

Challenge Card 3

Team Island

This challenge is a bit like musical chairs!

- 1) Using chalk or cones, mark out some islands on the floor (your teacher may have already done this for you).
- 2) Every player needs a stick and a ball and as a group, you need to pick someone to be in charge of the game (this might be your teacher to begin with).
- 3) Every player starts with 5 points – it's up to you to keep your own score as you go along!
- 4) Dribble the ball around the play area until you hear the person in charge shout out a number. If the number is four, you have to dribble your ball to an island and make a team of four.
- 5) If there is already the set number of players on an island, you will need to dribble your ball to another island which has fewer than four people on it.
- 6) Players who don't get on an island lose a point, but players who do get on an island gain a point!
- 7) The first player(s) to get to the target number of points wins the game, so if the target number is 10, then the first player(s) to get 10 points is the winner!



Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * Don't bump into anyone!



Teaching Points

Moving with the ball (Dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Equipment

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

Adaptations

Easier

- S** Make more islands
- T** Shout larger numbers of groups giving more chances
- E** Use various sizes of balls
- P** Fewer player in one space – match players for ability

Harder

- S** Make the area larger
- T** Use basic numerical challenges to get the number
- E** Make small entrances onto islands for better players
- P** Differentiate players with coloured bibs and then ask players to make teams of a similar colour on the islands



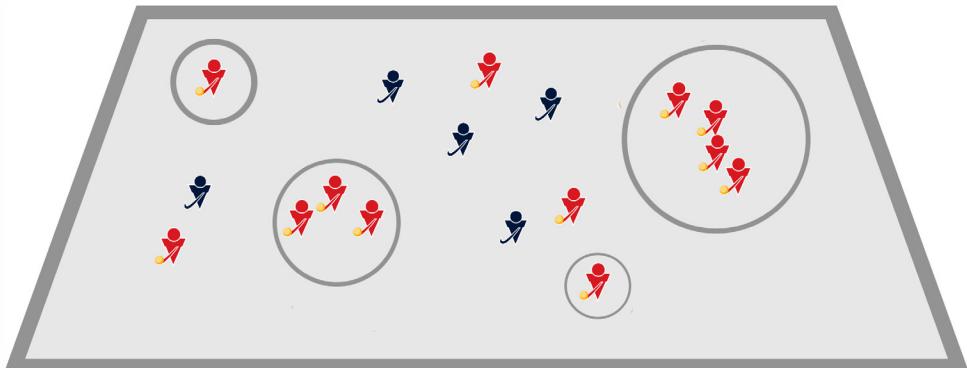
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PIRATE ISLAND



- > 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.



ENGLAND
HOCKEY

PITCH: 25m x 25m

PLAYERS: Minimum 8

EQUIPMENT: Sticks | Balls | Bibs | Cones | Throw down lines

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PIRATE ISLAND



IS IT WORKING?

NO
CHANGE IT

YES
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 keep 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.
- > 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**



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HOCKEY

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Challenge Card 9

Number Challenge

- 1) Get into a group of five and give each player a number so that there is a one, two, three, four and five
- 2) All players should keep moving around the playing area trying to find their own space (an empty area).
- 3) The ball needs to be passed from player to player in the order of their number, so player 1 has the ball to start with and they need to pass it to player 2. Then, player 2 should pass to player three, player three should pass it to player four, and player four should pass to player five who then passes back to player 1 and the challenge starts all over again!
- 4) Players should be moving about into empty space all the time. Be careful not to bump into anyone!



Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Teaching Points

Passing

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

Receiving the ball and keeping control

- * Children should have a wider grip on the stick – move hands further apart
- * Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- * 'Welcome' the ball onto the flat (green) side of the stick with 'soft' hands
- * Encourage the use of the flat (green) side of the stick at all times
- * Encourage children to move their feet quickly to get their stick into position or turn the stick

Equipment

- * 4 cones
- * 1 stick per player
- * 1 ball per group

Adaptations

Easier

- S** Make the area smaller
- T** Pass to anyone – don't use numbers
- E** Use a larger ball
- P** Have fewer players

Harder

- S** Make the area bigger
- T** Change the numerical order. Keep a count of the passes
- E** Use two balls
- P** Time how long they keep the ball in the marked area



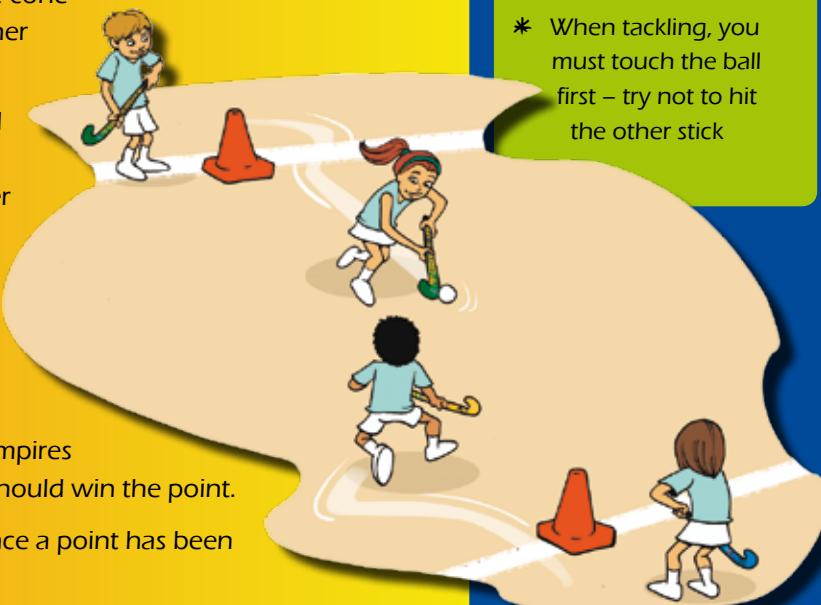
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Active Tackle Challenge

- 1) You need to be in groups of four for this challenge.
- 2) You need two cones, a stick each, and one ball per group. Only two players in this challenge will be active at any one time – the other two players will be watching.
- 3) Stand opposite each other across the width of a netball court. Place one of the cones on each end of the netball court.
- 4) If you have the ball (player 1), your aim is to get to the cone at the other end by dribbling it and not letting the other player (player 2) steal it.
- 5) If you do not have the ball, your aim is to steal the ball by tackling player 1. Remember that you should only hit the ball with your stick and should not hit the other player's stick.
- 6) Player 1 will win a point if they manage to dribble the ball to the cone on player 2's side and player 2 will win a point if they manage to successfully stop player 1 from doing this.
- 7) The two players who are watching could act as the umpires and decide if the ball has been taken fairly and who should win the point.
- 8) Swap over with the two players who are watching once a point has been scored.



Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * When tackling, you must touch the ball first – try not to hit the other stick



Teaching Points

Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Tackling



Safety Point Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- * Children should keep the stick on the floor when they tackle
- * Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control

Equipment

- * 4 cones per group
- * 1 ball per group
- * 1 stick per player

Adaptations

Easier

- S** Make less space available so that it is easier to tackle
- T** Walk through it
- E** N/A
- P** Start closer together

Harder

- S** Make more space available so that it is harder to tackle
- T** Go at running pace
- E** Use a smaller ball
- P** Start further apart

Challenge Card 46

Number's Up!

- 1) Get into two teams of four and give every player a number so that there is a 1, 2, 3 and 4 on each team. All players need a stick and there should be one ball per game.
- 2) The two teams will be playing against each other in this challenge, and the aim of the game is to score more goals than the other team by successfully passing and dribbling the ball towards the goal.
- 3) The number 1s on both teams should mark each other, the number 2s should mark each other, the number 3s should mark each other and the number 4s should mark each other.
- 4) You are only allowed to tackle the player on the other team with the same number as you.
- 5) To start the game, one team should have the ball and pass it to one of their team mates.
- 6) The team without the ball can try to gain possession by tackling the player who has the ball – remember though, you can only tackle a player if they are the same number as you. If you are number 3 and number 4 on the other team has the ball, you are not allowed to tackle them! You can also win possession by intercepting a pass (this means stopping the ball before it reaches the player it was meant to go to). Any player can intercept the ball.
- 7) When tackling a player, you should try and get the ball and you shouldn't hit another player's stick on purpose.
- 8) Try and score a goal if you have the opportunity to. When a goal is scored, the other team should restart the game in the middle of the pitch.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * If you tackle, you must touch the ball first!



Teaching Points

Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Passing and 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

Tackling



Safety Point Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- * Children should keep the stick on the floor when they tackle
- * Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control



Equipment

- * 4 cones
- * 1 stick per player
- * 1 ball
- * Quicksticks goal/s
- * Bibs

Adaptations

Easier

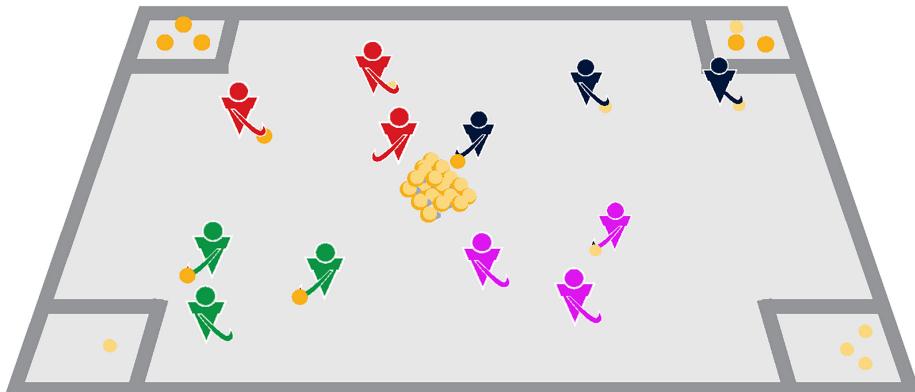
- S** Alter the size of the ball accordingly
- T** No tackling – just intercepting or only named players can tackle
- E** Use a larger ball
- P** Play with one side having more players than the other

Harder

- S** Alter the size of the ball accordingly
- T** Players have to make three passes before a shot on goal
- E** Use a smaller ball. Put goals out wide instead of using a line
- P** Play with one side having more players than the other



TREASURE HUNT



- > Mark out four corners with different colour bases for each team and put lots of hockey balls in the centre of the pitch.
- > The players are pirates, their coned area is their boat and the balls are the treasure!
- > When the game starts the first player in each team runs to the middle of the playing area, collects a ball and carries it back to their base. They then tag in their next player who runs and collects the next ball.
- > The game continues for 30 seconds to a minute, after the game ends ask teams to count up the number of balls they have managed to collect.
- > Play for a set period of time and the team with the most points wins.
- > You could allocate one player whose role is to run to other team's bases/boats, steal one ball at a time and return it to their own base/boat.



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HOCKEY

PITCH: 15m x 15m

PLAYERS: Minimum 8

EQUIPMENT: Sticks | Balls | Bibs | Cones | Throw down lines

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TREASURE HUNT



IS IT WORKING?

NO

CHANGE IT

- > Use a Quicksticks ball which is bigger, lighter and easier for beginners to control.
- > Players are unable to protect or hide their own balls during the progression of this exercise.
- > Give players lots of success initially by reducing down the distance between the boats and the treasure.
- > Players may look for loop holes to gain the most balls, likely passing balls directly from the middle of the pitch back to their base; to stop this state that players have to carry the ball back to their base.

YES

CHANGE IT

- > If you are using a variety of different coloured balls allocate a certain colour which is worth more points to make the game more competitive.
- > Increase the distance between the bases / boats and the treasure to increase the time it takes for players to move.
- > Add a few pirates or defenders into the game who look to steal balls from boats and tackle players and return them to the middle of the pitch.

THINGS TO THINK ABOUT

- Q How you can bring the theme of the game to life when you are first explaining the game, this will only add to young players enjoyment.
- Q In a game where the aim is to collect lots of treasure, how you carry the ball to go faster?
- Q What tactics did your team put into action to get the most treasure?

- > There are a number of potential loop holes with this game, think about whether you want to reduce these by adding rules or whether you give players a chance to explore, make decisions and potentially exploit loop holes.
- > Don't forget to **CHANGE IT**



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