



# Field Hockey Rugby

**Category:** Tactical: Offensive (Even Numbers)  
**Difficulty:** Transition Phase

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Individual-Adult Member



## Field Set Up

**Objective:** Get your team thinking outside the box with this modified-rules field hockey game. Utilize this game if you especially need to work on 1v1 attack and defense or transferring the ball. The objective of the game is to score more points than your opponent.

### Set up:

- Create two 10-yard end zones in your playing area
- Divide your group into two teams of 11
- Depending on your numbers, you can play 7v7 over the full field or make the playing area smaller

### Rules:

- Field hockey fouls and boundaries still apply
- A team scores when they dribble into the end zone
- Make-it, take-it — if a team scores in the end zone, their new goal is the opposite end zone
- No defenders are allowed into the end zone (transferring in the end zone is encouraged!)
- Any forward movement with the ball must be a dribble (no passing forward)
- Any lateral or backwards movement with the ball must be a pass (no dribbling backward)
- Any infringement of the direction rules results in a free hit for the other team

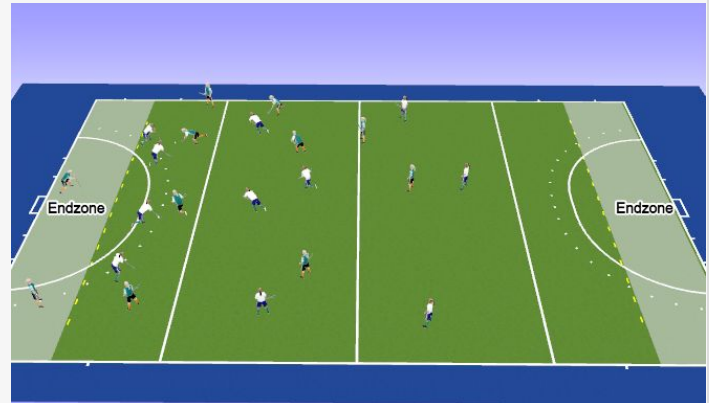
### Points of Emphasis:

- Always providing support around the ball carrier with back pass and flat pass options
- Vision when players have the ball
- Prescanning — knowing what you want to do with the ball before you get it
- Speed on the ball when dribbling
- Being in good intercepting lanes on defense
- Engaging distance, sustained pressure on the ball, and hassling skills (jabs) on 1v1 defense

### Recommendations:

- For a fun warm up to the drill, start with a soccer or rugby ball so the players can get used to the rules before moving onto stick and ball
- Encourage your players to quickly change the point of attack by utilizing back passes and fast transfers
- If your players are struggling to stay spread out, consider adding zones to the field that only so many players can enter at a time
- Play two-three, four-six minute periods, giving your team time in between periods to strategize

*This NFHA Drill of the Week was provided by Krista Archambeau of SUNY Brockport.*



## Rules

