

Cage rage

Objective – Score fast and do not transgress

GameFocusResetProgression

1. 2 minute sets and then rotate teams
2. Normal rules of hockey (EXCEPT NO HITTING)
3. Score in the attackers half (scoring zone)
4. MUST PLAY man 2 man
5. 16s from the baseline
6. Play long corners from the halfway line
7. Foul outside the scoring zone – ball must travel 3m before entering the scoring zone
8. Sidelines outside the scoring zone must travel 3m before entering the scoring zone
9. Sidelines inside the scoring zone – take the ball to the halfway line – ball must travel 3m before entering the scoring zone

Scoring

1. Penalty stroke for a foul in the scoring zone
2. Goal = 3 goals
3. PCA = 1 goal

ATTACKING focus	DEFENDING PRINCIPLE
Get something at goal	Your player does not score
Be low/be ready	Body/stick pressure
Get to the circle	Be brave

See game

1. Each team gets 5 balls
2. Score within 30 secs of goal = triple goals
3. Turn and burn

