

Minkey Field Hockey Manual

PROLOGUE

Why start with MINKEY? Why not play Field Hockey from the beginning? MINKEY is much too simple! These are questions and statements that people will occasionally present. As a MINKEY coach, it is vital that you are able to justify the game of MINKEY.

It must be remembered that such observations as those given above are probably made more through ignorance than knowledge. The philosophy and rationale of playing MINKEY are quite sound.

Firstly, it is unreasonable to expect young children to play on a full size hockey field (100yds x 60yds).

Secondly, young children could not play two periods of 35 minutes with only a 5-minute rest between halves.

Thirdly, the goalkeeper would not be able to cover the whole goal, thus giving the attacking team an unfair advantage.

Yes, you could increase the number of players on a Field Hockey team from eleven to fifteen, thereby enabling players to be positioned in each part of the field and thus reducing the amount of running each child has to do. But by so doing you would reduce the amount of time each child was directly involved in the game.

By reducing the size of the field, the number of players on the field at any one time, the duration of play and the size of the goals, you will increase each child's direct participation in the game which will ensure greater enjoyment and satisfaction.

MINKEY has been specifically tailored to relate to the physical and mental development levels of young children. Not only have the field dimensions and the playing time been adjusted, the playing skills and regulations have been revised also.

The fundamental maxim of enjoyment, participation and safety must always prevail.

A form of Field Hockey is thought to have been played by some ancient civilizations and our own Native Americans. The game was revised into its modern form in England during the 1800's. Since then it has developed into an internationally recognized sport being played in over 100 different countries. It is now the second most widely player team sport in the world.

Field Hockey is one of those games, which is relatively easy to learn but difficult to master. The principle of "practice makes perfect" certainly applies in the case of Field Hockey. It is for this reason and to ensure America's continued progression towards becoming a premier Field Hockey playing nation that the United State Field Hockey Association has introduced this simplified program called MINKEY, thus providing American Field Hockey with eternal life.

INTRODUCTION

Welcome to the exciting world of MINKEY.

The purpose of this manual is to act as both a guidebook and a reference book. Whether you are a teacher who has played and has some knowledge of the great game of Field Hockey, or a teacher to whom the game is a completely new concept, you will find the contents of this manual enlightening and helpful. It is imperative that all prospective MINKEY coaches familiarize themselves with the playing rules and regulations of the game of MINKEY. By doing so, the teaching of the proper playing techniques will be

ensured. This will enable the children to master the skills of MINKEY and to perform them to the best of their ability, thereby guaranteeing a high level of enjoyment involved in playing MINKEY.

As the coach, to ensure enjoyment and safety, you must possess a thorough understanding of

1. The physical and mental characteristics of each player (this can be acquired during the program).
2. The basic skills and techniques of MINKEY.
3. A variety of exercises relating to the acquisition of those skills and techniques.
4. The rules of MINKEY.

By providing a well-structured and organized MINKEY program, in addition to providing numerous children with the opportunity to learn and participate in an Olympic sport being played in over one hundred countries around the world, you will develop in those children:

- a. Physical motor skills.
- b. An enthusiastic attitude towards participation in sport.
- c. An appreciation of the need for teamwork (support and cooperation).
- d. A higher level of physical fitness.
- e. A sense of accomplishment through the progressive acquisition of skill.
- f. Good behavioral patterns and the acceptance of rule and regulations.

As the coach, you must always be enthusiastic, encouraging, analytical and instructive. While the main emphasis should be placed on fun and participation, you must continually lend guidance to ensure that MINKEY is played properly and safely. Please remember that the player who learns to perform the basic techniques of MINKEY well will have a better opportunity to progress through Mini Hockey to the International sport of Field Hockey than the child who acquires poor playing technique.

Hopefully one day one of “your” players will be selected to represent this country at the National Team level.

However, MINKEY should initially be treated as an entity in itself. The prospects of continuing to play Field Hockey through a “mini” hockey program and eventually graduating to the full game of hockey after reaching the age of twelve need only be introduced at a later stage. Remember, from among the MINKEY players of your class will come the Field Hockey players of tomorrow.

I would like to take the liberty of suggesting that your program present two annual awards relating to the game of MINKEY. As coach, this would necessitate your keeping clear records of the children’s playing ability and performance. This could be done very easily through the MINKEY Award system.

1. The program’s MIP (Most Improved Player) MINKEY Award.
2. The program’s MSP (Most Sporting Player) MINKEY Award.

Andrew Dunning

ALL YOU NEED TO PLAY MINKEY

While more equipment will be required to practice the game of MINKEY, the following is a list of the bare necessities:

12 Junior Field Hockey Sticks

1 Field Hockey Ball

4 to 8 cones/marker flags

A rectangular playing area, ideally of 50 yards x 25 yards

Shin pads for each player

12 participants and 1 coach

THE MINKEY FIELD AND PLAYING POSITIONS

While the following are the recommended playing conditions under which MINKEY should be played, in the event that such an extensive area is not available, hopefully coaches will endeavor to adjust the size of the field and the number of players on the pitch at any one time in order that the children are still provided with the opportunity of playing the very enjoyable, exciting, and highly skillful game of MINKEY.

A MINKEY field should be rectangular in shape, no larger than 50 yards x 25 yards, and no smaller than 30 yards x 16 yards. MINKEY can be played either in or out of doors, in areas clear of potentially dangerous obstacles. In addition to the school's playground, suitable areas for the playing of MINKEY include:

Field Hockey field on which four MINKEY games could be played simultaneously.

Indoor Soccer/Field Hockey field. Playing off the walls can be permitted.

Roller Skating Rink.

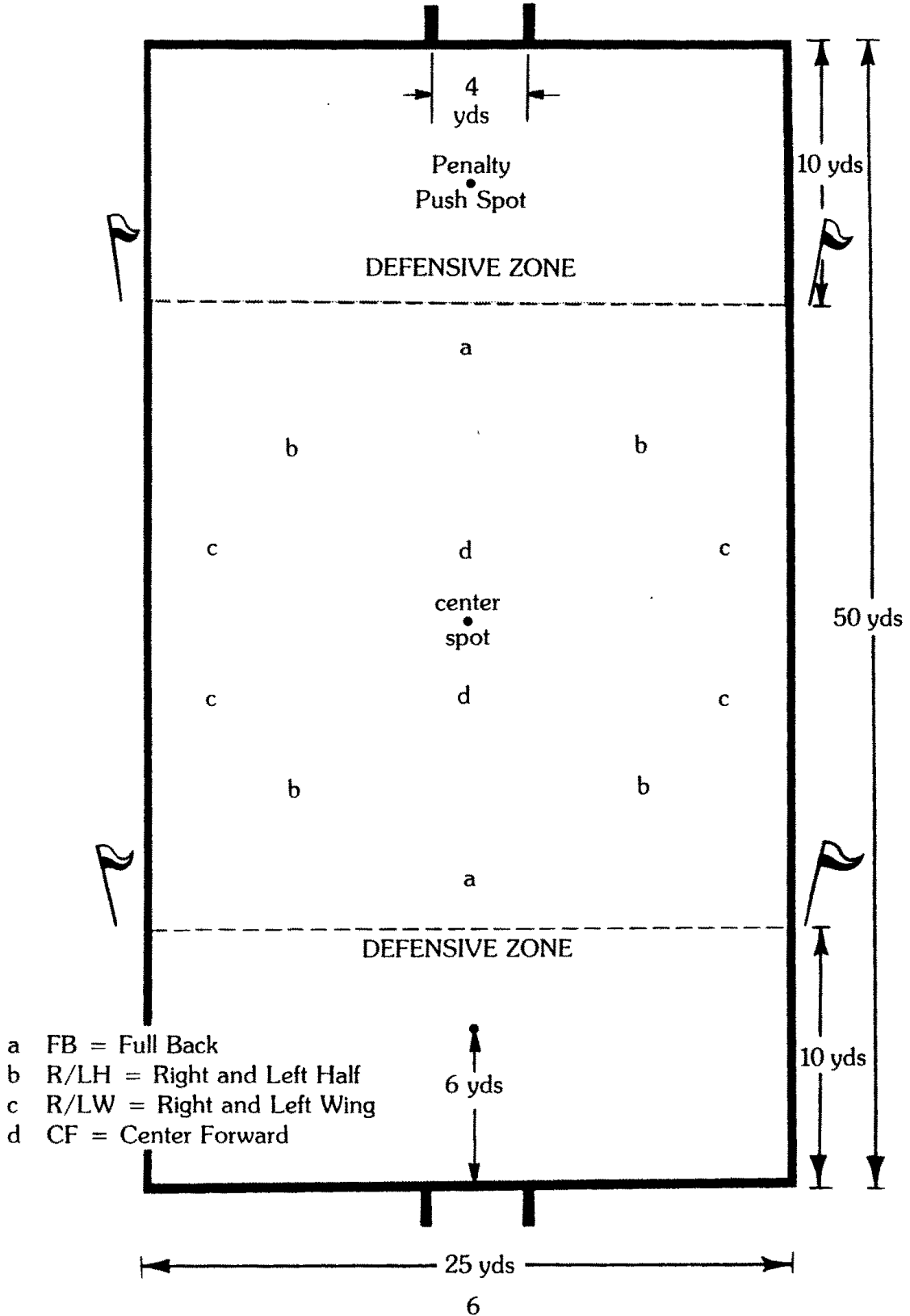
Team Handball Court.

Lacrosse Field. MINKEY can be played across the field, between the quarter lines (20 yards).

During their off season, a Football or Soccer field could provide a suitable playing surface.

Black Top playground.

THE MINKEY FIELD



As Field Hockey is based on manipulation of a small ball by the use of a stick, a flat, smooth playing surface is required to enhance skill acquisition.

By quickly mastering the basic skills involved in playing MINKEY, the children will feel a sense of achievement, thereby enjoying their participation in the sport, and yearn to learn more advanced skills of MINKEY.

There are 6 players on a MINKEY team with 2 additional substitutes. If the playing area is smaller than 30 yards x 16 yards, it may be necessary, in the interest of safety, to reduce the number of players on the field at any one time.

It is recommended that the following playing formation be used for a 6-a-side game of MINKEY.

1. Full Back
2. Right Half
3. Left Half
4. Right Wing
5. Left Wing
6. Center Forward

If the game is restricted to 5-a-side, then the Full Back or the Center Forward position is omitted.

THE RULES OF MINKEY

A MINKEY team consists of up to 8 players with no more than 6 members being on the field at any one time. The substituting of players and rotation of playing positions, as directed by the coach, is permissible at any stage of the game. It is strongly recommended that every player is actively involved in the game for at least 50% of the total playing time. Only a player of exceptional physical strength and stamina should be allowed to play for more than 75% of the game.

MINKEY is played with a mini field hockey sticks, the length of which should be no greater than the height from the ground to the player's hip. The characteristics of a MINKEY stick are akin to regular Field Hockey sticks. These have one flat side, which is used to control and propel the ball, while the other (back) side is curved. Under no circumstances can the curved backside of the stick be used to maneuver the ball.

MINKEY is played with a firm, light colored ball of approximately 9 inches in circumference and 4-5 ounces in weight. A standard Field Hockey ball is suitable, although during the initial learning stages, a larger ball such as a softball can be used. A ball of smaller dimensions should not be used as it would travel faster and be more difficult to control.

The duration of a MINKEY game is 30 minutes divided into two equal 15-minute halves, with an interval of 5 minutes. If desired, play may be subdivided into four equal quarters providing the total playing time does not exceed 50 minutes. Teams will change ends following the half time interval.

The game of MINKEY is started by the team, which calls correctly upon the toss of the coin. The other team will be allowed to choose which end of the field they wish to attack during the first half.

A game commences with a push back from the center spot, at which time each team must be in their respective defensive halves of the field. Upon the scoring of a goal, the team conceding the goal will restart the game with another push back from the center spot.

A goal is scored when the ball crosses the goal line between the goal posts and below a height of 18 inches. The team scoring the most goals shall be deemed the winner. In the event of a MINKEY game finishing as a tie, the score will stand. There will be no period of overtime or penalty shoot out to determine a winner.

There is no offside rule in MINKEY. In a MINKEY game where hitting the ball is not allowed, a goal can be scored from anywhere in the field. In the interests of safety, it is recommended that participants be discouraged from hitting the ball while playing MINKEY.

Players should be penalized if during a game of MINKEY they:

- Play the ball with the back of the stick or any part of their body, except for the Full Back when defending a Penalty Push
- Raise the hockey stick above their knees, waist or shoulders (depending on the rule the coach presents)
- Attempt to play the ball while lying or sitting on the ground
- Deliberately block, hit or trip an opponent with the hockey stick
- Obstruct or prevent an opponent from playing the ball by placing any part of his or her body between the opponent and the ball (unlike basketball and soccer, the shielding of the ball is not permitted in MINKEY)
- Make bodily contact with an opponent
- Play in a manner which is deemed to be dangerous
- Criticize or ridicule another player
- Show dissent to an official

In the event of a player breaching any one of these rules, a Free Push may be awarded to the opposing team at the point where the infraction occurred. Apart from the player taking the Free Push, no other player is allowed to stand within four yards of the ball.

If a defender commits a deliberate foul inside the defensive zone, the attacking team will be awarded a Penalty Push at goal from the 6-yard spot. Only one defender may defend the Penalty Push standing on the goal line inside the goal posts until the push is taken. The Penalty Push taker is only allowed to take one step in the playing of the Penalty Push. Once the ball has been pushed at the goal, only the player defending the goal may play the ball in an attempt to stop the ball from going into the goal by using either the flat side of the hockey stick or any part of his/her body below the shoulders.

- There are no rebound following a Penalty Push
- If the Penalty Push is saved, the ball immediately becomes dead
- If a goal is not scored, the game is restarted by the defending team with a Free Push from the midpoint at the front of their defensive zone
- If a goal is scored, a Push Back from the Center Spot will mark the restarting of the game
- Those players that are not directly involved in the Penalty Push shall stand outside of the defensive zone

During the course of a MINKEY game, if the ball crosses the sideline, the opposing team will restart the game with a Free Push at/from the point where the ball went out of play.

When the ball is played over the goal line but outside of the goal, by either an attacker or unintentionally by a defender, the defending team will restart the game with a Free Push at/from the front of their defensive zone opposite the point where the ball went out of play. If the player on the defensive team puts the ball over the goal line but outside the goal intentionally, a Penalty Push is awarded to the offensive team.

The accidental breach of any rule by a defender inside the defensive zone will result in the attacking team being awarded a Free Push from the edge of the defensive zone parallel with the point where the foul occurred.

When an attacker inside the opposing team's defensive zone commits a foul, the defending team will be awarded a Free Push from the front of their defensive zone in line with the point where the foul occurred.

In the game of MINKEY, a goal cannot be scored directly from a Free Push.

Any player who is deemed to have committed a serious breach of either the rules or the spirit of the game can be temporarily suspended from the game for the duration of 5 minutes.

In the event of a player receiving, in one game, a second temporary suspension, it might be advisable to have the player take no further part in that game.

If a situation arises for which the rules of MINKEY do not provide, the coach should make a decision, which reflects the objectives and spirit of the game.

AN EXPLANATION OF THE MINKEY TERMS

MINKEY	Simplified form of Field Hockey played by two 6-a-side teams of participants. <i>MINi hocKEY.</i>
FIELD HOCKEY	A game played by two 11-a-side teams using curved sticks and a ball on a pitch similar in size to a soccer field.
PUSH	Ball is moved with no back swing. Stick should be on the ground during the motion of the push.
DRIBBLING	A player is moving with the ball under his/her control.
FREE PUSH	Awarded to a team against whom a foul was committed at the point where the infraction occurred. All players must be four yards away from the ball upon restart.
PUSH IN	The ball, having gone out of play, is placed on the sideline at the point where it went out of play.
10-YARD FREE PUSH	<ol style="list-style-type: none">a. Awarded to the Attacking Team, when an unintentional foul is committed by a team inside their own Defensive Zone.b. Awarded to the Defending Team when an unintentional foul is committed by the Attacking Team inside their own Defensive Zone.c. Awarded to the Defending Team when the ball crosses the goal line but outside the goal having been played by either an

Attacker or unintentionally by a Defender. The ball is placed on the edge of the Defensive Zone in line with the point where the play stopped.

DEFENSIVE ZONE

Rectangular area in front of the goal (25 yds x 10 yds).

PENALTY PUSH

Awarded to the Attacking Team if a Defender commits an intentional foul inside his/her own Defensive Zone or illegally stops a shot on goal.

The ball is placed on the 6-yard spot in front of the goal. An Attacker is allowed to take one step toward the goal as he/she pushes the ball at the goal.

The Full Back of the Defending Team stands on the goal line and tries to prevent a goal from being scored. The Full Back cannot move until the Attacker has moved the ball. In attempting to save the shot, the Full Back is allowed to use the flat side of the stick or any part of his/her body below the shoulders.

There are no rebounds from a Penalty Push. If the Push misses the goal or is saved by the Full Back, the game is restarted with a 10-yard Free Push by the Defending Team.

When a Penalty Push is awarded, only one member from each team is allowed to be inside the Defensive Zone.

* The Penalty Push is the only time when a goal can be scored directly from a dead ball (all Free Push) situation.