



## HOCKEY – POWER PASS

### Quick introduction

A simple passing and receiving game that can be made into a competition by adding a time limit.

### Equipment required

- 2 cones per pair.
- 1 stick per person.
- 1 ball per pair.

### Getting started

- Players need to be in pairs, with a stick each and a ball per pair.
- Each pair should get two cones and make a gate by laying their stick on the floor and placing a cone at either end. The gap between the cones is the gate.
- The pair should stand in the middle of the gate facing each other, and then both take one step backwards.
- The pair should then pass the ball to each other so that it goes through the gate.
- After six passes in a row, the pair should take another step backwards so that they are further away from each other. If the ball doesn't go through the gate, or doesn't reach the partner, the counting starts from one again.
- Each time six passes are put together, the pair should both take another step backwards.

### Health and safety

- Keep sticks below hip height at all times.
- Only use the flat side of the stick.
- Look up and try not to kick the ball.



# HOCKEY – POWER PASS

## PHYSICAL ME

### Passing

- Children should look up to see where they are passing the ball.
- To pass over longer distances children should be encouraged to:
  - have a wider grip
  - turn sideways, bend their knees and be lower to the ground.

### Receiving

- Children should move hands further apart.
- Encourage children to bend their knees and get low – the flatter the stick, the more surface there is to stop the ball.
- Encourage children to move their feet quickly to get their stick into position.

## SOCIAL ME

### Leading and volunteering

#### Equipment manager

- checks all equipment and space is safe
- will ensure all the equipment is available and set up correctly and puts away all equipment correctly at the end.

#### Team manager/ Captain

- counts the number of passes made between each pair

- must encourage and motivate teams and individuals
- suggests when pairs should move further apart.

## Think inclusively (STEP)

### Space

- Increase or decrease the width of the gates depending on ability and success rate; or move closer or further away.

### Task

- Reduce or increase the target number of successful passes before changing position.
- Play with two players either side of the gate.

### Equipment

- Use brightly-coloured marker discs or cones or colours that contrast well with the surroundings; this assists visual recognition of space.

### People

- Vary the distance the players stand from the target; players do not need to stand the same distance from the gate, particularly where abilities differ.
- Challenge one player to run to a target after every pass and get back in position before their pass is returned.

For more primary school hockey information, activity ideas and guidance please see [www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)

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## THINKING ME

- Can I send the ball at just the right pace so my partner can receive it easily?
- After moving, how can I stand side on so my stick can move easily?
- Can I receive the ball with hands apart to give me more control?

## TACTICAL ME

Slowing down and moving properly will make me more accurate.

## SPORTING ME

**Spirit of the Games:**  
*Excellence through Competition*



Do I always believe the ball will go through the target?



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## HOCKEY – TEAM ISLAND

### Quick introduction

This game involves quick decision making and helps use and improve their ball carrying.

### Getting started

- Using chalk or cones, mark out some islands on the floor.
- Every player needs a stick and ball, and as a group pick someone to be in charge of the game (possibly the teacher to begin with).
- Every player starts with five points, and keeps their own score as they go along.
- Players dribble their ball around the play area until they hear the person in charge shout out a number. If the number is four, they have to dribble their ball to an island and make a team of four.
- If the set number of players are already on an island, players should dribble their ball to another island which has space.
- Players who don't get on an island lose a point, but players who do get on an island gain a point.
- The first player(s) to get to the target number of points win the game, so if the target number is 10, then the first player(s) to get to 10 points is the winner!



### Equipment required

- 1 stick and ball per player.
- Chalk or throw down lines.

### Health and safety

- Keep sticks below hip height at all times.
- Only use the flat side of the stick.
- Look up and try not to kick the ball.
- Don't bump into anyone.

# HOCKEY – TEAM ISLAND

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## PHYSICAL ME

- The ball should be in contact with the flat side of the stick – this results in close control.
- The ball should be ahead of the feet.
- Encourage children to run with their knees slightly bent with their backs straight (so they try to look ahead of the ball, not at their feet).

## SOCIAL ME

### Leading and volunteering

#### Officials

- explain the rules of the challenge to all participants and check they understand what they are doing. They will also be responsible for calling out the numbers within the game.

#### Record keeper

- responsible for recording all results and ensuring they are displayed and presented neatly. The record keeper must work with the officials.

### Think inclusively (STEP)

#### Space

- Ensure there is sufficient space in and between the islands for all the players to move easily.
- Increase the space between islands to encourage movement; reduce space to make teaming up easier.

#### Task

- Some players can play without dribbling a ball initially.
- Use basic numerical challenges to get to the number.

#### Equipment

- Players can use adapted sticks (for example, shorter) if needed. A Quicksticks stick could be used.
- Use brightly-coloured cones or colours that contrast clearly with the floor and general environment to ensure the islands can be seen by all players.

#### People

- Some players can take a leadership role by getting to the island and calling for team-mates.
- Appoint a player to call the group numbers.
- Some young people can stay within an island (for example, those who have a mobility impairment) and others travel to where they are.

For more primary school hockey information, activity ideas and guidance please see [www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)

## THINKING ME

- Can I always keep the ball slightly ahead of me so I can see it and the people around me?
- How can I look up and change direction quickly when a number is called?
- How can I work on bending my knees to get lower to the ground to make it easier to look around?

## TACTICAL ME

How can I ensure I go to an island with the correct number of people?

## SPORTING ME

### Spirit of the Games:

***Excellence through Competition***



Can I own up when another player beats me to an island?



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## HOCKEY – OPEN AND FIRE!

### Quick introduction

This is an exciting scoring game that can be used as an individual or team challenge.

### Getting started

- This can be an individual or team challenge. Each player will need a stick and ball. Teams should consist of three or four people. An umpire can also be chosen to keep the score.
- Before the game starts, pick a number of points to work towards. For teams this could be 11 points, for individuals this could be five points.
- Two cones should be placed about 5m away from a goal. One cone should be in front of the goal and the other cone should be to the side of the goal.
- Players start by the cone towards the side of the goal, and then dribble the ball towards the second cone (the one in front of the goal). Remind them to not look at the ball and to watch where they are going.
- When players reach the second cone, they turn towards the goal and shoot the ball into the net.
- If the ball goes into the net, then a point is scored. If the ball misses the net, then no points are scored.

### Equipment required

- 4 cones.
- 4-6 balls.
- 1 stick per player.
- Quicksticks goal(s); if unavailable, cones can be used.

### Health and safety

- Keep sticks below hip height at all times.
- Only use the flat side of the stick.
- Look up and try not to kick the ball.



# HOCKEY – OPEN & FIRE!

## PHYSICAL ME

### Ball carrying

- The ball should be in contact with the flat side of the stick – this results in close control.
- The ball should be ahead of the feet.
- Encourage children to run with their knees slightly bent with their backs straight (so they try to look ahead of the ball, not at their feet).

### Scoring

- Children should be encouraged to look up and see where they are shooting the ball.
- Try and encourage the children to have a balanced body position whilst they shoot.
- Encourage children to have a flat and low back swing.

## SOCIAL ME

### Leading and volunteering

#### Officials

- explain the rules of the challenge to all participants and check they all understand what they are doing. They will also be responsible for noting down the number of target points and then keeping a record of each point scored so they know who the winner is.

#### Refreshment managers

- ensure there is water provided for all participants and officials throughout the competition. They must ensure they have all the equipment required for this including cups, jugs etc.



## Think inclusively (STEP)

### Space

- Reduce the distance to the goal (or widen the goal) to provide more success; increase the distance (or narrow the goal width) to create challenge.
- Reduce or increase the distance to be dribbled (between the cones); this could be for specific players to provide support or more challenge.

### Task

- As an option for some players (for example, where a young person has mobility impairment), one player can dribble the ball and then position it for the shooter, stationed at the second, to aim at the goal.

### Equipment

- Some players may find dribbling easier with a shorter stick. A Quicksticks stick may help as it incorporates some teaching aids within the artwork on the stick.

### People

- Play as a team or individual challenge; teams add their points together.

For more primary school hockey information, activity ideas and guidance please see [www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)

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## THINKING ME

- How can I keep the ball under control when I am turning?
- How can I make sure I look carefully at the target and then move side on to shoot?
- How can I move my stick back flat and low to look like a real hockey player?

## TACTICAL ME

Can I try to practise shooting in different areas of the goal?

## SPORTING ME

### Spirit of the Games:

*Excellence through Competition*



Do I always believe I am going to score a goal?



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