

Hockey logo

Quicksticks logo



# WHY HOCKEY: QUICKSTICKS

## What are the benefits of playing my sport?

Quicksticks is a fun, fast and safe introductory game of hockey designed specifically for 7-11 year olds. It can be played on a variety of surfaces and uses a bigger, lighter ball which is designed to be simple for players to control. The game is four-a-side, and does not require goalkeepers. Fewer players mean everyone should get lots of touches of the ball and be included.

## TOP Tip!

“Quicksticks is a fantastic introduction to hockey. The sticks are great, with the green bit on to hit the ball with and we’ve used the bigger balls at school as well. Hockey is not one of those sports that either boys or girls are seen to play so they are really well mixed and I think they like the pace of it.”

Tara Godsall, Primary PE Lead, Cheltenham



# HOCKEY: QUICKSTICKS

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Encourages players to maximise the effort and enthusiasm they place on the game for themselves and their team mates.



Quicksticks encourages respect for team mates, officials and the opposition as well as self-respect.



Quicksticks encourages players to be honest when implementing the rules of the game.



Quicksticks has a few simple rules and smaller teams. This provides opportunities for players of all abilities to be involved, increase their confidence and develop self belief.



Quicksticks requires all team mates to be involved in the game be it as a player, umpire or manager. The game recognises that together everyone achieves more.



Quicksticks encourages players to show determination in the game whether that is as a player, umpire or manager.

## Priority competitions:

- **Name of the competition:**  
Quicksticks Festivals Key stage 2 – Years 3/4/5/6
- **Age group:** Male, female and mixed)
- **Level / location**  
Years 3/4/5 – School Games levels Intra School Competition (Level 1) and Inter School Competition (Level 2)  
Year 6 – School Games Intra School Competition (Level 1), Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3)
- **Who runs it (e.g. SGO, development officer, young leader support etc)**  
Intra School Competition (Level 1) and Inter School Competition (Level 2) – schools/SGOs. Supporting guidance and templates are provided on [www.playquicksticks.co.uk](http://www.playquicksticks.co.uk).
- **How to enter (e.g. via SGO)**  
Coordinate with local schools and SGOs
- **When (e.g. preferred time of year to run)**  
Years 3/4/5 – Flexible, anytime between September and July  
Year 6 – flexible to fit in with county County Final - Inter School Competition (Level 3) timings
- **Next steps**  
Years 3/4/5 – linking in with local clubs through club–school links.  
Year 6 – County Final - Inter School Competition (Level 3) county festival

## Where do young people go next? (from School to Club/Community)

An increasing number of young people are playing hockey within local clubs. They provide a great environment for players to participate in hockey on a regular basis. Our hockey clubs offer a friendly, sociable and welcoming environment. Local clubs can be searched using [www.englandhockey.co.uk/playhockey](http://www.englandhockey.co.uk/playhockey)

## Young Leader/Officials courses/qualifications available:

A range of support materials are available on:

- [www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)
- [www.englandhockey.co.uk/hockeyhub](http://www.englandhockey.co.uk/hockeyhub)

## Embracing the School Games Vision

**Development Competitions** provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

## Relevant web links:

[www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)

## Signposted competitions:

### U11 Schools In2Hockey Championships:

- Year 6/U11 with separate competitions for boys and girls.
- The competition revolves around In2Hockey, the next step on from Quicksticks, and is seven-a-side with goalkeepers.
- Run by local contacts. To enter, contact England Hockey directly.
- County rounds are played during March.
- Regional rounds are played in March/April.
- The U11s competition cumulates at regional level.

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## Competition Card

### Primary or Secondary:

Primary

### Name of competition:

Quicksticks Festival

### Age group:

Years 3, 4, 5 and 6

### How to enter:

Via your local SGO

### Tournament format:

Local festival format in a round robin format.

Additional templates to assist with organising Quicksticks Festivals can be found at [www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)

### Simple rules:

- Quicksticks is an introductory game for 7-11 year olds. It is designed to be played on multiple surfaces, is 4 a-side, does not include goalkeepers and uses a bigger, lighter ball.
- Teams consist of four players (mixed or single gender), two officials and one coach/manager per side. No goalkeepers are required.
- The recommended playing surface size is that of a standard netball court. The game can be played both indoors and outdoors. Areas are referred to as 'circles' or 'shooting areas' and these can be marked with throw down markers.
- Times for games can be agreed between teams but recommended game times are three 8-minute periods with two minutes' rest in between.

Quicksticks is designed to be an inclusive game. It has a few simple rules and has a bigger, lighter ball which has been specifically designed to be used on a variety of playing surfaces and is easier for young people to control.

Additional adaptations to the game could include:

- Partnering players up so they are only able to tackle a specific player.
- Providing a player with a few seconds to control the ball before they are able to tackle.
- Apply interception only rules.
- Enable one player per team who cannot be tackled.

### Relevant web links:

[www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)

### Roles for young people:

- Team managers and officials.

Officiating:

- Quicksticks teams generally consist of six young people: four players and two officials (one umpire and one coach/manager) at any one time. All players must rotate into the 'officials roles'; this rotation should take place at the end of each third.
- Managers/coaches should keep score, look to observe the game and help with basic tactics such as:
  - Finding space
  - Encouraging players
  - Ideas on how to keep possession of the ball

Support materials can be found at [www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)

### How can depth in competition through extra teams be achieved?

As teams are made up of six players, this enables the opportunity for schools to enter multiple teams. The great thing about small sided hockey games such as Quicksticks is that they are designed to include all players and provide them with the opportunity to have lots of touches of the ball.

### The route from here to County Final - Inter School Competition (Level 3)

County organisers decide on the number of year six teams which can qualify for County Final - Inter School Competition (Level 3) and when County Final - Inter School Competition (Level 3) Quicksticks festivals will take place.

England Hockey recommend that either November/December or April/May are utilised where possible.

### How can regularity be achieved?

Quicksticks is supported by a delivery resource which provides six weeks worth of lesson plans for each year group, as well as 49 challenge cards. Regular festivals can be organized to provide games at different venues against different schools. Competitions take place throughout the year and we enable flexibility in this as this is an introductory format to the sport.



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