# DELIVERING HOCKEY IN PRIMARY SCHOOLS

ENGLAND HOCKEY

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# DELIVERING HOCKEY IN PRIMARY SCHOOLS

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**Hockey is one of the most gender equitable team sports and is fun, fast, safe and exciting, making it the perfect sport to deliver in school to help encourage children of all ages and abilities to enjoy being physically active.**

As a teacher we want to help you to develop your subject knowledge further to give you the confidence to deliver hockey across year groups in your school. We have a range of adapted formats of the game which suit a wide range of ages and abilities and are easy to deliver safely in school settings. We also have a range of support materials and guidance to help you throughout your delivery.

**Why is hockey a great invasion game to choose to deliver?**

- It is equally appealing to boys and girls
- Most children start at the same stage as at primary age they tend not to have lots of prior knowledge and experience
- It can therefore effectively engage a wide group of children
- It can be introduced and played on a variety of surfaces such as playgrounds, grass, artificial turf and indoor sports halls
- Multiple skills are developed whilst playing – physical competence (such as balance, co-ordination, agility and dexterity) and also wider personal skills (such as teamwork, communication, respect, discipline, fairness and pride).

**We want this resource to give you the confidence and the ideas to make your hockey sessions easy to deliver, fun and engaging. There is a range of help and support available to you and this is all detailed on the following pages:**

- An understanding of the different game formats to help you choose which is best to deliver in your environment
- An understanding of the general principles that England Hockey is committed to promoting within all of our delivery formats
- Outlining further help and support available to develop your delivery via our online learning portal, the Hockey Hub, and via delivery resources and adapted equipment
- Providing an overview of how you can link to community hockey clubs and School Games delivery
- Some example delivery content to help you understand how hockey can be delivered at a basic level

# PRIMARY SCHOOL FORMATS

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**There are two formats of hockey which have been designed specifically for children of primary school age to give them the best and most appropriate age related experience of the game.**

## ALL PRIMARY HOCKEY

- A fun and welcoming introduction
- Smaller teams and simpler rules
- Simple and easy for anyone to deliver
- Adapted equipment suitable for use on playgrounds, sports halls, artificial pitches and tennis courts
- Delivery in curriculum or as extra-curricular activity

## SUPPORT AVAILABLE

- Hockey Hub – an online learning platform with a dedicated teacher's area
- School equipment packs
- Festival organisation and delivery guidance
- Club school links support

HOCKEY HEROES

## Key Stage 1
## 4-8 years

Develops fundamental movement & personal skills

8 weeks of lesson ideas

Digital lesson cards

Animations to assist delivery

Quicksticks

## Key Stage 2
## 7-11 years

Introduces leadership roles such as umpiring and managing

Curriculum Resource and Challenge Cards provide 6-week units of work for years 3, 4, 5, 6

Preferred format for School Games

Free online Quicksticks Training Course

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## Hockey Heroes: 5 - 8 Year Olds (Key Stage 1)

Hockey Heroes is specially aimed at beginners aged 5 - 8 years. It not only focuses on helping children develop some physical hockey 'superpowers' such as dribbling, passing and goal scoring, but also places as much emphasis on character development superpowers including teamwork, communication, perseverance and respect. Downloadable certificates are available for you to use to celebrate the children discovering their superpowers!

The school specific delivery content outlines a series of game and challenge based content aimed at Key Stage 1 which can be delivered either in curriculum or extra-curricular. Digital illustrated lesson cards provide full game explanations, along with hints and tips on how to adapt the delivery to suit individual players or the group. Each game develops fundamental movement skills and improves children's agility, balance and co-ordination.

Teaching support is available via the Hockey Hub, England Hockey's Online Training Hub which includes a teacher's area and provides free access to the most appropriate school specific content. A series of animations help you understand how to bring the content to life, and there is also some guidance around organising and delivering festivals.

Equipment is also available and has been adapted to include plastic hockey sticks which are better suited for younger children and a large, light and safer ball.

**www.englandhockey.co.uk/schools**

HOCKEY HEROES

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## Quicksticks: 7 - 11 Year Olds (Key Stage 2)

Quicksticks is designed specifically for key stage 2 in primary schools and 7 - 11 year olds. It is four-a-side and very easy to deliver. It can be played on any surface, and uses a larger, lighter and safer ball. It is a fun, fast, safe and exciting game that has been designed so that anyone can deliver the game, regardless of previous hockey experience.

The Quicksticks Curriculum Resource and Challenge Cards have been designed for use with primary age children at Key Stage 2. The Resource uses these Challenge Cards to bring a variety of linked activities to children and follows the Key Stage 2 curriculum content. It includes Units of Work for years 3, 4, 5 and 6, and each of the Units of Work have been designed so they can be taught to a class of children over a period of 6 weeks. The challenge cards can also be used as a stand-alone resource by pupils and staff, and they allow you to deliver hockey in gradual stages.

Quicksticks

Teaching support is available via the Hockey Hub, England Hockey's Online Training Hub. A free Quicksticks online training course is available, and this has been developed as a flexible training tool to introduce and help build confidence in Quicksticks delivery. A series of videos and supporting downloads take you through the steps of planning and delivering Quicksticks in various settings including artificial pitches, tennis courts, playgrounds and sports halls.

England Hockey also offer a wide range of teacher training workshops for those who are new to delivering the game.

For more information visit our website:
**www.englandhockey.co.uk/schools**

**Equipment is also available and this has been adapted to include a range of different sized hockey sticks and a large, light and safer ball.**

**A cross curricular resource called Quickflicks is also available to support and enhance delivery within school. Quickflicks is a series of hockey-based educational challenges.**

The collection of visual resources helps teachers to deliver a range of primary curriculum subjects in a fun and engaging way. From calculating the number of Quicksticks hockey sticks that can be placed around the perimeter of a hockey pitch to measuring the force of different sporting objects, the challenges are brought to life using videos and images, alongside downloadable cards.

**www.englandhockey.co.uk/schools**

If your school is interested in purchasing Hockey Heroes or Quicksticks school equipment there are a variety of different options available via **https://hockeyhub.englandhockey.co.uk/shop**

# ENGLAND HOCKEY'S GENERAL DELIVERY PRINCIPLES

**The core aim throughout all our adapted formats of the game is for children to have fun whilst learning and developing core skills. Delivering fun, engaging and safe hockey sessions is the most important thing for children playing hockey. They have also told us that to have a great hockey experience they want:**

- To feel involved
- To have lots of touches of the ball, and to play small sided games
- To score lots of goals and to achieve tasks as this increases fun and enjoyment
- To let everyone play - winning isn't crucial
- Simple rules

All our delivery content therefore reflects this and has been designed around game-like activities rather than repetitive drills. We have also developed a set of five key principles called the 'Golden Thread'. The 'Golden Thread' is a useful checklist which can support you to deliver fun, safe and engaging learning environments for your players.

# THE GOLDEN THREAD

**The Golden Thread is five key principles that, if followed, can support you to deliver fun, safe and engaging learning environments for your players.**

How many of these elements can you tick off in your sessions?

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## FUN

Coaching is about developing curiosity and engagement in your players - how fun and engaging are your sessions?

## LOTS OF TOUCHES

It is what it says on the tin! Are your players actively learning (directly involved) and getting as many opportunities as possible to practice the skill(s) they are trying to develop? How creatively can you design and deliver your sessions?

## STRETCH

The best hockey teachers are exceptional at providing the right level of challenge to players of different ability within the same group.

## LOOKS SOMETHING LIKE THE GAME

Do your sessions look 'something' like the game? Are your sessions constantly requiring players to make decisions with elements of attack, defence, transition and goal scoring? The options are limitless...

## DECISION MAKING

Hockey is all about skill. How are you delivering the appropriate opportunities for skill development, at the same time as developing good decision-making under pressure?

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## How can I change it?

'CHANGE IT' or 'STEP' are both common frameworks used to think about how sessions can be adapted to suit the participants and ensure that they are all getting the most benefit from the session and the best experience possible.

When delivering your session ask yourself the following questions:

- Are the players enjoying and/or engaged in the game?
- Is the purpose of the game being achieved?
- Are all the players being challenged appropriately? (Is it too difficult, too easy, one-sided)

If the answer to any of the above questions is NO, it is likely you are not covering all elements of the Golden Thread, you can use 'CHANGE IT' to help with this.

Here are some ideas of how you could 'CHANGE IT', or check out 'The Game' section of Hockey Hub to see some of these ideas in action.

# CHANGE IT

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**C** **COACHING STYLE:** Use questions to set challenges for specific aspects of a game e.g. when should you move to receive a pass? Provide discrete coaching, when required, without interrupting the game. Use player role models to highlight skillful play. Vary how you communicate according to the players you have in front of you.

**H** **HOW YOU SCORE:** Increase your opportunities to score points or earn bonus points to try and encourage your learning objectives e.g. a point for three passes if your session focused on moving the ball, or a point for successful elimination if your session is focused on carrying the ball.

**A** **AREA:** Increase or decrease game difficulty by changing the shape and size of the playing area e.g. long and narrow to focus on getting the ball forward fast, or wide if you want to focus on promoting width in your play.

**N** **NUMBERS:** Consider using different team sizes or varying the number of turns a player gets e.g. imbalance teams such as 4 v 2 giving the attackers more options to deal with defenders.

**G** **GAME RULES:** Change the rules slightly e.g. introduce a no tackling / interception only rule to give players more time to make passes.

**E** **EQUIPMENT:** Vary the size of the equipment used e.g. use a Quicksticks hockey ball.

**I** **INCLUSION:** Ask the players what options would improve the game for them and how their involvement could be increased.

**T** **TIME:** Reduce or extend the time to perform actions e.g. shot clock, counting down from 10.

# CHANGE IT

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## OBSERVATIONS

- Let them play the game
- Observe player involvement
- Is the purpose of the game being achieved?
- Are all players engaged?
- Are players coping with the skills required?
- Are players enjoying the game?
- Do all players understand the game?
- Is it safe?

## WHAT IS HAPPENING?

- Too easy (high success)
- Players not challenged enough
- Both sides scoring often
- Skills required easily performed
- Little motivation

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- Too difficult (low success)
- Little or no scoring
- Poor levels of possession
- Players not coping
- Little motivation

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- Too one-sided
- One team dominating
- Some players not getting a chance
- Little motivation

## WHAT TO DO?

### CHANGE IT UP

Increase challenge

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### CHANGE IT DOWN

Decrease challenge

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### CHANGE IT

Even up challenge

## HOW TO 'CHANGE IT'?

- Add rules that increase difficulty
- Set challenges that make it more difficult
- Increase team sizes ("joker" player)
- Decrease playing area

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- Simplify the rules
- Set challenges that make it easier
- Decrease the players per team to increase the opportunity to play
- Vary the playing area

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- Shuffle the teams and swap players
- Introduce additional rules to the dominant side
- Introduce zoned areas
- Develop a scenario (e.g. your team is two goals down with 60 seconds left)

# FURTHER DELIVERY AND SUPPORT - EQUIPMENT

There is lots of further support available to help you deliver one of the specific primary school formats safely within your school.

Here is an overview of what is available, and where you can go to find out more:

**Hockey Heroes schools bags include:**

- 16 x Plastic Hockey Sticks (3 x 24”, 8x 26”, 5 x 28”)
- 16 x Larger Balls
- 1 x Wheelie Bag
- Electronic access to teaching resources

If your school is interested in purchasing Hockey Heroes or Quicksticks school equipment there are a variety of different options available via **https://hockeyhub.englandhockey.co.uk/shop**

# FURTHER DELIVERY AND SUPPORT - EQUIPMENT

**Quicksticks School Pack has everything you need to get started including:**

- 16 x Quicksticks Sticks (6 x 34", 8 x 32", x 2 30")
- 16 x Larger Balls
- 1 x Quicksticks Equipment Bag
- Challenge & Resource Cards

Lightweight Portable Target Goals are also available. This goal can be assembled and dismantled in less than 2 minutes and folds down to store in a carry bag measuring 100cm x 30cm x 15cm (5kg)

The goal is great for training or target practice, as well as small sided games.

**https://hockeyhub.englandhockey.co.uk/shop**

## Online via the Hockey Hub

The Hockey Hub is a free one-stop shop, packed full of useful hockey resources, with a dedicated section for teachers. It provides a suite of video resources, ideas for your sessions, leadership content and more!

There is also an online training course for Quicksticks. The site is regularly updated with content so keep checking back to see what is new.

**https://hockeyhub.englandhockey.co.uk**

## Practical Workshops

If you are a teacher delivering within curriculum or extra curricular activity we have a number of Coaching Workshops to help give you the support, knowledge and confidence to help you deliver
fun and engaging sessions;

- Practical Hockey Heroes & Quicksticks workshops can be delivered in schools on request
- Engaging Games for Children – Practical ideas on how to deliver fun, safe and engaging sessions for young people
- Introduction to Hockey Coaching Workshop - Gain confidence and support to ensure that the sessions you take are safe, suitable and inspiring for the players you coach

To find out more please visit:
**www.englandhockey.co.uk/schools**

**Once you have developed some hockey delivery within your school you might be interested to know what the next steps could possibly be.**

**School Games**

The School Games is a programme designed to keep competitive sport at the heart of schools and provide more young people with the opportunity to compete and achieve their personal best. The School Games consists of four unique types of competition:

- Intra-School Competition
- Local Inter-School Competition
- County Final
- School Games National Finals

Hockey is an established part of school games activity in many parts of the country.

At intra school level the Hockey Heroes or Quicksticks formats can be used to deliver activity and then to play some small sided matches or to try some hockey skills challenges within school as part of a hockey or school games themed festival.

At Inter-school level the recommended format for primary school activity is Quicksticks Festivals for Key stage 2 (Years 3/4/5/6) and these can be played with either male, female and mixed teams.

County finals then also tend to use the Quicksticks format for hockey activity, and mostly are aimed at Key Stage 2.

Delivery support may be available from your local School Games Organiser (SGO), and supporting festival guidance and templates are also provided on www.englandhockey.co.uk/quicksticks

Further hockey specific School Games information can be found at **https://www.yourschoolgames.com/taking-part/our-sports/hockey/**

# COMMUNITY CLUB LINKS & SCHOOL GAMES

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**There are around 800 community hockey clubs all across the country, and England Hockey actively encourages clubs to engage with their local community.**

A Club-School Link is an in principle agreement between a school and a club to work together to develop the very best level of quality and opportunity for young people to play hockey within their local area. By stimulating interest in the sport through good experiences at school, and then providing a seamless pathway for the participation to continue and develop further within a local club, we aim to ensure that young people can get the very most out of hockey and begin a lifelong involvement in the game.

**Club-School Links can work in several ways but always tend to be characterised by the following:**

- Effective communications - club and school in regular contact, i.e. between at least one designated person from both the school and club
- Structured activity - opportunities for young people from the school to participate, e.g. coaching sessions, competitions, leadership opportunities at events etc. This can either be in a community and/or school setting
- Participation - young people participating in club sport - either as an athlete/player or leader - as a result of the link

**How could your school benefit from a link with a local hockey club?**

- Increased opportunities for your pupils
- Raise the school's profile in the community
- Share facilities and equipment
- Access expert coaches delivering in school to work with teachers
- Deliver Out of School Hours Club
- Healthier & more physically active pupils – improving standards across the school
- Increase awareness of exit routes for players, coaches and volunteers
- Access CPD for teachers – training courses & more ideas by working with quality clubs and coaches
- Support to deliver School Games hockey activity

To find out about hockey clubs in your area please visit: **www.englandhockey.co.uk/findaclub**. The Junior Coordinator at a club is usually the main contact regarding Club-School Links.

# EXAMPLE DELIVERY CONTENT

**Here are some examples and tasters of some of the resources available across the different formats to help you with your delivery.**

**1** Warm Up Rationale Card
**2** Domes and Dishes (Warm up activity)

## Basic Hockey Skills

**3** Carrying the Ball Cards
**4** Moving the Ball Cards

## Example Hockey Heroes Delivery

**5** Heroes and Villains

## Example Quicksticks Delivery

**6** Piggy in the Middle
**7** Pirate Island
**8** Pass to Win
**9** 4v4 Quicksticks Game

To access more content like this, please visit:

Hockey Heroes – 8 weeks of KS1 content:
**https://hockeyhub.englandhockey.co.uk/**

Quicksticks – Unit of Work for years 3, 4, 5 and 6 (KS2):
**https://hockeyhub.englandhockey.co.uk/shop**

# WARM UP RATIONALE CARD

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**There are a number of reasons for warming up ahead of activity, including:**

- Prepare body for activity by GRADUALLY INCREASING breathing and heart rate
- Increase body TEMPERATURE
- Gradual increase in BLOOD FLOW
- Increased OXYGEN to the working muscles
- Start to focus on TRAINING / GAME

**Don't forget to make it FUN and ENGAGING. Domes and Dishes is a great idea for a warm up.**

# DOMES AND DISHES

**EQUIPMENT: Bibs | Cones**

- Split into two teams wearing different colours.
- There are lots of cones in the area; some turned up so they look like dishes and some turned down so they are domes. One team's job is to turn the cones to dishes and the other is to turn them into domes.
- If you have lots of players consider setting up another area.
- Encourage different movements within the game to help the players warm up, for example: skipping rather than running and lunging when they pick up a cone.
- The game should be played in short bursts of 30 seconds, offering plenty of recovery time.
- The team with the most amount of cones their way round is the winner, repeat and see if the teams can beat their score.

# CARRYING THE BALL

**When carrying/dribbling the ball every player's technique (body/hand/head/position) will be different and vary depending on the situation they are facing in front of them. What works for one player may not for another, so players, particularly beginners, benefit from having lots of opportunities to carry the ball in different situations as part of their training session.**

A great way to encourage this is to give players a ball each as part of the session (me and my ball time) and allow them vital time to experiment carrying/dribbling the ball under less pressure, and build up confidence and experience to transfer this across to a game like situation. Just make sure the size of the practice area is big enough to allow players to carry the ball at pace.

### GAME TO TRY

An example session that offers opportunities to carry the ball is Pirate Island.

# CARRYING THE BALL

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### Questions to encourage more success at carrying the ball

- Do you always carry the ball with two hands? Can you carry the ball with just your left or your right hand?
- When might you want to do this in the game?
- Can you carry the ball at different distances from your body? When might you want to keep it closer to your body and more under control? When might you want to tap it further in front of you?
- Where do you want to be looking when you are carrying the ball? What does this mean for where your head needs to be?
- How can moving your feet support you in being able to carry the ball in different directions?
- What skills can you use to carry the ball for longer? Can you get the ball off the floor?
- Who is having the most success at carrying the ball in this game? Why?
- Are there areas of the pitch / zone that are easier to carry the ball in? Are you carrying into the space or into people?
- Who are the hardest players to tackle when they are carrying the ball? Why?

**Remember to think about CHANGE IT and consider chances of success for players.**

# MOVING THE BALL

**When moving/passing the ball every player's technique (body/hand/head position) will be different and vary depending on the situation they are facing in front of them. What works for one player may not for another, so players, particularly beginners, benefit from having lots of opportunities to move the ball in different situations as part of their training session.**

A great way to encourage this is to put players in pairs with a ball each and allow them vital time to experiment moving/passing the ball under less pressure, and build up confidence and experience to transfer this across to a game like situation.

### GAME TO TRY

An example session that offers opportunities to move the ball is Pass to Win.

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### Questions to encourage more success at moving the ball?

- Does the position of your hands and your grip affect how you move the ball? When might you want to have your hands closer together or further apart? When might you want to have a tighter grip or a looser grip?
- Does the position of the ball vary how you move the ball? How can you move your feet or legs to help you get more success?
- Where do you want to be looking when you are moving the ball? What does this mean for where your head needs to be?
- Does it help to get lower to the ground, how could you do this?
- Does how they receive the ball affect the ability to move it off successfully? Can they move their hands/grip/feet to support this?
- What different ways can you move the ball? When might you want to use these skills?
- Who is having the most success at moving the ball in this game? Why?
- Are there areas of the pitch / zone that are easier to move the ball in? Are you passing into the space or into people?

**Remember to think about CHANGE IT and consider chances of success for players.**

# HEROES & VILLAINS

**PLAYERS:**
**8 Minimum**

**EQUIPMENT: Sticks | Balls | Bibs | Throw Down Lines**

- Mark out several bases, depending on numbers per team.
- Assign each team to a base and hand out team bibs.
- Put piles of balls around the play area.
- Teams work together to steal as many balls as possible and take back to their base (only one ball at a time), they get a point for every ball.
- Play for a set period of time, can they repeat and beat their score?
- Build a hero huddle during the session.
- Use the change it ideas to stretch the group or Secret Missions Cards to stretch individuals.

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## GAME LEVELS

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build a Hero Huddle during the session.

**LEVEL 1** - No sticks, children can only roll the ball

**LEVEL 2** - Introduce sticks

**LEVEL 3** - A) Take out sticks add a Blocker (this can be a helper)
- B) Put sticks back in, keep Blocker (can steal from teams)

**LEVEL 4** - A) One team starts as Stealers
- B) Stealers give the ball back

**LEVEL 5** - A) One team starts as Stealers
- B) Stealers keep ball and take it back to their area

## CHANGE IT

Use these ideas to help make it easier or harder for the whole group.

| EASIER | HARDER |
|---|---|
| Bigger area | Smaller area |
| More piles of balls | Fewer piles of balls |
| | More Blockers |

## SECRET MISSIONS

Use these cards to help make it easier or harder for individuals in the group.

| EASIER | HARDER |
|---|---|
| Invincibility Bib | Different ways to carry |
| Pause | Colour catcher |
| | Walking only |

## HERO HUDDLE - INNER POWER

Help children to find the hero "within" - unleash their inner Power. For example some questions you may ask:

**RESLIENCE** - Share with a friend how you kept trying even when something wasn't going well e.g. didn't get frustrated, didn't get upset, perservered and kept trying.

**CREATIVITY** - Think of creative ways you can steal more balls in a fun and fair way.

# PIGGY IN THE MIDDLE

**PLAYERS: Minimum 4 (3 attackers 1 defender)**

**PITCH: Dependent on Group**

**EQUIPMENT: Sticks | Balls | Bibs | Cones | Throw Down Lines**

- This game is a 4v2, so two teams are always working together to keep the ball, whilst the third team are trying to win the ball back.
- The aim of the game is for the team of four to keep possession of the ball, either by carrying or passing the ball in the marked out area.
- The team of two are aiming to get a touch on the ball or to force it out of the playing area.
- The team who loses possession then become the defending team and the team who were defending become attackers.
- Which team can stay as attackers for the longest time?

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## IS IT WORKING?

**NO** ← → **YES**

### CHANGE IT

- Allow the players in the middle to get a touch on the ball to allow them to swap over.
- Once the players with the ball have made a successful number of passes e.g. five then swap the players in the middle or change the pairs.
- To make it easier for the players with the ball make the area bigger.
- To make it easier for the players trying to win the ball back then make the area smaller.

### CHANGE IT

- The players in the middle have to gain full control of the ball before they can swap over.
- Put a limit on the amount of touches or time the players have on the ball e.g. three touches or five seconds to encourage them to get their head up and think about where the next pass could go.
- Allow the players to run outside of the playing area but the ball has to stay in the circle, what extra decision making does this create for the players?

## THINGS TO THINK ABOUT

**Q** Where do the players want to be looking when they are moving the ball? Can they get their eyes up to identify space and keep control of the ball?

**Q** Can you encourage the players to think creatively about the different ways they can move the ball and how and when might they use these skills, for example passes that leave the ground?

**Q** When a player does not have the ball how can they help the players on the ball with their movement and communication?

**Q** Can you create multiple pitches to make sure everyone has plenty of touches of the ball?

- Don't forget to **CHANGE IT**

# PIRATE ISLAND

**PLAYERS: 8 Minimum**

**PITCH: 25m x 25m**

**EQUIPMENT: Sticks | Balls | Bibs | Cones | Throw Down Lines**

- Split the group into sailors who have a ball and pirates who do not have a ball.
- Sailors move around the space, avoiding the pirates and trying to keep hold of their treasure (the ball).
- If a pirate successfully wins possession of a ball they become a sailor.
- The player who has lost their ball then becomes a pirate.
- The Islands are safe areas, only one sailor is allowed on an island at a time and can stay for a maximum of three seconds (get players to count out loud). They then have to visit another island before they can come back to this one.

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## IS IT WORKING?

### NO

### CHANGE IT

- Use a Quicksticks ball which is bigger, lighter and easier for beginners to control.
- Give the sailors three lives so they can keep possession of their treasure for longer and get more practice at successfully dribbling the ball.
- Place balls around the edge of the pitch to the game flowing.
- Change the playing area from a square/ rectangle to a circle, this removes players getting stuck in corners and should make the game easier.

### YES

### CHANGE IT

- Increase the number of pirates to make the game more difficult for sailors.
- Award points to sailors; each time they reach an island they award themselves a point. Repeat the game and see whether the players can beat their previous score by two points.
- Award bonus points to players who perform certain skills, for example lifting the ball off the floor or keeping hold of the ball for the duration of the game.

## THINGS TO THINK ABOUT

**Q** Where do you want to be looking when you are carrying the ball? Can they get their eyes up to identify space and keep control of the ball?

**Q** Is it the same players that always get their balls stolen first? Are there ways to change the game to give them more practise at carrying?

- Play lots of short and sharp games (30 seconds to a minute) to create a buzz and keep players motivated.
- Everyone should have lots of chances to practise.
- Don't forget to **CHANGE IT**

# PASS TO WIN

**PLAYERS: 8 Minimum**

**PITCH: 15m x 15m**

**EQUIPMENT: Sticks | Balls | Bibs | Cones | Throw Down Lines**

- Set out a number of coloured gates inside the playing area.
- Divide players into pairs – this game can cater for a larger number of players.
- To score a point players have to pass the ball through a gate to the other player in their pair.
- Once players have scored in one gate they then have to score in another gate before they come back to this one (players will find this as a loop hole if you don't include the rule from the start).
- Play for a set period of time, can either of the teams of the pairs beat their score?
- You could add in a 'golden gate' somewhere on the pitch which is worth more points or give the game a theme e.g. a shopping trip, link cones to healthy food, e.g. blue cones are blueberries, red are strawberries.
- Change the game by splitting players into teams, players have to try and pass to their team as well as stealing balls from the opposition.

ENGLAND HOCKEY

## IS IT WORKING?

**NO** ← → **YES**

### CHANGE IT

- When working in teams take out tackling, so only interceptions to give the players more time on the ball to make decisions.
- Add in more gates so there are more opportunities for the players to score points.
- When working in teams award points if the team makes a number of consecutive successful passes, for example five. Or if every member on the team touches the ball.
- If one team is having less success then give them more players so they have the overload.

### CHANGE IT

- When working in pairs have stealers in the area whose job is to dispossess the pairs as they are trying to pass through gates. Pairs have three lives, which pair can be the last one standing?
- Put a limit on the amount of touches or time the 5 seconds to encourage them to get their head up and think about where the next pass could go.
- When working in teams make the game directional so each team are defending two gates and trying to score in the other two.

## THINGS TO THINK ABOUT

**Q** What different ways can a player move the ball successfully? Can you encourage the players to think creatively about how and when they might use these skills? e.g. passes that leave the ground.

**Q** Does the position of the players hands and grip effect how they move the ball? When might they want to have their hands closer together or further apart?

**Q** Where do the players want to be looking when they are moving the ball? Can they get their eyes up to identify space and keep control of the ball?

**Q** When a player does not have the ball how can they help the player on the ball with their movement and communication?

- Don't forget to **CHANGE IT**

# 4V4 QUICKSTICKS GAME

ENGLAND HOCKEY

## EXAMPLE OF A QUICKSTICKS PITCH

## GETTING STARTED

- Teams consist of four players (mixed or single gender) and two officials (one coach/manager and one umpire) per side. No goalkeepers are required.
- The recommended size is that of a standard netball court, but can be adapted to what you have available. Areas referred to as attacking 'circles' or 'shooting areas' are marked with lines or throw-down markers.
- You can decide the duration of a game, just remember to include breaks so all players rotate with the two Officials' roles and experience both playing and umpiring or managing.

# 4V4 QUICKSTICKS GAME

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## QUICK RULES

- Quicksticks starts with one team taking a centre pass from the centre of the pitch on the umpire's signal. The pass can go in any direction.
- A centre pass is also taken at the start of each period of the game.
- When a centre pass is taken at the start or re-start of the game, each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 3m from the ball until the ball is played.
- A free pass is given when an offence occurs. For all free passes the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be 3m away from the ball.
- A goal is scored when the ball has been struck or deflected off a player's stick from within the shooting area (circle).

## HINTS AND TIPS

- Players should only use the flat side of the stick.
- Players should look up and try not to kick the ball.
- Players should be careful not to bump into anyone, or to hit anyone else's stick.

## HEALTH AND SAFETY

- Sticks should be kept below hip height at all times.
- Players of the same team should wear the same colour tops or bibs.
- Players must not wear anything which is dangerous to other players (such as jewellery, caps, any sharp objects).
- Even though the Quicksticks ball is safe, it is strongly recommended that shin protectors and mouthguards are worn by players on the pitch.

Quicksticks

You can visit **www.englandhockey.co.uk/quicksticks** for full rules and advisory guidelines.