

# How fair do you play?

## *Introduction*

Hockey is a fun and enjoyable sport and it needs to stay that way. We all have to contribute, both on and off the pitch, to ensure that our sport continues to be fun. Our teams, our coaches and everyone involved in hockey have a responsibility for this. The umpires officiate games because they enjoy it. Our opponents also want to enjoy the game. We need to look after our own equipment and that of our club, school and our opponents. All these things are part of FAIR PLAY. In the next exercises YOU can express how you can make hockey an even fairer game, so that it continues to be the fun and friendly game we all enjoy!

## **Theme 1: How is your sportsmanship?**

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All teams who play in competitions and leagues play to win. This is only natural, because the reason you train and play games is to try to win. This is not a problem provided that it is done fairly – not only on but also off the field. If we forget this then we have no friends, no opponents and finally no game to enjoy.

*Task: Ask your parents or coach to give a few short examples of:*

1 *fair play on the field*

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2 *fair play, off the field*

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3 *unfair play, on the field*

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4 *unfair play, off the field*

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## Theme 2: How do you receive your guests?

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When guests visit you at home, everybody tries to be a good host. The house will be a bit tidier and there will be nice food and maybe flowers on the table. Now imagine that you play at home against your closest rivals. Are you then as hospitable as you are at home?

*Task: Write down a few examples of how you receive opponents (guests)?*



### Theme 3: Are you a good guest?

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If you stay overnight at other people's homes, you hope that they like you to be there and that you would be welcome back again. This is the same with hockey; you hope that you leave a good impression when you play away and that the hosting club / school would like you to come back. Players who are not careful with the belongings of the other club / school and who - for instance - break the shower are not welcome again.

*Question: What would you do if somebody from your team had broken something?*

*Would you:*

- *tell the coach*
- *say something about it yourself*
- *talk about it with the whole team during the next practice session*
- *not do anything*
- *wait until somebody else in the team said something about it*

*Question: What would your opinion be if somebody else from your team did say something about it?*



#### Theme 4: How well do you look after your equipment?

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In order to play hockey you need quite a bit of equipment, such as special sports shoes, mouth-guard (gum shield), shin guards and a stick. All this will cost a lot of money. So it is logical that you should look after it well, but it should not only be because the equipment is expensive...

*Question: Why should you look after your equipment well?*

*Question: What do you do to maintain your equipment?*

a. *sport shoes*

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b. *shin guards*

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c. *training outfit and match uniform*

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d. *stick*

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## **Theme 5: How can you make your club / school / team even nicer (better)?**

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If you are a member of a hockey club/team you don't only come just to play hockey. It is also nice to do other things with your team mates — for instance talking about the game afterwards or having a BBQ together. Your coach or teacher might ask you to give something back to your club/school. They may ask you to write an article for the club/school/magazine or to help with the organisation of a tournament. This is because it is YOU that is responsible for helping to make your club / team even better!

*Task: Make a list together with your team mates of what you could all do to make your club/team even better.*

*Task: When you get a bit older, there will be more and more tasks you can help with in order to keep your club running, for instance coaching, umpiring, or even helping in the kitchen. Which tasks are there, and which one would you like to fulfil?*

## Theme 6: Who makes it possible for you to play hockey?

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In order for you to play hockey, other people have to do a certain amount of work! For instance: your parents need to pay your membership fee and need to buy your equipment. Maybe they bring you to the matches and practice sessions, and pick you up as well. There are also many people at the club/school who make it possible for you to play hockey. The coach is one of these people, of course, but there are also many others including those who make sure that the pitch is well prepared and in good condition.

*Task: What do your parents and the people from the club/school do for you and your team?*



## Theme 7: The club / school hockey uniform

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If you play a match, it is of course important that you know which team you belong to. If you pass the ball to somebody, you sometimes only look for the colour of the shirt or the socks. The umpire also looks at the colours in order to see which team is committing a foul. As a team you need to make sure that everybody wears the same uniform, so that you are a real “team”. Never forget that you and your team mates represent your club / school – so all your team needs to be neatly turned out! This means: socks pulled up, and shirts tucked into your shorts or skirts (which should all be the same colour and design) ...

*Task: Give your own opinion below about wearing a club/school hockey uniform:*

*Task: What don't you wear during a practice session or match?*



## Theme 8: Do your parents come and watch?

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Sandra plays for the girls' team that plays at home today. Sandra's father comes to watch, as he always does. Sandra likes that most of the time, because her father is very enthusiastic about hockey and cheers for Sandra and her team. However, when something goes wrong Sandra's dad starts to shout and make comments. Sandra does not like that.

*Task: Do you like it if your parents come and watch and why (or why not)?*



## Theme 9: What does a coach do?

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When you become a member of a hockey club, you will be placed in a team. This team will have a coach who belongs to the team. There are many things that need to be organised and fortunately there are often parents who want to become coaches.

*Question: What can and must the coach of a team do?*

*Question: How can you help the coach?*

*Question: What does your coach have to do in order for your team to play well? Does he*

- *say something, but only before the game and during the break at half time*
- *give (only positive) tips*
- *shout loudly*
- *substitute you out of the game for a moment to tell you what to do*

- .....

- .....

- .....

- .....



## Theme 10: What does a good team captain do?

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The captain is a very important person in your team. He or she wears a special armband, so that the umpires and the opponents can see whom they should talk to should something happen. The captain also has some important tasks off the pitch, for example starting a chain of phonecalls when a practice session can't take place.

*Question: What, in your opinion, are the tasks of a good captain?*

*Question: Would you like to be a captain? If so, is there anything different that you would do in such a case?*



## Theme 11: What can you say to an umpire?

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Your team plays a very important game today, and you will become champions if you win the match. Now and again the umpire makes – in your eyes – strange decisions. On one occasion he / she blows for obstruction and on another occasion lets the game continue. Captain Tim knows that each situation is different and that umpires sometimes do not blow the whistle because there is an advantage. Moreover, he knows that anybody can make a mistake, even an umpire! Tim does not talk to the umpire during the game, as he finds it more important to encourage his team to play well. After the game he says thank you to the umpire.

*Question: When can be said to the umpire?*

- *only the captain may say something to the umpire*
- *something may be said to the umpire only in the break and after the game*
- *only nice things*
- *anything you want*
- *you may not talk at all to the umpire*

## Theme 12: Which rules do you need to follow on the pitch

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Before a game starts the coach will discuss a few points with you. For example he or she will tell you which position you will play in. In this way you will not all be running for the same ball, which could turn out to be chaos! Another example is that you agree beforehand on the role each player fulfils when a penalty corner is to be taken. These decisions apply not only to the team, but also to each individual player.

*Question: Which rules do you make before the game?*

*Question: Do you find it difficult to follow these rules and why (or why not)?*



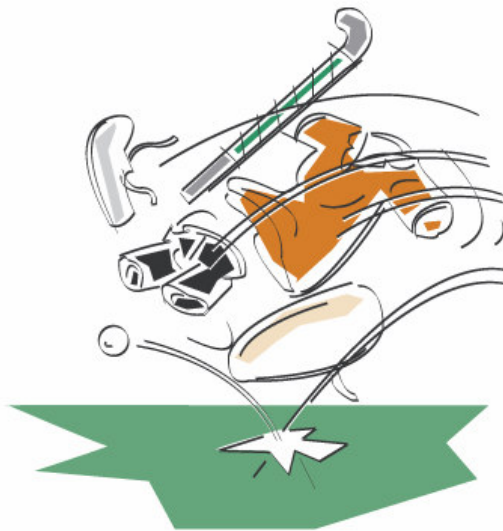
### Theme 13: Which rules do you need to follow at the club?

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At home there will be some rules that you need to follow. For instance the time that you need to be home for dinner, or the fact that you need to tidy up your room. If you are a member of a club you will also have similar rules. At the start of each season the coach makes a few rules that you need to follow. For example rules such as being on time for the team talk before the game or not making a mess in the changing room.

*Task: Make two lists of rules below and compare them.*

1. *Rules that apply at home (like returning home at the agreed time)*
  
  
  
  
  
  
  
  
  
  
2. *Rules that apply at the club (like being at the practice session on time)*



## Theme 14: How do you prevent injuries?

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In hockey, as in other sports, you may get injured, especially around the legs and ankles. Of course you would prefer to play in a match, rather than have to sit on the bench because you have an injury. Your team will not like it either because they will have to work harder without you! Therefore you need to try and prevent injuries. Obviously you cannot prevent all of them, but you can do more than you think.

*Task: Tick the items below which you think may help to prevent injuries*

- *If you have just been ill, you must train hard immediately to compensate for the practice sessions which you have missed*
- *Wear a mouth guard*
- *Do not wear jewellery during practice sessions or games*
- *Never stand within 5m of the ball during a free hit*
- *You do not need to wash your clothes every time*
- *You need to keep your muscles warm*
- *You must make sure that you do a good warm up*
- *Your shoes need to fit well*
- *With synthetic pitch shoes you can also play on a natural grass pitch*
- *Shin guards only need to be worn during games*



## Theme 15: What to do if somebody is ill?

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It happens to all of us: getting ill. This means that you need to stay in bed and cannot go to the practice session or game. It might also happen that you have a slight accident on the field, so that you cannot play in the next game. The nice thing about a sport like hockey is that, in a case like this, you always have friends.

*Question: What can you do as a team if somebody is ill?*

- *Send him / her a get well card*

- .....

- .....

- .....

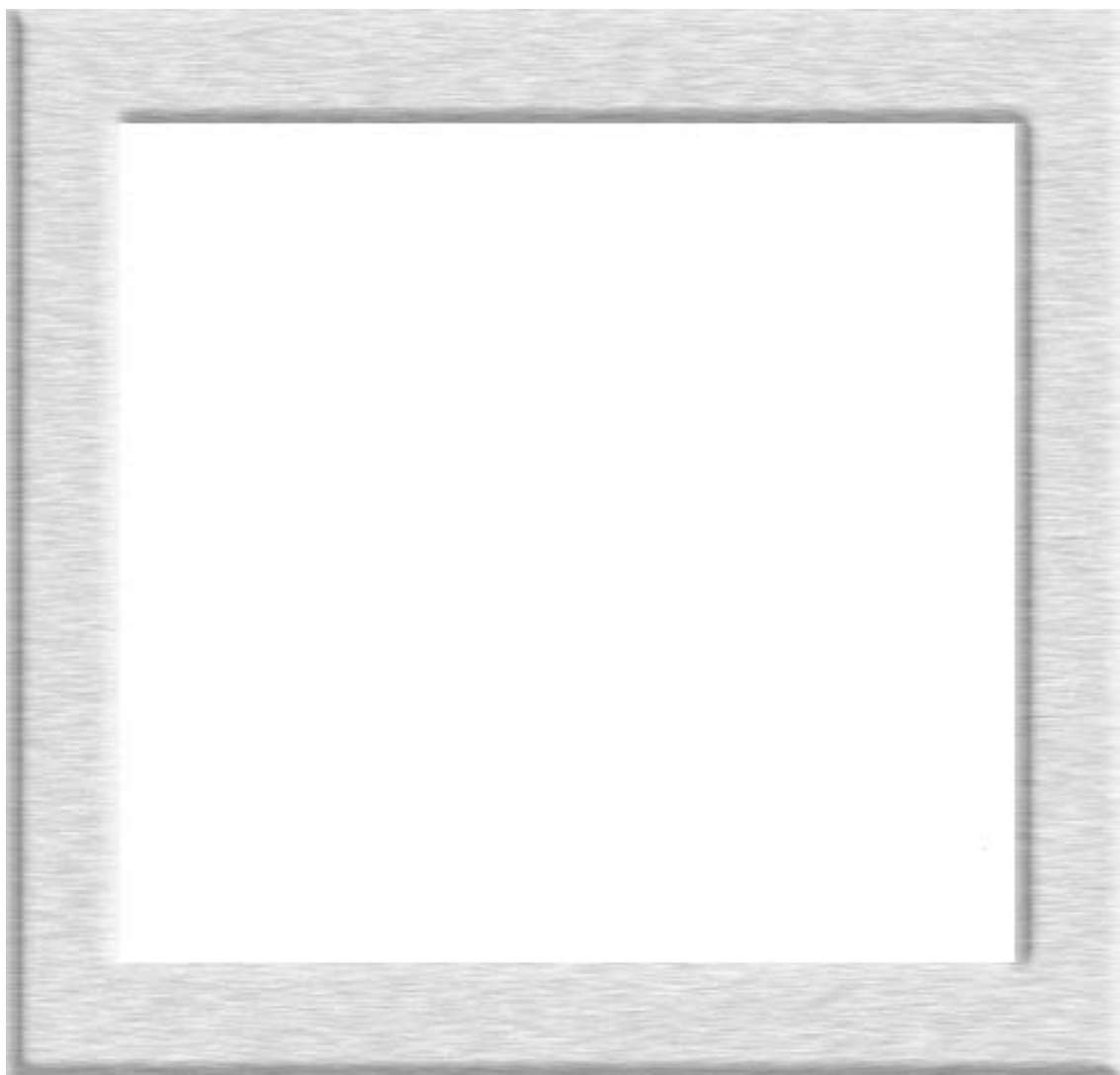
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## Theme 16: Your own team

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*Task: Make a picture of your team and stick it on this page. Write down the names of each player and do not forget to write down the name of the coach! This picture will be a very pleasant memory.*



### **Theme 17: Write about your game!**

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*Task: Use this space to write about a game you have just played. You can do this on your own or with another player from your team. Explain what was enjoyable and what was not so enjoyable about the game. Maybe you can give your report to the editors of the club / school magazine – it might be published.*

### **Theme 18: Watch a game**

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Have you already watched a game played by the men's or women's first team? Or of the highest youth team? If not, then you should do so because you can learn a lot from it. There is always something to learn and it is also exciting to watch! You can also watch the umpires and see how and when they blow the whistle, where they position themselves, and how and where they move on the pitch.

*Task: Together with a teammate, watch a first team game and write down a few things that a player or an umpire does.*

*Task: Would you do the same thing as the player or the umpire, or would you do things differently and why?*