



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.playquicksicks.co.uk



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 - 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.

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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For more primary school hockey information, activity ideas and guidance please see www.playquicksticks.co.uk