

Factfile

Category
Net and Wall

Competition Type
Alternate, isolated,
opposed

Area Dimensions
5m x 5m - 10m x 10m

Number of Players
8

Time Per Game
5 - 10 minutes

Objective
To redirect/hit shots and
to move across the line.

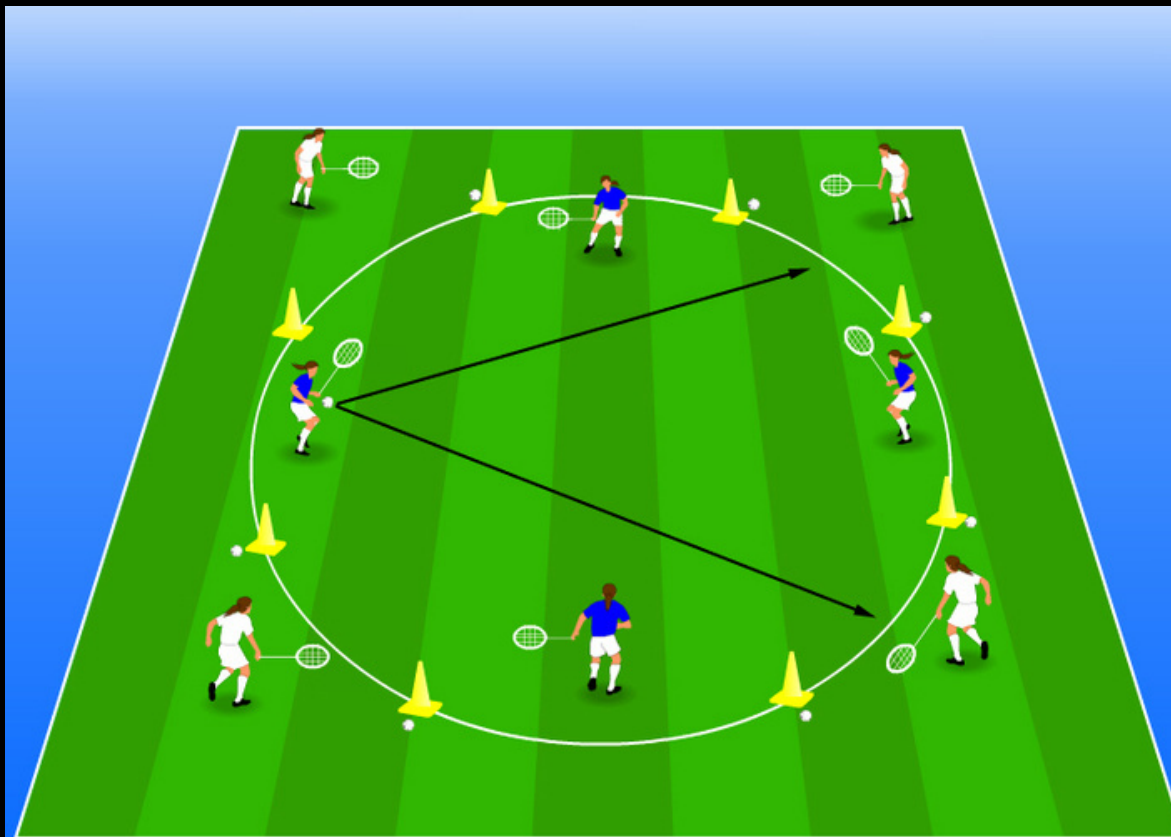
Equipment

- 8 Tall Cones
- 8 Rackets
- 8 Small Balls/beanbags/shuttles

Safety Tips

- Ensure that adjacent players are fully in front or fully behind the gates to prevent collision with a racket.
- Don't move away from your gate to collect a ball/beanbag/shuttle.

23) Space Hockey



Created using SoccerTutor.com Tactics Manager

Tips For Success

- Hold the racket with a soft grip.
- Hit softly to control the shot pace.
- Angle your racket towards an opponent's gate.
- Move back to the middle after playing your shot to cover the whole gate.
- After 2 mins swap those in front to behind and vice versa

Independent Personalisation

- Adjacent players discuss moving their tall cone closer or further away from each other to challenge at their level.
- Adapt the pace of shot to the level of the receiver.



Rules

- Players split into 2 teams. They each stand in alternate gates to their opponent. 1 team stands in front of the gates with the other behind.
- A starting player uses the racket to push/hit the ball/beanbag/shuttle towards any of their opponent's gates.
- The receiver hits/deflects towards another gate or back the same way.
- Every time a player lets the ball/beanbag/shuttle past them their opponent scores 1 point.
- Extension: Have 2 balls/beanbags/shuttles in play at a time.