



# Full-Field Pod Play

**Category:** \*CoVID-19 (Social Distancing)  
**Difficulty:** Transition Phase

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Individual-Adult Member

## Drill

**Objective:** Get your team close to playing a real, live game while remaining in their COVID-19 pods.

### Set up:

- Section the field into three zones of equal size.
- Separate your team into their COVID-19 pods and place each pod into their own zone.
- Within each pod, further separate your groups into two teams, so that when the whole field is taken into account you have two opposing teams.
- Make the numbers work for you — ideally you would play full field (11 v 11), but of course, if that's not possible any even-number situation will work.

### Rules:

- Standard field hockey rules apply
- Players cannot leave their zone, they must pass the ball from zone to zone
- Regular scoring rules determine the winner

**Recommended:** Coaches should determine the number of periods their team will play and length of each period. Coaches should also predetermine how to score the game — you can keep score like a traditional game or award additional points for passing the ball from zone to zone or winning a corner. Predetermine how to handle penalty corners — options include awarding a stroke or shootout for every three penalty corners a team wins, or awarding an additional point or half point when a penalty corner is earned. The size and shape of each zone can change depending on your objective. For example, Zone 1 could stay the same, and Zones 2 and 3 could be vertical (long and narrow) from the end line to the opposite 30-yard line to encourage through play, or you could create an “L-shaped” zone if you want to encourage transfers.

*This drill was submitted by Alex Calder, Gwynedd Mercy University. The NFCA Drill of the Week is sponsored by FieldTurf®.*

