



Hockey for SGOs

SECONDARY

What's unique about Hockey

Hockey is engaging and fun. Everyone gets a stick and is always involved in the game, enhancing a young person's interest to be active. The sport promotes physical fitness, teamwork, and strategic thinking. This helps develop a young person's interest, social, emotional, physical and mental wellbeing through creating a comfortable and safe environment that allows them to learn and grow.

It is inclusive, suitable for all skill levels ages and genders, encouraging participation. All content/rules can be adapted by SGOs to meet local needs as a 'for all' or 'targeted' offer. Hockey builds character and teaches sportsmanship, resilience, and leadership.

Clubs often have a strong community focus, fostering a sense of belonging and teamwork.

What is the intent of your format



Develop confidence and competence within physical activity/sport skills



Improve knowledge and understanding of sport and physical activity



Provide inclusive opportunities

Hockey is a fantastic choice for schools as it effectively supports the development of key skills and positive attitudes toward sport. It helps young people build confidence and competence in physical activity by teaching fundamental skills like coordination, balance, and teamwork in a fun and structured environment. As young people engage with the game, they also deepen their understanding of important sports concepts, such as strategy, fair play, and the benefits of regular physical activity. Additionally, hockey creates positive experiences through its inclusive and engaging nature, allowing all young people to participate, succeed, and enjoy being active, which fosters a lifelong love of sport and healthy living.

It's just not Hockey if you...

1

Don't develop passing, dribbling, goal scoring, and tackling techniques.

2

Don't feel welcome, respected, and valued as part of the team.

3

Don't play safe, play fair, and embrace the Spirit of Hockey values.

Target group benefits



All young people



Ethnically diverse communities



Free school meals



SEND



Targeted groups of young people

Our School Games offer can be delivered as a for all offer, or easily modified to target specific groups and include SEND students.

Many clubs offer equipment and some even have bursaries for young people who may not have sufficient financial resources to meet the full cost of club membership.

For targeted groups of young people hockey provides a level playing field as at the start of the participation journey – everyone is a beginner.



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How to run inter-competition



How to set up

Two full size 'In2Hockey' pitches can be set up across a standard 11-a-side pitch. Refer to the game card for pitch markings that relate to 6 v 6 or 7 v 7

Rules

6 v 6

- Six players are permitted on the pitch at any one time, no goalkeeper
- Teams may have four substitutes
- Defending players are not permitted to enter the restricted zone at any time.

7 v 7

- Seven players are permitted on the pitch at any one time from each team (six outfield players and one fully kitted out goalkeeper). Teams may have three substitutes.

Duration

- Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than 5 minutes.

Scoring

- 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
- If a winner is deemed necessary, then penalty 1 v 1 shots can be taken.

Format

- Competitions can be delivered in different ways e.g. as a round robin event, knockout etc. depending on time and space available
- To download the full rules and advisory guidelines for 6 v 6 or 7 v 7 visit [here](#).



Age group

KS3 = 11 to 14 years old
KS4 = 14 to 16 years old



Gender

Mixed/Male/Female



Participant numbers

- 6 v 6 (no goalkeeper) - Teams may have four substitutes
- 7 v 7 (with fully kitted out goalkeeper) - Teams may have three substitutes
- 11 v 11 (with fully kitted out goalkeeper) - A team consists of a maximum of sixteen persons.



Target audience

Small-sided hockey provides players with an authentic experience of the game, more touches of the ball and ultimately provides 'games' which players love. It is a great introduction for all young people prior to commencing the 11 v 11 version of the game.

Fully Inclusive offer as activities can be easily adapted e.g. players in zones.



Benefits for YP

Hockey is a values-based sport, developing teamwork, sportsmanship and skill development, e.g. physical competence (such as balance, co-ordination, agility and dexterity).

There is a level playing field at the start of the participation journey – everyone is a beginner.



Roles for YP

Use young people:

- As coaches, to support team moral, give encouragement and ensure equal playing time
- To officiate
- To manage scoring and competition results.



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Progression

- Encourage regular hockey within curriculum time using the 'Schemes Of Work' (SOW) which are available for teachers to help progress the skills and technique of the game. These can be found [here](#)
- Encourage extracurricular provision to practice skills, techniques and strategy
- Encourage teachers to attend a free online teacher training course
- Link with local hockey clubs to support schools. England Hockey can help with this 'Buddy Up' process.

Additional support

We want to support SGOs to feel confident to deliver local activity. England Hockey offers opportunities to find support via face-to-face training and physical resources. This will be detailed on the England Hockey website [here](#).

NGB regional contacts

For queries relating to school games or school hockey please contact schools@englandhockey.co.uk.

Personal development

Coaching

During the school year England Hockey run several free online training sessions for Secondary schools. All details are found on the Hockey Hub which is England Hockey's training platform [here](#).

Young Leaders

- England Hockey has a two-hour Young Leader course which can be delivered by SGO's for free. This course will upskill young leaders to organise and lead the Primary Skill Station Festivals.
 - Downloads can be found on the [England Hockey website](#)
- Free online courses for game-based formats can be found on our leadership page on the [Hockey Hub](#) To gain access to the Hockey Hub please register for free
- Young leaders may access the online umpiring small-sided games course [here](#).

Where to participate next

- 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 signpost or 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.

Where to compete next?

- England Hockey has opportunities for schools to play in U14 State School Festivals. The festival is 7-aside and ideal for hockey players who have a limited amount of experience and are of a recreational standard. Find out more [here](#) - or email schools@englandhockey.co.uk
- For those schools who are advanced England Hockey offers a tiered Schools Championships. These Championships provide different levels of competitive opportunities for schools. Find all the information about England Hockey School Championships [here](#) or for further details schools.championships@englandhockey.co.uk.



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Why Hockey for your school?

Hockey is a gender-equitable team sport that is, fun, fast, safe, and exciting. Suitable for all ages, abilities and skill levels, it can be played on multiple surfaces including playgrounds, grass or indoors. Simply grab a stick choose a format to play and get started.

Teachers can choose between two competitive small-sided game-based formats. Alternatively, choose from a choice of specific skill based challenges. Each challenge is designed to build confidence and develop essential skills like agility, balance, and coordination, which are vital for all sports and everyday life.

How to use activities in curriculum time

'Schemes Of Work' (SOW) are available to allow teachers to teach Hockey within curriculum time. The skills and techniques of carrying, moving, attacking, defending and goal scoring are all covered within the content.

Additional support

England Hockey's online learning platform, Hockey Hub has lots of helpful information including finding the most suitable format of the game, the resources available to you, basic teaching principles and some example delivery content. Sign up for free [here](#).

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Where to compete next?

- Reach out to your SGO to find out about inter-school Hockey events
- England Hockey has opportunities for schools to play in U14 State School Festivals. The festival is 7-aside and ideal for hockey players who have a limited amount of experience and are of a recreational standard. To find out more visit our website or email schools@englandhockey.co.uk
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Duration

- Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than five minutes.

Scoring

- The team scoring the most goals is the winner
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Target audience

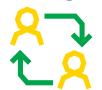
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In2Hockey Game Based Format 6 v 6

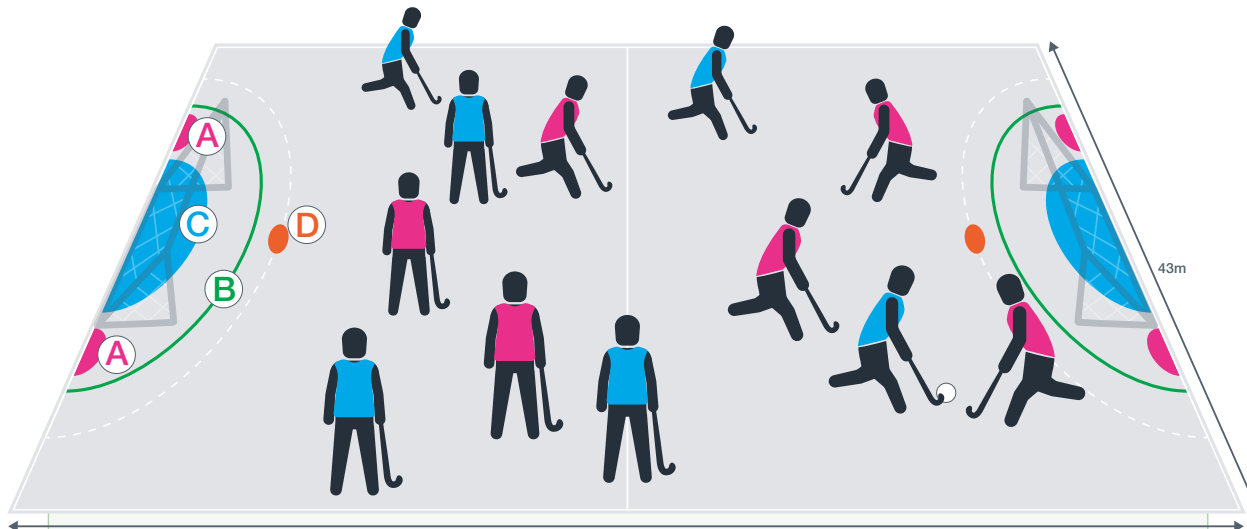
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A Penalty Corners Marks on both sides of goal, 10m from goalpost for PC injection

B Shooting Circles Radius 14.5m

C Restricted Zone Radius 4.5m

D Penalty Shot Spot 3m from top circle



How to make it easier

- Give players their own playing zone
- Increase the size of the goals

How to make it harder

- Introduce conditions – for example five passes must be made before a shot on goal can be made

Spirit of the Games



- How can your team improve their teamwork skills?
- What are some ways you can show support to a teammate who is struggling?



- How do you show respect to the referees, even if you disagree with their calls?
- How does being respectful help make the game more fun for everyone?

How to play

- An 'In2Hockey' team consists of six players on the field of play at any one time, no goalkeeper
- Teams may have four substitutes
- Defending players are not permitted to enter the restricted zone at any time.

Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than five minutes. For specific guidance on suggested match durations for different ages please click [here](#).

Scoring

- 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
- If a winner is deemed necessary, then penalty 1 v 1 shots can be taken.

Safety

- Encourage players to keep looking up to ensure that they don't bump into each other
- It is strongly recommended that shin protectors and mouthguards are worn by players on the pitch
- For full rules and guidance click [here](#).

Equipment required

- Balls
- Hockey stick per player
- Cones to mark the area
- Bibs

Space required

- Pitch Length: 55m, width: 43m, halfway line 27.5m Two full size 'In2Hockey' pitches can be set up across a standard 11-a-side pitch.

Difficulty level



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SCHOOL GAMES



In2Hockey Game Based Format 7 v 7

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A Penalty Corners 5m and 10m from each goalpost on the back line

B Shooting Circles Radius 14.5m

C Penalty Shot Spot 5m from the goal line



How to play

- Seven players are permitted on the pitch at any one time from each team (six outfield players and one fully kitted goalkeeper). Teams may have three substitutes
- Match durations can vary, depending on the type of activity and the nature of the competition. Matches are usually two halves (of approximately 12-15 minutes each) with an interval (half-time) of not more than 5 minutes. For specific guidance on suggested match durations for different ages please click [here](#).

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Safety

- Encourage players to keep looking up to ensure that they don't bump into each other
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Equipment required

- Hockey stick per player
- For matches involving younger, inexperienced players, it is preferable to use a 'In2Hockey' ball. The ball is the same size but weighs 100 grams so is lighter than a standard hockey ball. Players who have played hockey before may be comfortable with a standard hockey ball
- In the interest of safety, goalkeepers must wear full goalkeeping equipment including:
 - Full helmet with throat guard
 - Leg protectors
 - Body protector (groin and chest areas)
 - Abdominal guard or box
 - Hand protectors
 - Goalkeepers must also have a stick

Space required

- Pitch Length: 55m, width: 43m, halfway line 27.5m Two full size 'In2Hockey' pitches can be set up across a standard 11-a-side pitch.

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