



GO CARDS

FUN GAMES TO INTRODUCE
FIELD HOCKEY



USA Field Hockey has created a number of resources to help beginners learn the fundamentals of playing the sport through GAME ON Field Hockey, an official introductory small-sided game structure. The resources consist of GO Cards and a Curriculum Guide to help you get the most out of GAME ON Field Hockey.

There are 50 GO Cards in total. These enable you to deliver GAME ON Field Hockey in gradual stages, by starting with core skills. They are easy to use and designed in a way that any teacher, coach or young person, can lead a GAME ON session using the cards as support. The front of the card gives a written explanation and illustration of the game as well as tips to remember. The back of the card identifies teaching and safety points and ways to change the challenge to make the game easier or harder, depending on age, experience and skill level. This gives the teacher or coach several methods of differentiation.

The number of cards allows the deliverer to be creative and develop their own sessions by mixing and matching the GO Card games. GAME ON!





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49. Hockey Tennis
50. Air Dribble

Please note that the GO Cards are not in any particular order or progression. All include ideas on how to make the game easier or harder to provide a fun and challenging experience for the learners.

QUICK TIPS ON GETTING STARTED WITH GO CARDS

Some GO Card Games are easier than others. Just remember that each card has suggestions on how to make the exercise easier or harder through the CHANGE IT method (slide 23). **Here are some suggestions**

BEGINNER															
Warm-Up	35														
Tackling	32														
Dribbling	1	3	4	6	17	18	19	20	27	28	29	30	42	43	50
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INTERMEDIATE															
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MORE ADVANCED															
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DO YOU HAVE A FAVORITE GAME YOU'D LIKE TO SHARE?

Please send it to sportdevelopment@usafielddhockey.com and watch for more GO Cards to come.

GROW MODEL

G

GOAL

What do you want to achieve?

How do you know if you achieved it?

SMART goals

R

CURRENT REALITY

What is happening now?
What is the result?

Does it conflict with our playing principles?

What have you done about it so far?

O

OPTIONS/ OBSTACLES

What else could you do?

What do you need to stop doing to achieve your goal?

What obstacles are in your way?

What support do you need?

W

WAY FORWARD/ WILL

What else will you do?

Will it get you where you want to go?

What will you do first?



CHANGE IT

C H A N G E I T

COACHING

Facilitate player-centered coaching
Modify your teaching style to suit the needs of each player
- instructions, demonstrations, feedback

HOW TO SCORE

Vary how to score so everyone can be included

AREA

Modify the playing area to:
Make the exercise easier/harder
Make it safer
Change the intensity of play
Highlight tactical plays

NUMBER OF PLAYERS

Highlight tactical plays
Use CHANGE IT to make activity more inclusive

GAME RULES

Vary to:
Change the game experience
Make it easier/harder
Make it more inclusive
Highlight a skill or tactical aspect

EQUIPMENT

Make it easier/harder
Broaden range of playing experience
Suit abilities of all the players

INCLUSION

Player-centered coaching using CHANGE IT

TIME

Vary the duration to impact on the volume and intensity of the drill or exercise

SPACE DRIBBLE

1. Create a square playing area with cones or markers.
2. Each player needs a stick and a ball.
3. Players will move the ball around the playing area with their stick – this is called dribbling. The ball should always be in contact with their stick.
4. Players should try to find space (an empty area) as they dribble.
5. Players can go anywhere in the playing area as long as they don't bump into another player!

★ REMEMBER ★

- Only use the flat side of the stick (white side of the GO Stick)
- Look up and try not to kick the ball!
- Do not allow swinging of sticks
- Do not bump into other players



COACHING POINTS



MOVING WITH THE BALL (DRIBBLING)

- Ball should be in contact with the flat side of the stick – this results in close control
- Ball should be ahead of the feet
- Encourage players to move with the ball away from their feet (so they try to look ahead of the ball, not at their feet)

★ EQUIPMENT ★

- 4 cones or markers
- 1 ball per player
- 1 stick per player

CHANGE IT



GO EASY

- Make the area bigger
- Go at walking pace
- Use a bigger ball
- Fewer players

GO HARD

- Make the area smaller or go faster in a larger area
- Ask players to go faster or change movement speed
- Use a smaller ball
- Have more players in one area

GO CARD 1: SPACE DRIBBLE



1. Create a square playing area with cones or markers.
2. Each player will need a stick. Players will partner up. One ball is needed between partners.
3. Select one player to be the truck and one player to be the trailer (players will switch roles at the end of the game).
4. The truck is the leader and will stand in front of their partner. The truck will lead their partner around the playing area and avoid other trucks and trailers.
5. The trailer will follow the truck while dribbling the ball. It is important that the truck does not lose the trailer by going too fast.
6. When the coach shouts “Pit Stop” the trucks and trailers must stop (trailers will need to stop the ball under control).
7. After a few tries, players will switch roles and start again!

★ REMEMBER ★

- Only use the flat side of the stick (white side of the GO Stick)
- Look up and try not to kick the ball!
- Do not allow swinging of sticks
- Do not bump into other players



COACHING POINTS



MOVING WITH THE BALL (DRIBBLING)

- Ball should be in contact with the flat side of the stick – this results in close control
- Ball should be ahead of the feet
- Encourage players to move with the ball away from their feet (so they try to look ahead of the ball, not at their feet)

★ EQUIPMENT ★

- 4 cones or markers
- 1 ball per pair
- 1 stick per player

CHANGE IT



GO EASY

- Make the area bigger
- Go at a slower pace and give them directional commands
- Use a bigger ball
- Fewer players in one space – match players for ability

GO HARD

- Make the area smaller or go faster in a larger area
- Ask players to go faster or change movement speed
- Use a smaller ball
- Have more players in one area

GO CARD 2: TRUCK AND TRAILER



THIS CHALLENGE IS SIMILAR TO MUSICAL CHAIRS!

1. Create several islands across the playing area with cones or markers.
2. Each player needs a stick and a ball. Select one player to be in charge of the game (this might be the coach).
3. Each player will start with five points – players will keep track of their own score.
4. Players will dribble the ball around the playing area. As the players move around, the person in charge will shout a number. If the number is four, players will dribble their ball to an island and make a team of four.
5. If there is already four players on an island, players will need to dribble their ball to an island that has fewer than four players on it.
6. Players who successfully create a team of four (the set number called) on an island will earn a point.
7. The first player(s) to earn ten points is the winner!

★ REMEMBER ★

- Only use the flat side of the stick (white side of the GO Stick)
- Look up and try not to kick the ball!
- Do not allow swinging of sticks
- Do not bump into other players



COACHING POINTS



MOVING WITH THE BALL (DRIBBLING)

- Ball should be in contact with the flat side of the stick – this results in close control
- Ball should be ahead of the feet
- Encourage players to move with the ball away from their feet (so they try to look ahead of the ball, not at their feet)

★ EQUIPMENT ★

- 4 cones or markers
- 1 ball per player
- 1 stick per player

CHANGE IT



EASIER

- Make more islands
- Shout larger numbers of groups giving more chances
- Use various sizes of balls
- Fewer players in one space – match players for ability

HARDER

- Make the area larger
- Use basic numerical challenges to get the number
- Make small entrances onto islands for better players
- Differentiate players with colored pinnies and then ask players to make teams of a similar color on the islands

ISLAND HOPPING

1. Create islands with cones or marks. Select one island to be the 'Prison Island.'
2. Assign two players to be the pirates (chasers). For larger groups, assign more players to be pirates. Pirates will need a stick but do not need a ball.
3. All other players will be explorers. Each explorer will need a stick and a ball.
4. The goal of the game is for the explorers to avoid being sent to Prison Island.
5. Explorers will dribble their ball from island to island trying not to get caught by the pirates. Players should remember to look up as they move so they can avoid any surrounding pirates.
6. Pirates will move around to try and catch the explorers. Pirates can catch an explorer by stealing their ball or forcing the explorer to lose control of the ball.
7. Explorers who are caught must go to Prison Island, count to twenty and then can return to the game.
8. Pirates are not allowed on any of the islands. Explorers should avoid pirates by dribbling their ball to an island where they will be safe.

★ REMEMBER ★

- Only use the flat side of the stick (white side of the GO Stick)
- Look up and try not to kick the ball!
- Do not allow swinging of sticks
- Do not hit another player's stick



COACHING POINTS



MOVING WITH THE BALL (DRIBBLING)

- Ball should be in contact with the flat side of the stick – this results in close control
- Ball should be ahead of the feet
- Encourage players to run with their knees slightly bent with their backs straight (so they try to look ahead of the ball, not at their feet)
- Encourage players to move their feet and keep balanced (when the ball moves in any direction or distance)

TACKLING

Safety Point: Encourage players to line up the flat side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- Players should keep the stick on the ground when they tackle
- Players should have a wide grip on the stick and a low stance, if possible – this allows more strength and control

★ EQUIPMENT ★

- Cones or markers
- 1 ball per player who is being chased
- 1 stick per player

CHANGE IT



EASIER

- Make more islands
- Allow a longer time limit on each island
- Use a variety of different sized balls
- Have fewer chasers

HARDER

- Have fewer islands
- Allow less time on each island
- Use a variety of different sized balls
- Introduce an access point to the island
- Increase the number of chasers

COPS AND ROBBERS

1. Create a square playing area with cones or markers.
2. Players will get into groups of eight to ten athletes.
3. Each player will need a stick, but only five to six athletes will need a ball.
4. Players with the ball are the robbers. The robbers are running away from the cops (chasers) (dribbling the ball away from the cops). Robbers need to remember to look up when dribbling the ball to avoid the cops.
5. Players who do not have a ball are the cops. The cops are chasing the robbers and trying to take the ball from them. Players should avoid hitting other player's sticks when doing this.
6. If the robber gets caught (loses the ball or the ball is taken away), the robber becomes a cop and will have to try to win the ball back from another player! Players cannot take the ball from the athletes who just took them ball from them.
7. Cops that catch the robbers (win the ball from the robbers) will take the ball and they will become the robbers (they switch roles).

★ REMEMBER ★

- Only use the flat side of the stick (white side of the GO Stick)
- Look up and try not to kick the ball!
- Do not hit another player's stick!



COACHING POINTS



MOVING WITH THE BALL (DRIBBLING)

- Ball should be in contact with the flat side of the stick – this results in close control
- Ball should be ahead of the feet
- Encourage players to run with their knees slightly bent with their backs straight (so they try to look ahead of the ball, not at their feet)
- Encourage players to move their feet and keep balanced (when the ball moves in any direction or distance)

TACKLING

SAFETY POINT: Encourage players to line up the flat side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- Players should keep the stick on the ground when they tackle
- Players should have a wide grip on the stick and a low stance, if possible – this allows more strength and control

★ EQUIPMENT ★

- 4 cones or markers
- 1 ball per cop
- 1 stick per player

CHANGE IT



EASIER

- Make the area larger
- Have fewer chasers or safe zones
- Use a variety of different sized balls
- Have fewer players in one area

HARDER

- Make the area either smaller, or a lot bigger
- Have more cops in the game
- Use a variety of different sized balls
- Have more players in one area