



Australian Government
Australian Sports Commission

EASY MED HARD



Newspaper hockey

A

Using rolled-up newspapers to hit a soft ball, 2 small teams try to score goals.

What to do

SETTING UP

- > Select teams of up to 4 players.
- > Make bats out of rolled-up newspaper (rolled diagonally for longer bats), stuck together with tape.
- > Use a soft ball and narrow goals.

PLAYING

- > Pass, trap, hit and score – that's it!
- > Introduce rules as required with **Change it**.

Change it

- > Vary the team sizes, e.g. 4 v 2 to cater for varying ability levels.
- > Introduce a zone for a mobility-restricted player that is out of bounds to opposition players.
- > Ask the players for ideas to ensure the game is fair for all.



Scoring

- > How many consecutive passes can players make without the ball touching the ground?
- > Number of goals scored.
- > Not scoring is an option.

Game rules

- > **Other combinations** – 1 v 1, 2 v 3, 2 v 4
- > **Interceptor** – play as an interception game (see Get into it INV 01).
- > **Other** – rule disallowing forward passing, use plastic hockey sticks, scoring zones – attacking players must strike for goal outside of the zone, have a goal-keeper.

Safety

- > Choose an area away from walls and other obstructions.
- > The ball must be hit below waist height.
- > Encourage players to call 'mine'.
- > Use **Change it** to accommodate different player abilities.



LESSON LINK

Newspaper hockey is a fun and fast-moving invasion game played with a minimum of rules. It can be modified to introduce 'invasion games' concepts or to make it more inclusive.

SESSION
PLANS

Combo > Start out WC 06 + Get into it INV 01 + Get into it INV 07a
Mixed combo > Start out INV 06 + Get into it INV 07a + Get into it NC 03