



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 competitive game-based formats or adaptable skill stations. 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 the skill station content within curriculum time. The skills of passing, dribbling and goal scoring are all covered within the content. Defending/stealing can be taught as an optional addition, depending on the confidence of the teacher. The same content is reinforced in intra/inter school festivals. These can be found [here](#).

Throughout the challenges young people can be rewarded for the demonstration of wider personal skills alongside their hockey skills – for example the School Games values of determination, passion, respect, honesty, self-belief and teamwork.

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. All courses will be shown [here](#)

Personal development

Teachers

As a teacher we want to help you develop your subject knowledge further to give you confidence to deliver hockey across year groups in your school. During the school year England Hockey run several free online training sessions [here](#).

Young Leaders

- England Hockey has a two-hour 'Young Leader' course which can be delivered by PE staff for free. This course will upskill young leaders to organise, lead or officiate at skill station festivals
- Free online courses for game-based formats can be found on our [leadership page](#) on the Hockey Hub
- Young leaders may access the online umpiring small-sided games course [here](#)
- Visit [here](#) for extra support and guidance.

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?

- Reach out to your SGO to find out about inter-school Hockey events
- Hockey Clubs often provide junior teams for U8, U10, U12.



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How to run intra-competition: Skill Station Festival



How to set up

Set out the playing area with your chosen challenges (up to eight is recommended).

Each challenge will have a different layout so check the cards for information.

Games can be adapted to suit needs of young people by adding/removing elements – e.g. tackling, defending.

Each game has a method of points scoring – some based on performance, and some based on School Games values.

For final calculations, we suggest teams are awarded points based on their comparative scores in each station – e.g. If they finish with the most goals in a game, and there are 8 teams competing, they would be awarded eight points, 2nd place gets seven points etc. Score cards can be found [here](#).



Age group

KS2 (7 – 11 year olds)



Gender

Mixed



Participant numbers

Up to eight stations with approx. Eight players per station. If more players, duplicate stations or increase numbers per station.



Target audience

Suitable for all as games can be adapted for a variety of experience levels.

Fully Inclusive offer as activities can be easily adapted.



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:

- To set up the playing area and monitor a specific station
- As team managers to organise a group of young people and their journey throughout, giving encouragement to try their best
- To award points and manage scorings should ensure the safety of the game.



Progression

- Offer regular hockey within curriculum time using the SOW which are available for teachers to help progress the skills and technique of the game. The games included in the SOW are the same games that we recommend for inter/ intra competitions. These can be found [here](#)
- Host extracurricular provision to practice skills
- Contact your local SGO to enquire about local inter-competition opportunities
- Link with local hockey club to support your schools. England Hockey can help with this 'Buddy Up' process
- Attend a free online teacher training course.



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How to run intra-competition: Quicksticks Game Based 4 v 4 (no goalkeeper)



How to set up

If a full-size artificial turf pitch is available, then eight Quicksticks pitches can be marked out on one pitch.

Two pitches per quarter, with goals on the sidelines and back-to-back in the middle of each quarter.

In a competitive situation the gender balance should be adjusted to provide equitable standards of play.

Rules

Quicksticks starts with one team being given a centre pass (taken from the centre of the pitch) which can be passed in any direction.

The direction of play for teams is alternated at the start of each period of the game.

Scoring

A goal is scored when the ball has been struck or deflected off a player's stick (either an attacker's or a defender's) from within the shooting area (circle), and it crosses completely over the goal-line between the posts and under the cross-bar.

Duration

Games are played in thirds and last for between five to seven minutes (depending on the age of the players) with a two minute break between periods.

To download the full rules click [here](#).



Age group

KS2 (7–11-year-olds)



Gender

Mixed



Participant numbers

A team consists of six players; four of which are on the field of play at any one time (4v4), with the remaining two encouraged to take on leadership roles such as umpiring and managing.

Eight Quicksticks pitches = 16 teams = 96 participants.



Target audience

Introductory game-based version for those wanting a more competitive offer that is suitable for all.

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.



Progression

● Offer regular hockey within curriculum time using the SOW which are available for teachers to help progress the skills and technique of the game. These can be found [here](#)

- Host extracurricular provision to practice skills
- Contact your local SGO to enquire about local inter-competition opportunities
- Link with local hockey club to support your school. England Hockey can help with this 'Buddy Up' process.



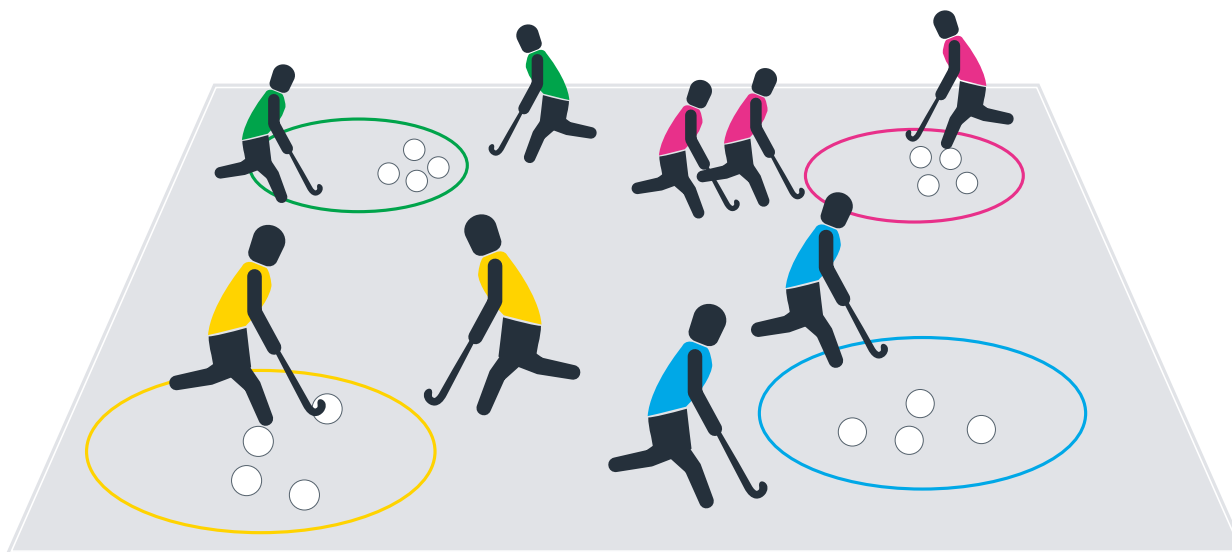
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Great Goal Robbery

PRIMARY



How to make it easier

- Start the game with no sticks just balls
- Make islands bigger
- Move islands closer together
- Extend the time
- Use larger balls
- Create islands with balls in, but no team
- Only allow one player per team to go at once

How to make it harder

- Add a stick
- Make islands smaller
- Move islands further apart
- Shorten the time
- Have fewer balls across the pitch
- Have different numbers of players per team

Spirit of the Games



- How can you show respect to the other team, even if you win?
- How can we show respect to our teammates who might be struggling or having a bad day?



- How can honesty help build trust between teammates?
- What should you do if you accidentally break a rule during a game?

How to play

Mark out four to eight islands. Place a set number of balls on each island. Ask players to split evenly over the islands. When the game starts, the players need to go to a different island, get a ball, and dribble it back to their own island.

Only one ball can be taken at a time. Islands cannot be guarded to stop others from stealing balls. Players must visit a new island each time (i.e. they can't keep stealing from the same island).

Play for between one to two minutes each round.

Aim is to get the most balls in your island.

Scoring

Points to be awarded for demonstrating the Honesty School Games Value (max.10)

Safety

- Head of the stick must always be on the floor
- Encourage players to keep looking up to ensure they don't bump into each other.

Equipment required

- Something to mark the islands
- Large Quicksticks Balls
- 🏑 Hockey stick per player

Space required

- Any surface, existing markings can be used for islands.

Estimated set-up time

- 2 minutes.

Difficulty level



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SCHOOL GAMES



Jack, Queen, King

PRIMARY



How to make it easier

- Have a higher number of Kings
- Make space bigger

How to make it harder

- Reduce the number of Kings
- Make the space smaller

Spirit of the Games



- Why is it important to keep going, even if you lose a game?
- What does determination mean to you, and how can it help you play hockey?



- What does it mean to be kind to your teammates?
- Why is it important to respect the rules of the game?

How to play

Split your players in to three groups – Jacks, Queens and Kings

- Jacks have no stick or ball
- Queens have a stick only
- Kings have a stick and a ball

Aim of the game is to be a King for as long as you can

- Jacks must tag a Queen to take their stick, to become a Queen
- Queens use their stick to steal the ball from the King, to become a King
- Kings must protect the ball from Queens
- Jacks cannot become Kings
- If a Jack is tagged they cannot tag the same person back immediately
- Play for 60 seconds per round and rotate roles each round.

Scoring

Points to be awarded for demonstrating the Respect School Games Value (max.10)

Safety

- Sticks must be carefully handed over after being tagged
- Head of the stick must always be on the floor
- When the King has the ball, they must be encouraged to keep their head up.

Equipment required

- Large Quicksticks Balls
- Hockey sticks for Kings and Queens
- Cones

Space required

- Any surface, appropriate size for group.

Estimated set-up time

- 1 minute.

Difficulty level



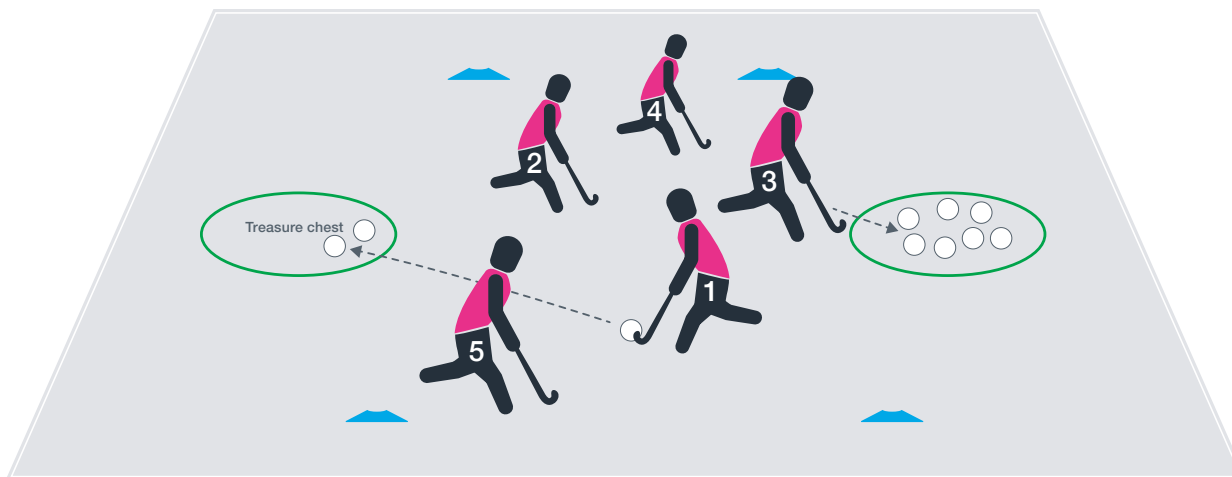
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Team Treasure Chest

PRIMARY



How to play

Split the group into teams, and assign a number, e.g. if there are five in the group then number players one to five. Each team marks out a playing area with cones and adds a 'Treasure Chest' (circle/hoop) at the bottom, and a hoop with lots of hockey balls in it at the top. The aim of the game is to move the balls from the hoop to the 'Treasure Chest'.

Players move around in their playing area until the person in charge calls out a number. If they call out number three, then player number three moves to the hoop and collects a ball. They must pass the ball from the hoop to a teammate in the playing area.

The player who has been passed the ball receives it with their hockey stick. If another teammate is closer to the 'Treasure Chest', the ball can be passed to them, before being dribbled into the 'Treasure Chest'.

Organiser calls another number, and the process is repeated.

Scoring

A point is awarded for every ball moved from the hoop to the treasure chest, within the allotted time (e.g. two mins).

Safety

- Head of stick near floor at all times.
- Players to look up when moving around and receiving the ball.
- Players should be encouraged to move into space.

Equipment required

- Large Quicksticks Balls
- Hockey stick per player
- Cones
- Hoops

Space required

- Any surface, adaptable based on group experience, a square three metre per side to start.

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Player in hoop could roll the ball in by hand to help teammates control easier
- Make the playing area smaller

How to make it harder

- Make the space larger so the passes are longer
- Call two numbers together to bring more balls and players to play at the same time

Spirit of the Games



- Why is teamwork important in hockey?
- How can you help a teammate who is feeling sad or upset?



- How do you feel when you try something new in hockey?
- How can believing in yourself help you improve your hockey skills?



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Sharks & Fishes

PRIMARY



How to play

Split group into two. Teams start at opposite ends of pitch. On one side the players have a ball each, they are the 'Fishes' and the players on the other side don't have balls, they are the 'Sharks'. The 'Sharks' aim is to steal the balls from the 'Fishes' and win possession before they get to the other side of the playing area. When a fish loses their ball, they become either a 'Shark' or 'Seaweed'. 'Seaweed' is stuck on the spot and their job is to support the 'Sharks' in winning possession of the ball from the 'Fishes' left in the game.

Scoring

Points to be awarded for demonstrating the Self-belief School Games Value (max.10)

Safety

- Focus is on stealing, so players must always keep head of stick near the floor
- Look up when carrying ball.

Equipment required

- Large Quicksticks Balls
- Hockey stick per player
- Cones to mark the area

Space required

- Any surface, appropriate size for group.

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Remove all sticks and balls, so players just need get to the other side without being tagged
- Have fewer 'Sharks'
- Make the playing space bigger
- No stealing by the 'Sharks', they must shadow and force 'Fishes' out the playing area

How to make it harder

- Make the playing space smaller
- Have a time limit for 'Fishes' to get across to the other side
- Have more sharks

Spirit of the Games



- How do you cheer yourself up when you make a mistake in a game?
- What do you do when you feel like giving up during a tough practice or game?



- What should you do if you start to doubt yourself during a game?
- What can you say to yourself if you start to feel nervous before a game?



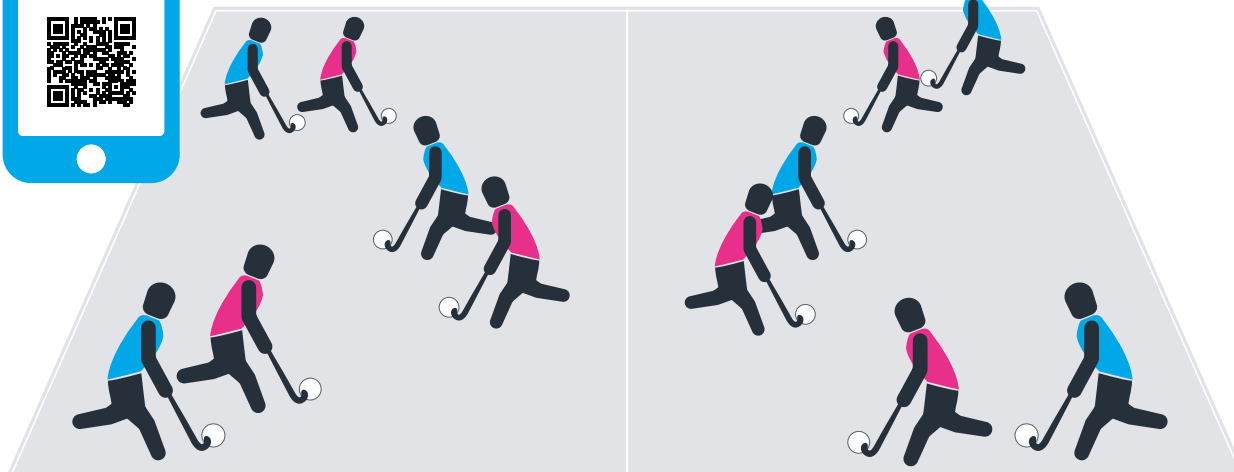
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Catch Me If You Can

PRIMARY



How to make it easier

- Start as a mirroring game - follow the leader but no tagging
- Progress to tagging, but first player gets a five second headstart
- Keep the same number of pairs in the playing area (do not swap pitches when tagged)

How to make it harder

- Have two players chasing the leader
- Reduce the size of the playing area
- Add in extra cones to carry the ball around

Spirit of the Games



- How do you encourage your teammates to keep trying when things are tough?
- Why is it important to keep practicing, even if you're already good at something?



- How can you help your teammates believe in themselves?
- What does it mean to believe in yourself?

How to play

Set up two playing areas side by side.

Players divided into pairs, and each player has a stick and a ball.

One player is in front of the other and begins to dribble the ball away from their partner. The second player also dribbles the ball, following the first player and tries to tag/catch them. Once tagged, both players move across into the other playing area and switch roles.

Scoring

Points to be awarded for demonstrating the Determination School Games Value (max.10)

Safety

- Head of the stick must always be on the floor
- Encourage players to keep looking up to ensure that they don't bump into each other.

Equipment required

- Large Quicksticks balls (or any ball)
- Hockey stick per player
- Cones to mark the area

Space required

- Any surface, appropriate size for group.

Estimated set-up time

- 1 minute.

Difficulty level



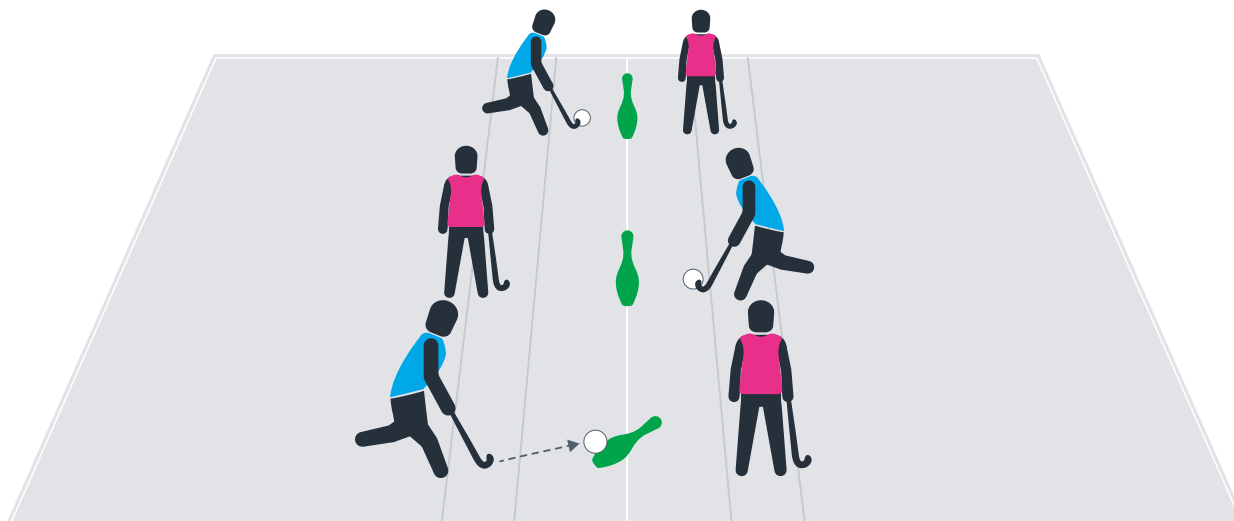
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Skittles

PRIMARY



How to make it easier

- Increase the size of the target (a football or make a gate with two cones to shoot through)
- Move the shooting position closer to the target
- Use larger balls

How to make it harder

- Make the target smaller in size
- Only use the further scoring line

Spirit of the Games



- Why is it important to communicate with your teammates when playing?
- How do you feel when you help your team score a goal?



- What do you do to stay positive when things aren't going well in a game or practice?
- Why is it important to believe in yourself, even when others might doubt you?

How to play

Get a target (eg. skittles, or cones with a ball balanced on top) and set them up in a line with a space between each one.

Get into pairs (one stick per person, one ball per pair) and stand opposite each other so that the target is in the middle.

Mark out two scoring lines, one closer, and one further away. Players choose which line they'd like to shoot from.

One player pushes the ball to try and hit the target. If they miss, their partner can retrieve the ball and pass it back to them.

After five attempts, switch over and count how many times your team hits the target.

Scoring

Points to be awarded for each time the player hits the skittle (one point from closer scoring line, and two points from the further scoring line), within the allotted time (e.g. two minutes)

Safety

- Head of the stick must always be on the floor when aiming for the target.

Equipment required

- Large Quicksticks balls (or any ball)
- Hockey stick per player
- Skittles, (or cones with a ball balanced on top)

Space required

- Adaptable based on numbers of players but a square approximately 10m per side.

Estimated set-up time

- 3 minutes.

Difficulty level



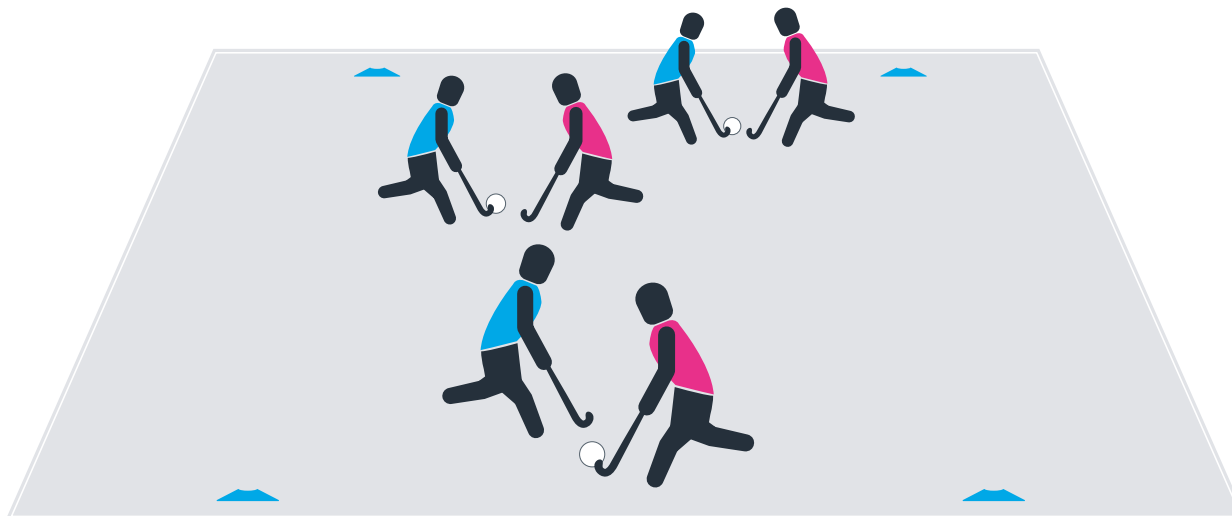
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SCHOOL GAMES



Gain Ball

PRIMARY



How to make it easier

- Make the playing area larger
- Introduce safe zones (no stealing)
- Have fewer 'Chasers'
- Play at a slower pace (e.g. walking)

How to make it harder

- Make the playing area smaller
- Have more 'Chasers'

Spirit of the Games



- How do you stay motivated when you're tired or things aren't going well?
- How do you feel when you achieve a goal you've worked really hard for?



- Why is it fun to practice and get better at hockey?
- What can you do to help a teammate who might be feeling less passionate about hockey?

How to play

- Mark out a playing area
- Each player needs a hockey stick but only two or three within the group have a ball
- Those without a ball are 'Catchers' and they must steal the ball with their stick from one of the players with a ball
- Those with a ball are 'Chasers' and they must try to keep their ball and stop a 'Catcher' from stealing it
- If a 'Chaser' loses the ball, they then become a 'Catcher'
- All players must remain inside the playing area
- Play for 60 seconds and change roles each time.

Scoring

Points to be awarded for demonstrating the Passion School Games Value (max.10)

Safety

- Head of the stick must always be on the floor when aiming for the target
- Encourage players to keep looking up to ensure that they don't bump into each other.

Equipment required

- Large Quicksticks balls (or any ball)
- Hockey stick per player
- Cones to mark the area

Space required

- Adaptable based on numbers of players but a square approximately 10m per side.

Estimated set-up time

- 1 minute.

Difficulty level



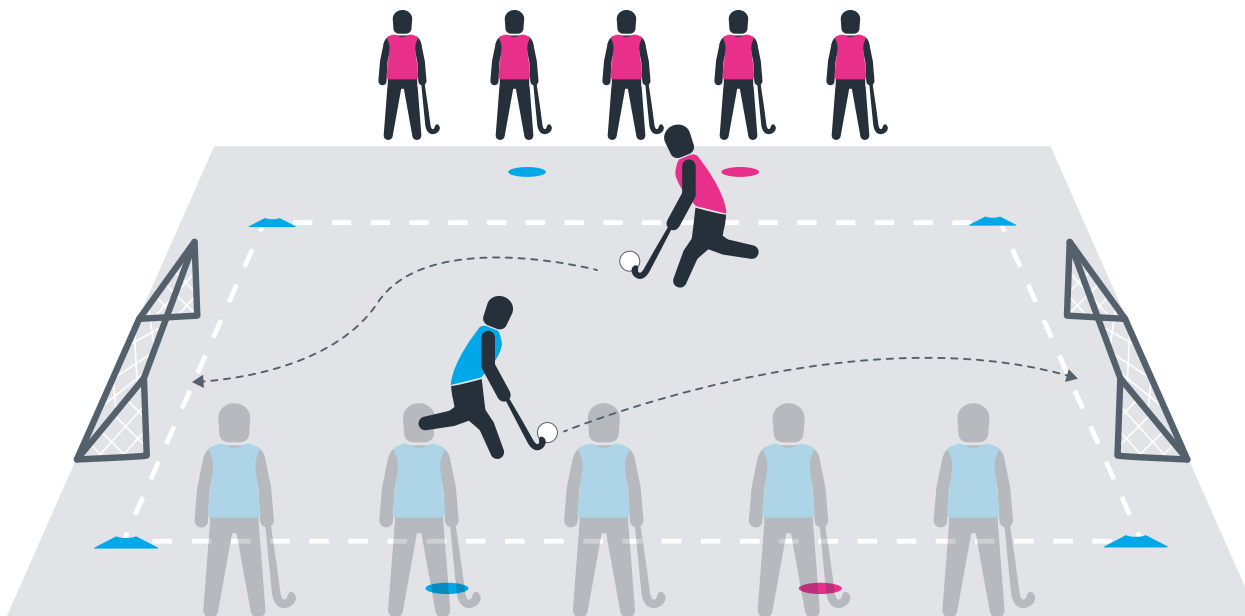
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Rapid Fire

PRIMARY



How to play

- Create two even teams and position players along each side of the playing area. Create two goals and a ball zone at each end of the playing area
- Number players from both teams (number one from both teams should be nearest to their ball zone), so the two number ones should be at the opposite ends of the pitch
- Organiser calls a number and the players from each team with that number run to their ball zone, dribble to the shooting area and then shoot at goal. They then retrieve their ball and return it to the ball zone, and another number is called




Scoring

Points awarded for the total of combined goals scored within the allotted time (e.g. two minutes).

Safety

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

Equipment required

-  Four cones, or Eight if using for goals
-  12 Large Quicksticks balls
-  Hockey stick per player

Space required

- Adaptable but approximately square 10m per side.

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Make the pitch smaller
- Move the shooting area closer
- Walk through the pitch
- Make the goals bigger

How to make it harder

- Make the pitch larger
- Introduce a time limit to score
- Make the goals smaller
- Add cones in the middle of the goal as a goal keeper – if the shot hits cones, the ball is saved
- If the shot hits the cones, the ball is saved

Spirit of the Games



- What are some ways you can practice determination?
- What does it mean to try your best in hockey?



- How do you feel when you achieve a goal that you worked hard for and believed you could reach?
- How does self-belief help you overcome challenges?



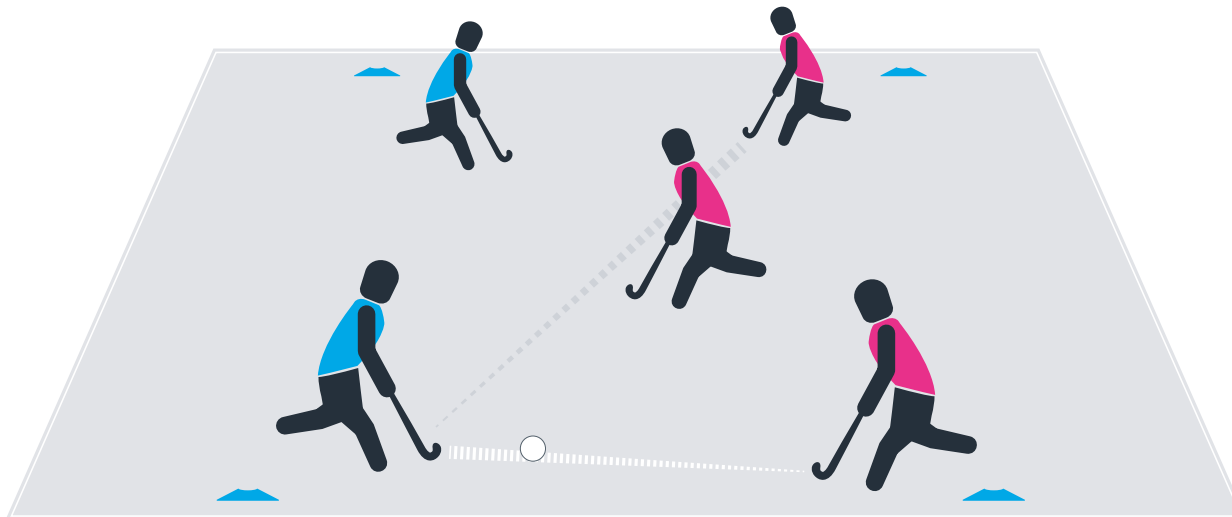
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SCHOOL GAMES



The Interceptor

PRIMARY



How to make it easier

- Reduce the playing area
- Have no order in passing
- The interceptor may touch the ball to intercept

How to make it harder

- Make the area larger
- Create an order for the passes
- Use two balls
- The interceptor must win and control the ball
- Add a second player in middle

Spirit of the Games



- How do you feel when you keep practicing something hard and finally get it right?
- What do you think is more important in hockey: talent or determination? Why?



- What should you do if you see a teammate making a mistake?
- What are some nice things you can say to your teammates during a game?

How to play

Put the players into small groups (three or more) and chose one person to be an 'Interceptor'. The other players need to pass the ball from player to player, whilst moving as they play. The 'Interceptor' must try to steal the ball by intercepting a pass (this means stopping the ball from getting to the player it was meant for). When the 'Interceptor' gains control of the ball, they should swap roles with the person who made the pass.

Scoring

Points to be awarded for demonstrating the Teamwork School Games Value (max.10)

Safety

- Encourage players to keep looking up to ensure that they don't bump into each other
- No tackling/stealing – only intercepting!

Equipment required

- Large Quicksticks balls
- Hockey stick per player
- Four cones for the area

Space required

- A square about five metres per side.

Estimated set-up time

- 1 minute.

Difficulty level



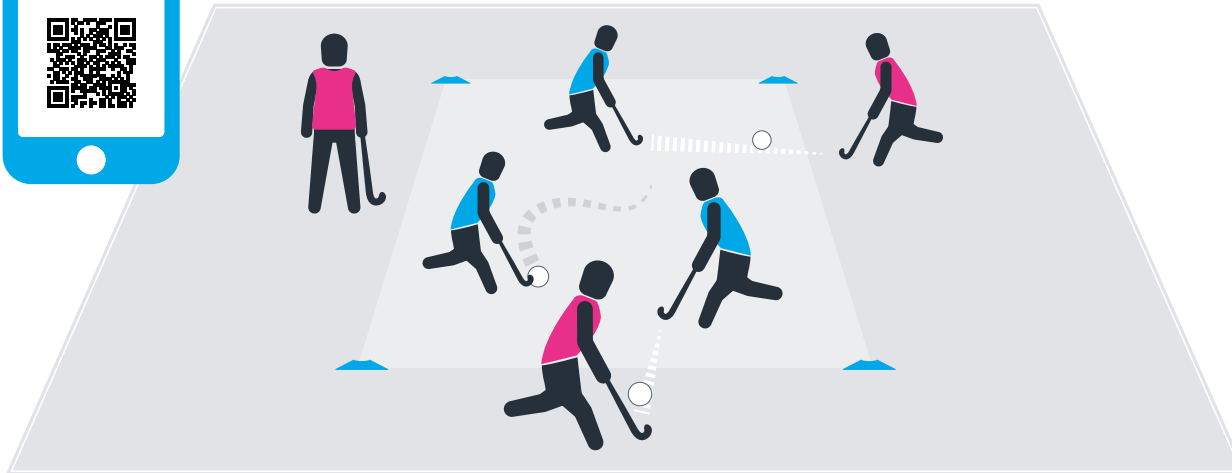
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SCHOOL GAMES



Bounce

PRIMARY



How to make it easier

- Make the area larger
- Reduce the number of players inside the area
- Pass to same person on the outside each time

How to make it harder

- When the players outside receive the ball and pass back to the player inside, they then swap roles.
- Add a defender or interceptor into the area

Spirit of the Games



- How do you share your love of hockey with your teammates and friends?
- How do you feel when you see your teammates playing with a lot of passion?



- What should you do if you see a teammate being dishonest?
- What should you do if you accidentally break a rule during a game?

How to play

Mark a playing area. Half the group stand inside the area and the other players stand outside the area. Players inside the area dribble the ball around and pass to one of the players on the outside of the area. They get the ball passed back to them from the same player and continue to dribble around the area, they then pass to a different player on the outside.

At an agreed point, players on the inside swap with those on the outside and repeat.

Scoring

A point is awarded for every time a player in the middle successfully makes a pass and receives it back in the allotted time (e.g. one minute). Players must count out loud as they complete their passes.

Safety

- Encourage players to keep looking up to ensure that they don't bump into each other
- Players to make sure the person receiving has made eye contact with them before the ball is passed.

Equipment required

- Large Quicksticks balls
- Hockey stick per player
- Four cones to mark the area

Space required

- Adaptable but approx. square 15m per side.

Estimated set-up time

- 1 minute.

Difficulty level



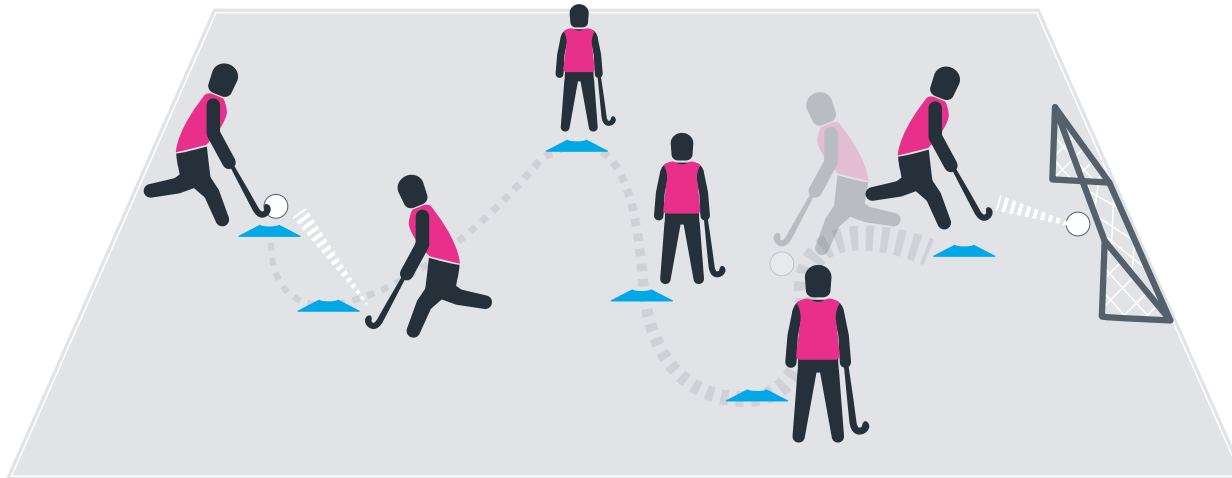
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Snakes

PRIMARY



How to make it easier

- Complete fewer passes/stations
- Walk through stations
- Scoring zone closer to the goal
- Have two players on each station (one as a back up)

How to make it harder

- More passes/longer passes/more stations
- Move scoring zone further away from the goal
- Get rid of cones and choose where to stand
- Add more balls at the beginning (station three and five)

Spirit of the Games



- How does working well with your teammates make the game more fun?
- How can your team improve its teamwork skills?



- Can you think of a situation where showing respect can make a big difference in a game?
- How can you show respect to your teammates during practice and game?

How to play

- Mark out a path to follow with cones (stations). Use six to start with
- Make sure the distances are different between each station and that the last station is positioned in front of a goal
- At the start, have one player near each station and at least two players, with balls, at the first station
- Player 1 (at first station) will pass the ball to the player on the next station and follow the pass. Players continue passing and following the ball from station to station until the ball reaches the last player who should shoot at the goal, pick up ball and dribble back to the first station. As soon as the player at station two is ready to receive, the process starts again, so with more players on station one, there should be a continuous 'snake' movement with multiple balls in play.

Scoring

A point is awarded for each goal scored within the allotted time (e.g. 2 minutes).

Safety

- Encourage players to keep looking up to ensure that they don't bump into each other
- Players to make sure the person receiving has made eye contact with them before the ball is passed.

Equipment required

- Large Quicksticks balls x10
- Hockey stick per player
- Cones to mark the stations
- Goal

Space required

- Adaptable but approx. square 15m per side.

Estimated set-up time

- 1 minute.

Difficulty level



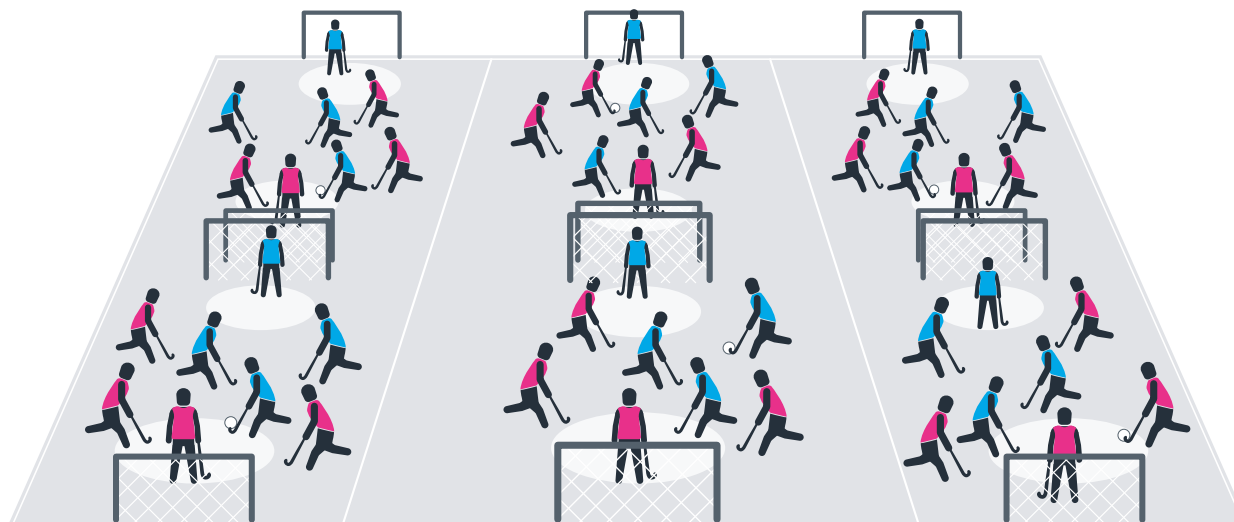
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SCHOOL GAMES



Primary Quicksticks

PRIMARY



How to play

- A Quicksticks team consists of six players; four of which are on the field of play at any one time (there are no goalkeepers)
- Games are played in thirds and last for between five to seven minutes (depending on the age of the players) with a two-minute break between periods
- The recommended size is that of a standard netball court. It can be played on a playground, synthetic turf or indoors. Areas referred to as attacking 'circles' or 'shooting areas' are marked with lines or throw-down markers
- In a competitive situation the gender balance within the teams should be adjusted to provide equitable standards of play.

Scoring

A goal is scored when the ball has been struck or deflected off a player's stick from within the shooting area (circle) into the goal.

Full rules and guidance are available for those looking for additional information [here](#).

Safety

- Head of the stick must always remain on the floor when carrying and stealing
- 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.

Equipment required

- Large Ball
- Hockey stick per player
- Goals
- Something to mark attacking areas

Difficulty level



How to make it easier

- Increase the shooting area to the last third of the pitch
- Use a Quicksticks ball which is bigger, lighter and easier to control
- Make goals larger

How to make it harder

- Make goal smaller
- Introduce conditions (such as a minimum number of passes before a shot)
- Decrease the shooting area

Spirit of the Games



- How can your team improve its 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?



ENGLAND HOCKEY

