

Coach The Coaches Development Program

Junior Playing Formats

	Roos (Kindy / Pre-Primary)	Crocs (Year 1 / 2)	Kookaburra's (Year 3 / 4)	UPS and J 7 – 10
Number of Players	No Teams	6 players per team	9 players per team	11 a side – (UPS & 7-10 Boys) 9 a side (7-11 Girls)
Field Size	Width of the 25m (Quarter Field)	Width of the 25m (Quarter Field)	Width of the 25m (Quarter Field) Progression to Half Field	Full Field
Ball Size	Junior	Junior	Junior	Senior
Goal Type	Portable goals or cones	Portable goals or cones	Training Goals	Field Goals
Equipment	Mouth guards and shin pads must be worn by all players	Mouth guards and shin pads must be worn by all players	Mouth guards and shin pads must be worn by all players	Mouth guards and shin pads must be worn by all players
Goalkeeper	No	No	Yes (kicking Goalkeeper)	Yes (full equipment)
Duration of Game	No Game (introduced at the end of the 8 week program)	1 x 30min game (plus one half-time break)	1 x 30min game (plus one half-time break)	2 x 30min halves
Focus of Rules	One person tackling	One person tackling	One person tackling, obstruction, feet, auto play	Hockey WA Junior League Rules and Peel Hockey By-laws
Results Recorded	No	No	No	Yes