

PRIMARY ORGANISATION, GUIDELINES AND OPTIONS

This guidance document includes advice and support on how to organise and deliver a variety of hockey based formats, so you can choose which best suits the intention of your sessions /events.

## INTRODUCTION

Hockey is one of the most gender equitable team sports and is fun, fast, safe and exciting.

England Hockey is committed to developing hockey in schools and this guide provides a range of content to help you deliver fun and engaging events that are simple and easy to organise.

The core aim throughout is for children to have fun whilst learning and developing core skills.


We know that to get the most enjoyment out of hockey sessions, children want:

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

All the content suggested is therefore designed with the above in mind. It is all fully inclusive and provides gradual learning and development for young people.

In school children generally respond well to hockey as an invasion game delivery option because:

- It's equally appealing to boys and girls so engages a wide group of young people
- Children tend to start playing around the same age, so are at a similar level as not many have prior knowledge and experience
- The stick is highly valued by children and makes them feel instantly included
- It develops multiple skills, both physical competences such as balance, co-ordination, agility and dexterity as well as wider personal skills such as teamwork, communication, respect, discipline, fairness and pride


## DELIVERY OPTIONS

The different format suggestions which are suitable for primary schools can be delivered in a variety of ways to suit whichever intent you are trying to achieve. They can also be delivered to different group sizes to suit different types of sessions / events.



## Intra School Festival

The activity for an intra school festival can be either skill station challenges or
a game-based festival format.
For either type of activity children can be grouped into teams to suit the numbers, space and time available.


Inter School Festival
For inter school festivals the activity can be based around either skill
station challenges or a game-based festival format.

Again, children can be grouped into teams to suit numbers, space and time available.

## CONTENT OVERVIEW

All the content suggested is based around Quicksticks.

## Quicksticks is designed

 specifically for Key Stage 2 in primary schools. It can be played on any surface and uses a larger, lighter and safer ball. Schools and organisers can choose to deliver festivals using either the skill station challenges or the traditional four a-side game-based version, or a combination of both.

## Quicksticks Skill Station Challenges (Key Stage 2)

This flexible format is a selection of challenges presented via hockey skills stations. The focus should be on fun, enjoyment and improving individual skills and personal bests. The aim is to involve as many children playing as many of the challenges as possible.

Each challenge has been designed to build confidence in a fun and engaging way. They help children practice and develop the basic and fundamental movements of agility, balance and co-ordination needed for all sports and for life in general. Throughout the challenges young people can also be rewarded for the demonstration of wider personal skills alongside their hockey skills - for example respect, perseverance and communication.

For each challenge deliverers can choose whether to focus on individual scores / personal bests and / or group / team scores. Alternatively, the activities can be delivered with more of a focus on the character skills, or with no scoring.

Eight skill station challenge cards are provided. Each card contains instructions, a diagram of the challenge and suggested scoring options.

## Quicksticks Game Based Festival 4v4 (Key Stage 2)

The traditional Quicksticks festival is a popular format for key stage 2 activity. It is game based, with teams of four-a-side to ensure lots of touches of the ball and lots of opportunities to practice and develop skills. There are simple, easy to understand rules and it can be played on any surface, from a school playground, sports hall, netball court or artificial turf pitch.

A game based Quicksticks festival involves:-

- Teams of 6 (4 playing on the pitch at any one time with no GK. 1 player manages/coaches the team and 1 player umpires the game)
- Teams can be boys, girls or mixed
- Suggested format is round robin to allow games of 3 periods (rotation of two officials at end of each playing period)
- Game duration - thirds of 5-7 minutes (7-8 year olds) or 8-10 minutes ( $9-11$ year olds), with 2 minutes change over
- The team scoring the most goals is the winner, if no goals or equal goals are scored, the match is drawn
- Penalty runs are to be used if a winner is deemed necessary

See Appendix for the full rules and advisory guidelines.

## HOCKEY BASICS

## 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 fantastic 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.

## 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.


## 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.

## 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 whilst playing.


## PITCH LAYOUT OPTIONS

## Quicksticks Skill Station Challenge Based Festival

Space should be divided to allow for $6 / 8$ stations depending on the number of children and the length of your event. We would recommend a maximum of 8 players per station.


## Quicksticks Game Based 4v4 Festival

If a full-size artificial turf pitch is available then eight Quicksticks pitches can be marked out on one pitch - two pitches per quarter, with goals on the sidelines and back to back in the middle of each quarter:

## 1 hockey pitch

= 8 Quicksticks pitches,
16 teams, 96 participants


2 hockey pitch
= 16 Quicksticks pitches,
32 teams, 192 participants


If the Festival is to be held on a netball court/tarmac area or in a sports hall the following layouts are suggested:

## 4 netball courts/tarmac area

$=4$ Quicksticks pitches,
8 teams, 48 participants


2 netball courts/sports hall (dimensions approx $30 \mathrm{~m} \times 25 \mathrm{~m}$ )
$=2$ Quicksticks pitches,
4 teams, 24 participants


## CONTENTFOR QUICKSTICKS SKILL STATION CHALLENGES

## Skill Station Challenge Content Overview

The format is designed to allow flexibility so that the teacher/organiser can select from any of the skill stations challenges based on the age and stage of the children, the numbers involved and the space and time available.

## Scoring

Deliverers can choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## Timing

Maximum of 7 - 8 minutes per activity. Rotate so all children experience every station.

## Numbers

Maximum 8 children per group experience every station.

## Young Leaders

We would suggest using several older young leaders to lead a specific station.

## Character Development and Personal Skills

Young people should also be rewarded for the demonstration of wider personal skills alongside their hockey skills. Each game will also focus on a specific character value that we hope can be demonstrated. Teachers/ Organisers can choose to reward the individual with a suitable incentive if demonstrated e.g.stickers, house points, merits etc. or alternatively award extra points in the game ensuring it is still scored fairly.

## CHALLENGE 1

## MINEFIELD



## FOCUS

CARRYING
To move from A to B with the ball


## CHARACTER

## CONTROL

Can our players show control when in possession of the ball and how will that help their team score more goals? How does keeping my stick and ball together help me?

## INSTRUCTIONS

Fill your playing area with as many obstacles as possible. These obstacles will become Mines. Players must move from one end of the playing area to the other without making any contact with the Mines.

## EQUIPMENT

1 Stick per player
1 Ball per player
20-30 cones or markers

## SCORING

Each team will start on 20 points. Play continuously for a 60 second scoring round. Every mine hit is a point lost for that team. Highest score wins.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## CHALLENGE 2

## OPEN AND FIRE



## INSTRUCTIONS

Players will get a chance to practice their shots to goal in this exciting game.

Players and balls will start in the corner of the pitch. 2 cones will be placed approximately 5 metres away from the start position with the second being in front of the goal. When you reach the second cone, turn towards the goal and shoot your ball into the net.

## EQUIPMENT

1 goal
10 cones
10-15 balls
1 stick per player

## SCORING

Teams will have opportunity to explore the practice before completing a 90 second scoring round.

Each player to successfully complete the route and shot on goal will earn their team 1 point. For every goal scored a player will earn an additional 2 points to make 3 for the run and goal. Players may only start their go once their teammate has cleared the course.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## CHALLENGE 3

## PASS TO WIN



## FOCUS

CHARACTER

## CONNECTION

What are some important things to think about when

I am working with a teammate?

## INSTRUCTIONS

The playing area will be full of small gates of varying width and angles. Each team are to use these gates as guides when we start to explore how we pass and receive when working as a pair. Once you have successfully completed a pass through one gate, you must move to a different part of the playing area and complete a pass through a new gate. Teams will get practice time to understand the game before completing their score round

## EQUIPMENT

1 set of cones
1 stick per player
1 ball per pair

## SCORING

Pairs will take part in a 60 second scoring round. Every successful pass through a gate earns the team 1 point. You cannot score through the same gate consecutively.
Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## CHALLENGE 4

## CHANNEL CHALLENGE



## INSTRUCTIONS

In this 4v4 challenge players look to score within their team's attacking goal.

Before players can score a goal, they must pass the ball to a player located in the wing channel on either the left or right-hand side of the pitch.

Players can move freely between the main playing area and the wing channels. Or you could change the rules of the challenge to say that there must be one player from each team in at least one of the wing channels throughout the game.

Each time possession of the ball switches over the last pass to the wing player is cancelled out, teams must make a pass to the wing player before they can attempt to score.

## EQUIPMENT

1 stick per player
2-3 balls (for spares)
2 goals

## SCORING

Each goal is worth 1 point.
Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## CHALLENGE 5

## THE INTERCEPTOR



## FOCUS

## CHARACTER

PASSING \& INTERCEPTING
To win the ball through intercepting a pass


DETERMINATION
Being the interceptor can be a tough role. Stay determined and work hard to win the ball back

## INSTRUCTIONS

How many passes can you make in the time limit before the interceptor wins possession - add up all the attempts whilst changing interceptor. How many times can you make 3 or 4 passes before being intercepted?

## EQUIPMENT

1 stick per player
1 ball per group of 4
4 cones per group

## SCORING

A scoring round of 60 seconds to see how many passes you make in the time limit before the interceptor wins possession - add up all the attempts whilst changing interceptor. Each pass equals 1 point.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## CHALLENGE 6

## THE SLALOM



## INSTRUCTIONS

The playing area will be set up around an obstacle slalom course. Randomly place the obstacles in the area and if possible, try to use different shapes and sizes of obstacles. Each time you play can you move the obstacles around or add new ones, to create even more stretch and decisions?

For a bonus round, allow each team to set up their opponent's obstacles for a more difficult final challenge!

## EQUIPMENT

6 cones per slalom
2 balls per group
1 stick per player

## SCORING

To score this game, all teams will complete the same slalom course. The scoring round will run for 90 seconds, 1 player at a time will complete the course and when they complete it, the next player can start. Keep going until your time runs out!

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## CHALLENGE 7

## TRUCK AND TRAILERS GATEWAY



## INSTRUCTIONS

This game will be played in pairs, a stick each and a ball per pair. One player will be the truck and one will be the trailer. The playing area will be full of various sets of gateways. The aim is to work in your pair to carry the ball through as many gates as possible. The 'truck' will lead the way with 'trailer' following on behind with the ball.

## EQUIPMENT

1 stick per player
1 ball per pair
20 cones

## SCORING

To make sure both players in the pair get to complete both roles, we will play a 90 second scoring round. 45 seconds for each player to lead. 1 point per gate successfully carried through.
Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## CHALLENGE 8

## 4v4 ENDZONE



## FOCUS

CARRYING \& PASSING


CHARACTER

## WORKING TOGETHER

How can we support each other to score the most
points? How can we encourage players to use the half time break to re-focus and score more points?

## INSTRUCTIONS

This is a 4 v 4 challenge which will encourage players to carry the ball whilst supporting them to make good decisions around when it is best to carry the ball and when it is best to pass.

2 teams of 4 will play on a pitch with End Zones.

## EQUIPMENT

1 stick per player
2-3 balls (to allow for spares)
8-10 throw down markers

## SCORING

Teams will score points for successfully carrying the ball into the opposition End Zone.

Once a team has scored, the opposition restarts from a defensive hit out. Play 2 halves to allow teams.

Remember you can also choose whether to focus the scoring around personal bests, team / group scores, or no scoring and no overall winners.

## FURTHER HELP AND SUPPORT

England Hockey provide a wide range of support available to help you deliver fun, engaging and safe hockey sessions within your school.

## Schools Membership

To make it easier for schools to access delivery support we have developed a schools membership offer which aims to bring together and enhance the range of support available for schools and teachers.

To sign up, you simply need to register for a free HockeyHub account here and 'tick' that you are a teacher when selecting your role(s). Once logged into your HockeyHub account you will see a link to the teacher's section in the main navigation bar.

Schools members can access a range of exclusive benefits and delivery support. See appendix for further details.

## England Hockey Website

The England Hockey website has lots of useful information for teachers and SGO's to help you deliver hockey in school.
https://www.englandhockey.co.uk/deliver/teach

## 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 and In2Hockey.
The site is regularly updated with content so keep checking back to see what is new.
https://hockeyhub.englandhockey.co.uk/teachers

## Schools Team Email

For any questions, support or queries please email schools@englandhockey.co.uk

## Equipment and Resources

A wide range of adapted hockey equipment packs and resources are available to assist with hockey delivery at all key stages.

A wider range of Quicksticks resources - including a curriculum resource and set of 49 challenge cards are also available to purchase.
https://hockeyhub.englandhockey.co.uk/shop


## School Club Links

There are around 800 community hockey clubs across the country and England Hockey actively encourages clubs to engage with their local community. Many of these clubs would be keen to support school delivery and festivals/competitions.

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

## APPENDIX

## RULES FOR GAME BASED QUICKSTICKS

## Rules of Quicksticks

A Quicksticks team consist of six players; four of which are on the field of play (there are no goalkeepers) at any one time and the remaining two players encouraged to take on leadership roles such as managing and umpiring. The game is specifically designed to have simple, easy to manage rules and is the perfect opportunity for players to undertake a variety of different roles. It is suggested that the roles are rotated at the end of each playing period.

The emphasis of Quicksticks is on participation and fun. In a competitive situation the gender balance should be adjusted to provide equitable standards of play. Games are played in thirds and last for between five to seven minutes (depending on the age of the players) with a two minute break between periods.

## Starting \& Restarting

Quicksticks starts with one team being given a centre pass (taken from the centre of the pitch) which can be passed in any direction, once the umpires have blown a whistle. A centre pass is also taken at the start of each period of the game, alternately by each team, and by the nonscoring team after a goal has been scored. The direction of play for teams is alternated 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 three metres from the ball until the ball is played.

## Scoring a Goal

A goal is scored when the ball has been struck or deflected off a player's stick (either an attacker's or a defender's) from within the shooting area (circle), and it crosses completely over the goal- posts and under the cross-bar.

If players are finding scoring a challenge change the game by increasing the shooting area to the last third of the pitch.

A penalty goal is awarded if a defender deliberately stops the ball from crossing the goal-line with their feet or body. With beginners it is likely the ball will touch their feet accidently as they get used to Quicksticks throughout the game; encourage umpires to keep the game flowing unless the foul is deliberate.

## APPENDIX

## RULES FOR GAME BASED QUICKSTICKS (CONT.)

## Free Pass

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 pas is taken, all players from the opposing team must be three metres away from the ball until the free pass has been taken. The free pass taker is able to take a self pass (move the ball themselves) or attempt to pass the ball to a team mate.

If an offence is committed within five metres of the goal line or within the shooting circle (if a shooting circle is being used) the free pass should be taken five metres away from the goa line or outside the shooting circle.

A free pass is awarded when:

- The ball passes completely over a side line The free pass should be taken by a player of the team which did not touch the ball last. It must be played along the ground in any direction (on the pitch) from the point where the ball went off the pitch.
- The ball passes completely over the back line and was last touched by an attacker. The free pass should be taken by the defending team, from the top of the shooting circle in their third, in line with the centre spot. All players from the attacking team must retreat to their defending third of the pitch.
- The ball passes completely over the back line and was last touched by a defender. The free pass shall be taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line.

Or where a player:

- Deliberately kicks, propels, picks up, throws or carries the ball.

It is not an offence if the ball touches a player's foot and the whistle should only be blown if the incident breaks down play or creates a disadvantage.

- Intentionally uses any part of their body to play the ball.
- Uses the rouded (back) of the stick to play the ball.
- Attempts to play the ball over knee height with the stick.
- Whist striking the ball, causes any actual or possible danger to themselves or to other players.
- Obstructs by running between the ball and any opponent who is close enough to play the ball, thereby unfairly preventing the opponent from playing the ball.
- Holds, charges, kicks, pushes, intentionally trips or strikes any player, umpire or manager.
- Interferes with another player's stick or clothing.
- Plays the ball dangerously or in a way which leads to dangerous play.


## APPENDIX

## GAME BASED QUICKSTICKS ADVISORY GUIDELINES

Note: these are guidelines only and you can use the STEP principle; Adapting Space, Time, Equipment and number of Players / rules to suit your needs.

## Field of Play

The field of play is rectangular and is that of a standard netball court ( 30.5 m long $\times 15.25 \mathrm{~m}$ wide). Areas referred to as attacking 'circles' or 'shooting areas' (netball court shooting circles; radius 4.9m) are marked by permanent or temporary measures (lines or throw down markers). Note where there are no pitch markings, a marked rectangular area can be substituted or the outer thirds of the court can be deemed the shooting areas.

Where festivals are being held and a full size astroturf pitch is available then eight Quicksticks pitches can be placed on one pitch: two pitches per quarter, with goals on the side lines and back-to-back in the middle of each quarter.

An example of a full-sized hockey pitch layout for a Quicksticks Festival.


The pitch format shown for a Festival is only to be used when using a Quicksticks ball. A mini or standard hockey ball will travel too far and quickly and there is a potential for these hockey balls to enter surrounding pitches, leading to risk of injuries. The Quicksticks ball is lighter and travels slower and may still travel onto surrounding pitches but is larger and more easily seen.

## APPENDIX

## GAME BASED QUICKSTICKS ADVISORY GUIDELINES (CONT.)

## Goals

The size of goal should be suitable for the space of your playing area and ability of the group.

The front of each goal is to be positioned against the outer edge of the back-line, in line with the centre of the pitch. Please secure (moor) for safety where necessary.

## Balls

The Quicksticks ball is larger, lighter and safer. The larger size makes it easier for beginners to control. It has been specifically designed for use on various surfaces including playgrounds, netball courts, astroturf, grass and in sports halls.


Target hockey goals and Quicksticks balls can be purchased from the Hockey Hub shop - https://hockeyhub.englandhockey.co.uk/shop

## Teams

There are NO Goalkeepers in Quicksticks. A team consists of six players; four of which are on the field of play at any one time, with the remaining two team members encouraged to take on leadership roles such as umpiring and managing. It is suggested that the leadership roles are rotated among the team at the end of each playing period.

In a competitive situation the gender balance within the teams should be adjusted to provide equitable standards of play. In all situations (competitive or otherwise) the entire game will be managed and supervised by Match Officials (who will be nominated adults or qualified Young Leaders). The Match Officials have overall responsibility to ensure safety and should stop the game at once if any dangerous situation occurs. They will also exercise the overall role of assisting and developing players and officials and ensuring fair play.

## Players' Clothing and Equipment

Even though the Quicksticks ball is safe, you (as the person responsible) may still recommend that shin-protectors and mouth-guards are worn by players on the pitch (inclusive of practice sessions).

Players of the same team should wear the same colour tops or bibs. Players must not wear anything which is dangerous to other players; this includes jewellery, baseball caps with a stiffened peak, and any sharp object. It is advised that if eyewear is essential, it should be made from plastic rather than glass.

## APPENDIX

## GAME BASED QUICKSTICKS ADVISORY GUIDELINES (CONT.)

## Duration

Quicksticks is a game of three periods. This is so that all players rotate with the two Officials' roles at the end of each playing period and experience both playing and umpiring or managing. The guidance is:

7-8 year olds: $3 \times 7$ minute playing periods and a change-over interval of two minutes between each period. The game will therefore last 25 minutes in total.

9-11 year olds: $3 \times 8$-10 minute playing periods and a change-over interval of two minutes between each period. The game will therefore last 28-34 minutes in total.

Alternative match periods and intervals may be agreed by both teams.

## Result

The team scoring the most goals is the winner; if no goals are scored, or if the teams score an equal number of goals, the match is drawn.

## Penalty Runs

If a winner is deemed necessary then penalty runs can be taken. Note: Penalty runs will increase the total duration of a game.

Teams get three penalty runs each and take them alternately. One attacker starts with the ball from the centre spot and tries to score against one defender. The defender starts outside the shooting circle/area.

The penalty run is over when a goal is scored or the ball goes outside the playing area (edges of the pitch and the half way line) or 10 seconds have lapsed.

If a foul is committed outside the shooting area, the attacker regains the ball at the position of the foul. If a foul is committed inside the shooting area, a penalty goal is awarded.

If after the six penalty runs the score is still even, then sudden death penalty runs will be held. One player from each team takes a penalty run. This continues until a result is achieved, that is, until one team scores and the other doesn't.

When playing Quicksticks and the related Challenges, all participants should adhere to the EH Code of Ethics and Behaviour. A copy of this can be downloaded from the EH website at www.englandhockey.co.uk/respect

## APPENDIX

## SCHOOL MEMBERSHIP <br> Benefit of Membership

Access to the 'core' schools area on Hockey Hub
Providing general hockey delivery support and assistance to schools and CPD opportunities for teachers

## Access to 'enhanced' schools area on the Hockey Hub

Providing more tailored hockey delivery support, plus advice on, \& signposting to, further bespoke development \& CPD opportunities
Pre-recorded video content and webinars
Covering a range of topics that can be accessed when convenient and relevant to support delivery
Access to inspirational pre-recorded content with international hockey players This content can be used as and when you wish, to inspire your pupils and/or to support your delivery within school

Ready-made session content to help with both lesson or session planning, and also delivery and assessment

Termly e-newsletters to keep you up to date with schools news, exclusive offers \& access to tickets to international matches

Help and support to identify suitable CPD courses to help school staff develop and improve their hockey delivery

15-20\% discount on the paid for Online Coach Development Offer for school staff Savings: $£ 10$ per Workshop - $£ 59$ per Sessional Course - $£ 15$ per Intro Course - $£ 80$ per Coach Course

Invitation for 1 representative from your school to attend 1 England Age Group training day per year Worth $£ 75$
Access to bespoke webinars to help develop umpiring within your school Worth $£ 10$ pp per session

Three Talent Webinars per year (one per term) on key topics and themes that will help support the development of players. Worth $£ 10$ pp per session

Priority access to FIH Pro League tickets, via the EH priority ticket window
Q \& A with Junior International Coaches.
Focused on providing helpful insight to improve the players experience.


