules of hockey? It's fun and it might come in handy when you want to chat with your child about their training or game. And of course, it also helps you sound like you know what you're talking about on the sidelines or in the clubhouse!

Game format

Depending on the age group, your child plays in teams of 3, 6, 8, 9 or 11 players. The length of a game varies by category.

The pitch

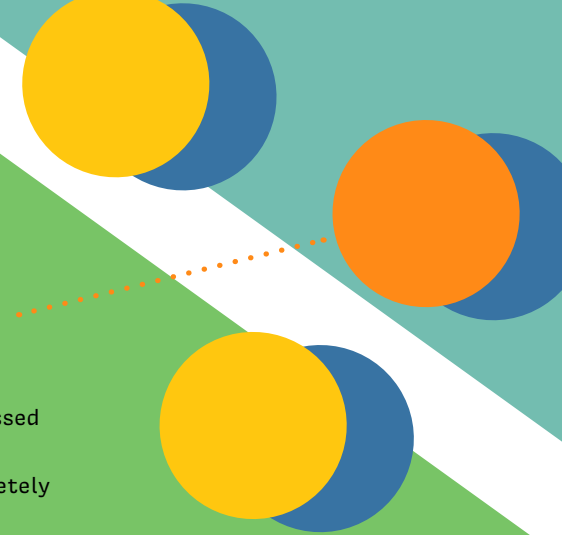
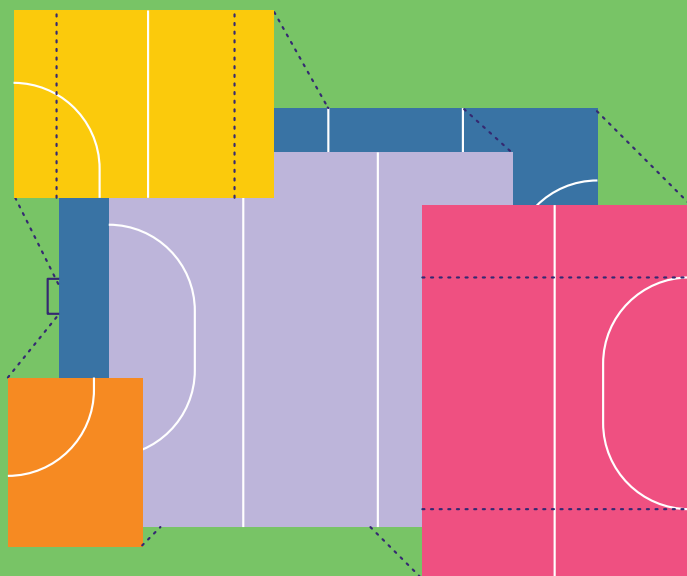
Teams of 11 players use the whole pitch. Teams of 3, 6 and 8 players use a smaller part of the pitch. The US category does not use a scoring area in their game format. In the other categories the scoring area is marked by a 5- or 10-meter line or by a semi-circle around the goal. The game starts with a pass-off from the centre of the halfway line. Each team begins on its own half.

When is the ball out of play?

If the ball completely crosses the line, it is out of play. The team that did not touch the ball last may take the ball from the spot where it crossed the line. The orange ball indicates a ball that's out of play: it has completely crossed the line.

Goal

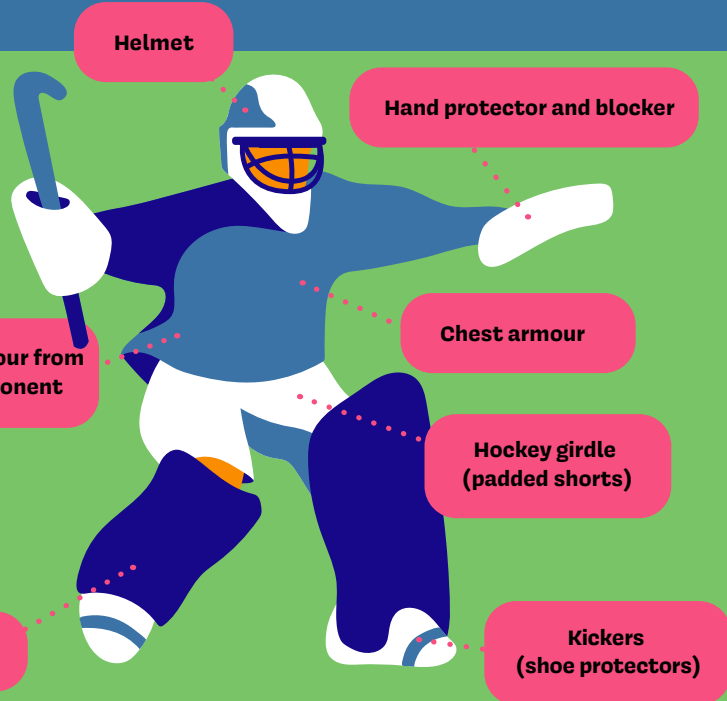
It's a goal if the attacking team touches the ball inside the circle or scoring area and the ball then completely crosses the goal line.



Player outfit



Goalie outfit



Referee or game leader?

A game leader supervises the games of the teams of 3, 6 and 8 players. The game leader's role is to explain the rules and guide the game in a way that focuses on fun and involvement. The game leader for U8 keeps the whistle in their pocket, keeps the game moving and guides the players. The game leader for U9 only uses the whistle to keep the game flowing. There will be slightly more whistle use at U9, but fun and safety are still top priorities. From the 11-a-side teams onward, a referee guides the game and the rules are applied more strictly.

Clubs are always looking for parents who enjoy becoming a game leader or referee. It's a great way to get more involved in your child's sport and learn the rules in a fun, hands-on way, for both the players and yourself. Interested? Please contact your club's youth committee or secretary.



RULES OF PLAY U8

Centre pass

From the centre of the pitch, the centre pass is taken with a self-pass, push or slap hit, which may go forward or backward. Both teams start on their own half, and the opposing team must keep a 3-meter distance.

Foot and back stick

Children are allowed to hit the ball with their foot or the rounded side of the stick (back stick). It's only considered a foul if a team actually gains an advantage from it.

Play restarts

At every restart, all players must keep a 3-meter distance. The ball does not need to be stationary (lie still). If the ball crosses the back line, play is restarted from the 5-meter line with a self-pass, push, or slap hit at the point where the ball crossed the back line within the circle.

Play-in

If the ball crosses the sideline, play is restarted with a self-pass, push, or slap hit near the spot where the ball went out.

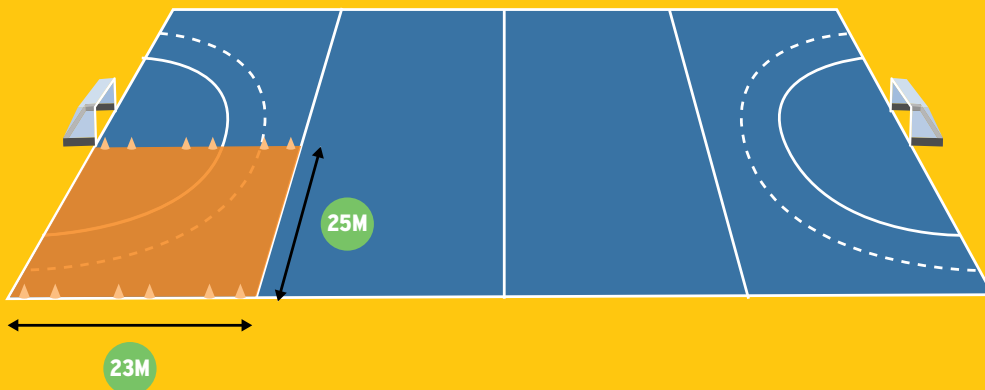
Free hit

A player takes the free hit with a self-pass, push, or slap hit from a spot near the foul. The ball does not need to be stationary for a restart.

Goal

A goal can be scored from within the 5-meter scoring area. After a goal is scored in either goal, play is restarted with a self-pass, push, or slap hit from the centre of the halfway line.

For more information and frequently asked questions, please check www.knhb.nl/jongstejeugd



RULES OF PLAY U9

Centre pass

From the centre of the field, the centre pass is taken with a self-pass, push or slap hit, which may go forward or backward. Both teams start on their own half, and the opposing team must keep a 3-meter distance.

Dangerous play

The ball shall not be played above knee-height.

Hit out

If the ball crosses the back line, play is restarted by a player taking a self-pass, push, or slap hit from the

10-meter line at the point where the ball crossed the back line within the circle.

Long corner

If the ball goes over the back line off a defender, play is restarted with a long corner. This is taken from the 10-meter line at the spot where the ball crossed the back line. The ball must roll at least three meters before it can be played into the 10-meter area.

Foul near the 10-meter area

For an attacking foul, play is restarted with a free hit by the opposing team. This can be taken anywhere within the 10-meter area. For a defensive foul, the free hit is taken from the 10-meter line. The ball must roll at least three meters before it can be played into the 10-meter area.

Shoot-out

If a foul clearly prevents a goal, a shoot-out is taken. There is no time limit. All players, except the goalkeeper and the player taking the shoot-out, must stand on the halfway line.

Play restarts

At every restart, all players must keep a 3-meter distance. The ball does not need to be stationary (lie still).

Goal

A goal can only be scored if an attacker has touched the ball inside the 10-meter scoring area. After a goal is scored, play is restarted with a self-pass, push, or slap hit from the centre of the halfway line.

Play-in

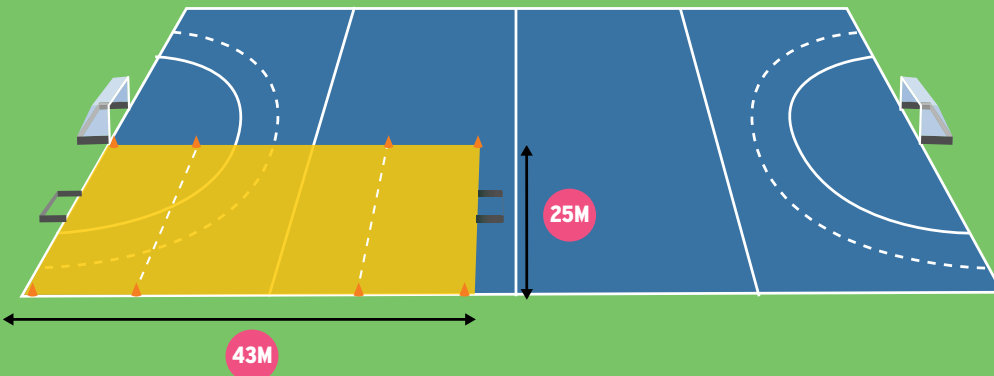
If the ball crosses the sideline, play is restarted with a self-pass, push, or slap hit near the spot where the ball went out. If the ball crosses the sideline within the 10-meter area, it is taken from the sideline at the 10-meter line. The ball must roll at least three meters before it can be played into the 10-meter area.

Free hit

A player takes the free hit with a self-pass, push, or slap hit from a spot near the foul.

Foot and back stick

Children are not allowed to hit the ball with their foot or the rounded side of the stick (back stick). However, it's only considered a foul if a team actually gains an advantage from it.



For more information and frequently asked questions, please check www.knhb.nl/jongstejeugd

RULES OF PLAY U10

Centre pass

The game starts with a pass-off from the centre of the halfway line. This may be a self-pass, push or a slap hit, which may go forward or backward. Both teams start on their own half. The opposing team must keep a 5-meter distance.

Dangerous play

The ball must not be played above knee-height. Lifting the ball is allowed, as long as it's not dangerous. The game leader is to judge the play for safety.

Play restarts

At every restart, all players must keep a 5-meter distance. When the ball is taken within five meters of the circle*, it must roll at least five meters before it can be played into the circle.

* If there is no circle, there is a scoring area in the shape of a rectangle around where the circle would be.

Goal

A goal is scored when an attacker has touched the ball inside the circle and it crosses the back line completely at or below the height of the backboard. During a shot on goal, the ball must not rise above backboard or knee height along its entire path. After a goal, play is restarted with a centre pass.

Play-in

If the ball crosses the sideline, play is restarted near the spot where the ball went out. All players maintain a 5-meter distance.

Free hit

If a player commits a foul, the opposing team is awarded a free hit from the spot of the foul. Exception to this rule: if the attacking team commits a foul inside the circle, the defending team may take the ball from the top of the circle. If the defending team

commits a foul within five meters of the scoring area, the attacking team is awarded a free hit. The ball must roll at least five meters before it can be played into the circle.

Shoot-out

For a defensive foul inside the circle, the opposing team may take a shoot-out. There is no time limit. All players, except the goalkeeper and the player taking the shoot-out, must stand in the circle of the attacking team. The shoot-out is taken from the halfway line. When the game leader blows the whistle, the shoot-out may be taken. Once the shoot-out is taken, the other players may join in and leave their circle.

Penalty stroke

When a goal is prevented by a defender's foul, a penalty stroke is awarded. The time is stopped.

Hit out

If the ball crosses the back line, play is restarted directly opposite the spot where the ball crossed the back line, at the top of the circle.

Long corner

If the ball goes (unintentionally) over the back line off a defender, play is restarted with a long corner. This is taken about five meters behind the 15-meter line, directly opposite the spot where the ball crossed the back line. The ball must roll at least five meters before it can be played into the scoring area. Both teams need to maintain a 5-meter distance.

Foot and back stick

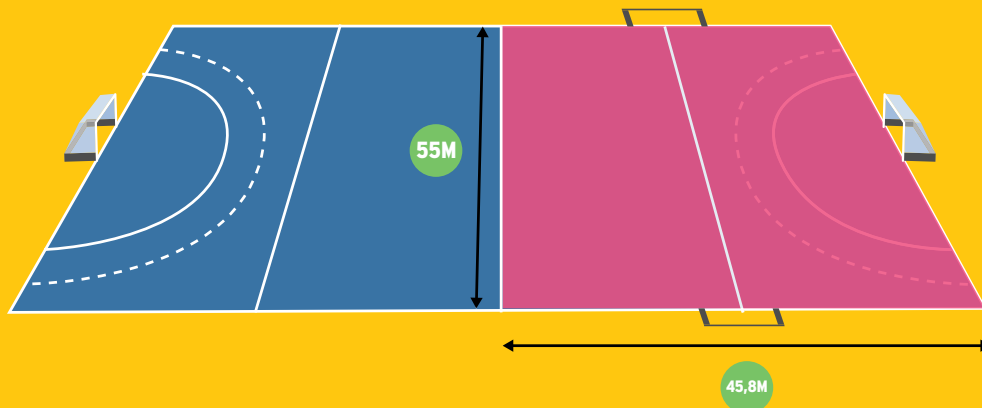
Children are not allowed to hit the ball with their foot or the rounded side of the stick (back stick).

Time-out

A time-out offers coaches and game leaders the opportunity to give players extra guidance. A time-out can be requested by a coach or granted by a game leader.

Bully

If the game is stopped due to an injury or another situation where no foul occurred, a bully may be used to restart play.



For more information and frequently asked questions, please check www.knhb.nl/jongstejeugd

RULES OF PLAY U11

Rules of play

In the 9-a-side competition, play follows the standard team rules.

This means among other things that:

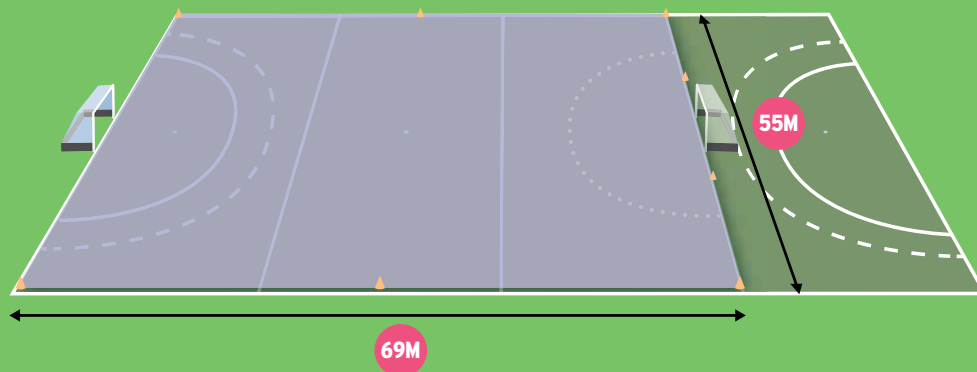
- the game is played in four quarters of 17.5 minutes, with a 2-minute break after the first and third quarters and a 5-minute break after the second quarter;
- referees will actively call fouls;
- if the defending team commits a foul in the circle, a penalty corner is awarded;
- the long corner is taken from the 23-metre line (one of which is the original halfway line);
- players maintain a 5-meter distance during a free hit;

- inside the 23-metre area the ball must roll at least five meters before it can be played into the circle.

All rules of play can be found in the Field Hockey Rulebook.

Size of the pitch

The game is played on three-quarters of the pitch. The goal is placed on the 23-metre line, and the circle is marked with flaps/field markers. The halfway line is indicated with cones on the sideline.



Pitch setup

For setting up the pitch, you can use field markers (flaps). We recommend using at least 9 field markers. It is helpful to use two cones to mark the spot for taking the penalty corner (10 metres from the centre of the goal). The circle is easiest to set up with two people. If you have a string of 14.63 metres long, one person stands in the centre of the goal of the circle to be marked and holds one end of the string. The second person walks with the other end to the top of the circle until the string is taut

and places a field marker there. Then, this person walks in an arc (keeping the string taut) towards the backline, placing four more field markers along the way. Do the same on the other side. If you don't have a string, place the outermost field marker of the circle 14.63 metres from the centre of the goal.

For more information on the 9-a-side competition, please check www.knhb.nl/jongstejeugd



RULES OF PLAY U12

When does the referee call a foul?

- Ball to the foot.
- Ball on the rounded side of the stick (back stick).
- Dangerous play, such as pushing, swinging the stick dangerously, or deliberately playing the ball above knee height.
- Unsporting behaviour, such as swearing or throwing objects.

What penalties can a referee give?

Free hit

If a player commits a foul outside the circle, the opposing team is awarded a free hit. This is done as follows:

- The ball must be stationary.
- The defending team must keep their distance.
- The attacking team may pass the ball to a teammate or move with the ball themselves using a self-pass.

Penalty corner

If a defender commits a foul inside the circle, the opposing team is awarded a penalty corner. This is taken as follows:

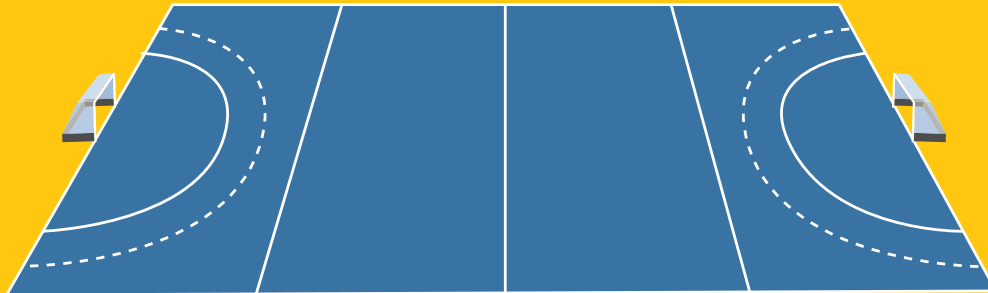
- The defenders (maximum five players, including the goalkeeper) start behind the backline.
- The attackers start outside the circle.
- When the injector plays the ball, the defenders and attackers may enter the circle.
- The ball must be stopped outside the circle.

Penalty stroke

For a penalty stroke, the attacker takes the ball from 6.4 metres directly in front of the goal. The ball may only be pushed. A penalty stroke can be awarded in the following situations:

- A deliberate foul in the circle that prevents the attacker from playing the ball.
- A foul where a defender prevents the ball from crossing the goal line.

For more information and frequently asked questions, please check www.knhb.nl/jongstejeugd



FROM PARENT TO TRAINER/COACH

Your child's hockey season is about to kick off, and suddenly you're being asked to be the coach. Sounds fun, right? But you've never done it before, so how do you make it an awesome season for these children?

The trainer/coach leads by example

Just like in school, where teachers set the example, your team will be looking up to you as their coach. Keep in mind that your behaviour will positively influence the team's atmosphere, making you a key part of a season full of fun and development. So, how do you connect with the team and become a coach that everyone listens to?

On and off the pitch

You might kick things off by checking if there's a coach meeting at your club or by checking online for tactical tips. Perfect, because that way you can give the children useful tips during practice and matches to help them improve their game. But have you thought about what happens off the pitch too? How to keep the team spirit high? And how to deal with the parents?

Check with your club to see what coaching courses or training opportunities are available.



TURN YOUR PLAYERS INTO A TEAM

Naturally, as a trainer or coach, you prepare fun games, tactical drills, and a fair rotation system. And soon enough, you'll see that your team is bursting with energy and enjoyment! How do you keep that vibe alive the whole season?

Honouring your team agreements together

Children can only follow the rules if they know what they are. That's why, at the start of the season, talk together about what you want and make clear agreements. This way, you can talk to someone if disagreements come up. Of course you can do this during training, but with a fun team activity at the start of the season, you kill two birds with one stone!

Being trainer/coach and a parent

Be aware that you suddenly wear two hats for your child: parent and trainer or coach. During the match, you are the coach for the whole team, including your own child. Talk about these different roles with your child and make some time before or after the game to be a parent, so your child still gets the one-on-one attention.

TIPS!

- **Set some ground rules with the kids about their attendance and the proper way to let you know if they can't make it.**
- **Talk with the players and their parents about what you consider as a good or not-so-good reason to miss a training or game.**
- **Let children play in different positions on the pitch so they can discover for themselves which role they enjoy the most.**
- **Also rotate the team roles throughout the season, so the children can experience what it's like to be captain or to write a game report for the website.**
- **Set small goals for each player, so they can see themselves improving bit by bit and you can compliment them on their progress.**



TURN THE PARENTS INTO A GROUP

In order to have a fun and successful season, it's important to start off well, not just with the children on your team, but with their parents too. Just like you build a team from the players, you should turn the parents into a group as well.

Set up a get together for the parents

If you want to turn the parents into a group, you need to bring them together. Ideally, do this before the season starts, so you can kick off the season with clear agreements. Invite the parents to the club or to your home so you can get to know each other over a drink. Make it clear that it's important for everyone to be there and that everyone should share their opinions.

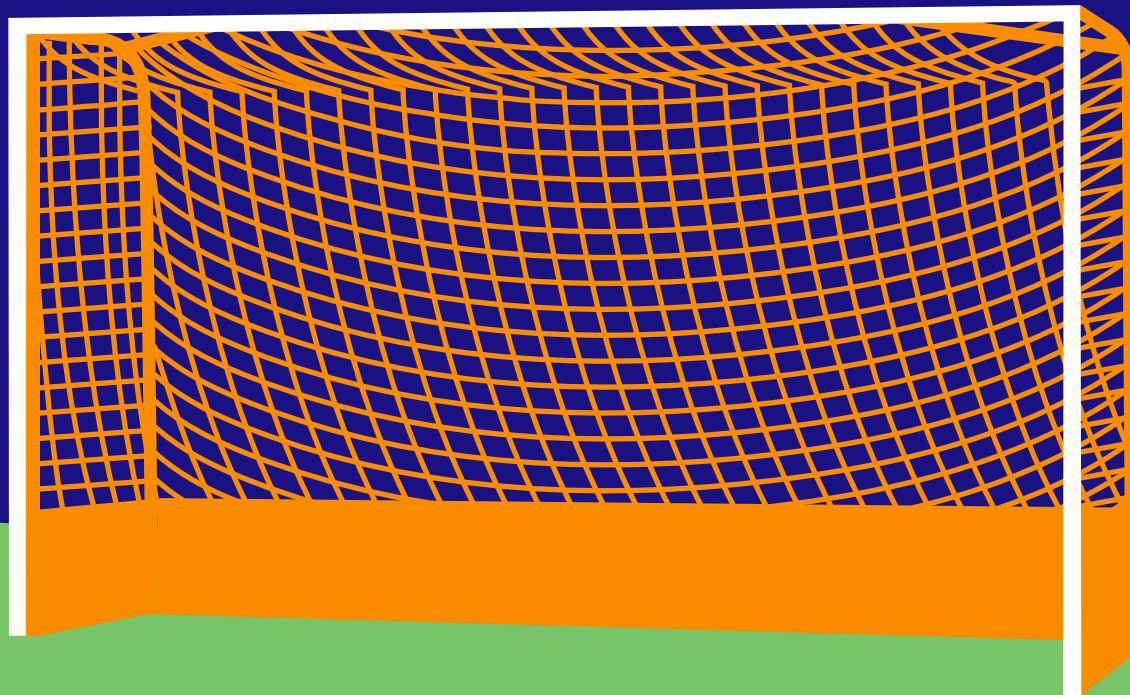
Explain your role

Parents appreciate knowing what to expect, and what you expect from both them and the players. For instance, talk about good sideline behaviour, so parents can address each other, and you don't have to step in. Also explain why you make certain decisions as a coach, for example how you judge what the children can and can't handle.

TIPS!

- Let parents know they're welcome to discuss tactical questions or suggestions about fifteen minutes after the game or training, so you can first give your attention to the children.
- Discuss your rotation schedule. Make it clear that all children will get their fair share of playing time and will try different positions, so they can discover what they enjoy and what suits them best.
- Be clear about how many training sessions the team will have and, if possible, offer players the chance to join another team for extra training.
- Let parents choose which tasks they would like to help with, such as driving to away games or taking care of the team fund for coffee.
- Ask parents how they motivate their children to keep improving outside of training and games. You might pick up some great ideas!
- Make sure to also share with the parents the agreements made with the children about their attendance and how to report absences.





HAVE FUN ON AND AROUND THE HOCKEY PITCH!



Design and lay-out:
Creative Beards

official partners Koninklijke Nederlandse Hockey Bond



Deloitte.



ONVZ

Rabobank

