

PRIMARY SCHOOL HOCKEY

SUPPORTING INFORMATION PACK



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1 Introduction

This pack is designed to complement the STIX Resources, whilst providing additional information on organising hockey in your school. It includes information on:

- Club Links
- Festival Organisation
- Equipment
- In-service Opportunities
- Skill Challenges
- Player Quiz

It is hoped that this information, along with the resources in the STIX Hockey Pack will give you the confidence to deliver hockey in your school, also ensuring the children enjoy a safe and fun environment to learn about the sport.

For further information on hockey, contact your local Active Schools Coordinator or:

Elanor Cormack

Hockey Development Manager (Tayside & Fife)

elanor.cormack@dundeecity.gov.uk

01382 431852.

2 Club Links

In order to create a progression pathway for young hockey players, it is important for the school to make a link to the local club. The way this link operates and what is involved from both the school and the club will vary depending on the local context and the capacity of the club.

The link may include: club coaches visiting the school and running tasters, club coaches involved in after-school sessions, club providing posters & leaflets for distribution in the school, club members attending health weeks & school events, school promoting the club to pupils, school taking a team to a club event, school pupils invited to club open day, and club players involved in role model work with the school. Ideally, the club should try to be involved in the cluster hockey festival (should follow tasters in the schools). This will allow a clear pathway into the club for the players.

In order to establish a club link, the school should contact the local club (likely via your Active School Coordinator). Where there is more than one local club, generally schools will be allocated to clubs based on the cluster they inhabit (consult local sports development officers). The club and the school should then agree what is going to be involved in the link and what are the commitments of both parties. It is important that this is agreed at the start so that both the club and school are clear on the expectations placed upon them. It is also helpful to draw up a calendar at the start of each school year (or term) to identify when the activity will happen. This can then be reviewed each year.

If you do not know who to contact to find your local club, contact Elanor Cormack, Hockey Development Manager (Tayside & Fife) on 01382 431852 or 07787 151063.

3 Festival Organisation

See the STIX Pack for more information on general considerations when organising a festival. Below is specific information on how to organise the games and schedule.

Youth Umpires – should be used if at all possible. Ideally, pupils from the local Secondary School and young people from the club could come and umpire as part of the Youth Umpire Award. However, where there are no YUA pupils, Secondary pupils are generally able to umpire Primary School hockey following a brief explanation of the rules and how to umpire. This is preferable to adults umpiring.

Umpires should also give encouragement and guidance to the players as the game progresses. This allows the players to both develop an understanding of the rules and start to appreciate game tactics and the application of their hockey skills into a game context.

Layout of games – if you have access to a hockey pitch then it is easy to set up the pitch dimensions given in the STIX pack. If you do not have an actual hockey pitch then it is still easy to hold a festival, marking out game areas with cones or existing lines.

Game schedule – the length of games can vary to suit the time you have available. In general it is best to play without a half time and have game lengths of around 10-15 minutes. This allows plenty of game time for each player, especially where teams have substitutes to rotate during this time. You will also need to factor in 2 minutes between game to allow teams to change pitches, etc. Depending on the length of your festival you may also want to try and give each team a game 'off' to give players a rest. This is not essential though if your festival is less than 1½ -2 hours.

Depending on the number of teams involved, the festival can be run as a straight round-robin (where everyone plays everyone) or with pools. If playing in pools then there can then be cross-over games to give additional playing time (e.g. 1st in pool A plays 1st in pool B, 2nd v 2nd, 3rd v 3rd ...).

It is not necessary to award points for results or to have an overall winner at a festival. You may choose instead to award a team with a Fair Play Award or Most Improved Team. This is particularly the case where it is the first opportunity for young players to play competitive hockey. The players themselves will remember how many games they win without the organiser needing to focus on this aspect.

If you do choose to have rankings then points are usually awarded as follows: 4 points for a win, 2 points for a draw, 1 point for a loss. Rankings can then be decided on points, goal difference, goals for and, where teams are tied, the result between the teams involved. It is important if points are being awarded that the focus of the event is not solely on the winning team. You can still off-set this by having other awards – MVP, Fair Play Team, Most Goals Scored, etc. In both styles of festival you should also aim to give every participant a prize or certificate for taking part.

Regional Festivals – Tayside & Fife has a regional festival pathway that allows schools/clubs to enter teams and progress up to the National Festival (usually in Edinburgh in June). Each Local Authority will hold a festival open to all schools in the area. Schools then qualify from these festivals to attend the Tayside & Fife Festival and from there qualification takes place for the National Festival. These festivals are not restricted to experienced schools and all are welcome to take part. Information can be accessed via your Active Schools Coordinator

4 Equipment

In order to introduce hockey to Primary School pupils, the basic equipment required is as follows:

- Hockey sticks – size 30”, 32” or 34” depending on the height of players (stick should reach a player’s hip). These sizes will usually cover P4-7. The sticks can be wooden or composite. It is preferred that ‘uni-hoc’ sticks are not used as these restrict skill development. However, if no others are available then these will allow a very basic introduction to the sport.
- Hockey balls – Mini balls – these are lighter than normal hockey balls, but the same size.
- Cones/markers & bibs – as used in any other sport.
- Goalkeeping equipment – if you are looking to introduce goalkeeping then it is important to have protective equipment – at least kickers, legpads, helmet, shorts, gloves & chest pad. This is not required for a general introduction to hockey as most Primary games/festivals do not use goalkeepers.
- Individual protective equipment – shin guards are recommended when players start playing regularly (can be the same as those for football). Mouth guards are also recommended.

An introductory TOPS equipment pack is available at:

www.youthsportdirect.org/products/top-hockey-scottish-equipment/43/

Many other educational stockists also offer school hockey equipment at reasonable prices.

5 In-Service Opportunities

The main in-service opportunity for hockey is the STIX Hockey In-service. This is a 2 hour session that covers the STIX model, basic skills and how to teach them to youngsters. You do not need to have any prior knowledge of hockey to attend.

STIX courses are generally available in each Local Authority and are usually run after-school. For information on those in your area, contact your Active Schools Coordinator.

6 Skills Challenges

It can be fun and helpful to give players individual skill challenges. These can allow all players to progress at their own paces, but can also be fun for individual competitions. The STIX Decathlon Cards provide excellent options for individual skill progressions over a number of weeks and can easily be incorporated into hockey sessions.

7 Scottish Hockey Registration

Primary schools can register to Scottish Hockey for **free**. Registration allows schools to access in-service opportunities as well as information on upcoming events and youth developments in hockey via the Youth Newsletter. It is also very helpful for Scottish Hockey as it gives an accurate picture of what schools are participating in hockey throughout the country.

In order to register, schools should go online to: www.scottish-hockey.org.uk/primaryschoolreg.aspx.

8 Player Hockey Quiz

Test your hockey knowledge – how much have you learned?

1. What equipment do you need to play hockey?

Answer: _____

2. Which side of the stick should you use to push, dribble or hit the ball?

Answer: _____

3. Which part of the body is it important to keep bent when playing hockey?

Answer: _____

4. Should your hands be apart or together when dribbling with the ball?

Answer: _____

5. What is the hooked end of a hockey stick called?

Answer: _____

6. Why is a warm up important before you play hockey?

Answer: _____

7. What is the name of the person who makes sure that players play by the rules in a hockey game?

Answer: _____

8. What should you do at the end of a hockey game?

Answer: _____

9. Which hand do you have at the top of the hockey stick?

Answer: _____

10. Complete the missing word in this sentence: "The skill where the ball is moved from side to side using both front and reverse stick is called _____ dribble".

Answer: _____

9 Player Hockey Quiz – Answer Sheet

1. What equipment do you need to play hockey?
– **Stick & ball (answers may also include goals, pitch, gk pads)**
2. Which side of the stick should you use to push, dribble or hit the ball?
– **Flat**
3. Which part of the body is it important to keep bent when playing hockey?
– **Knees**
4. Should your hands be apart or together when dribbling with the ball?
– **Apart**
5. What is the hooked end of a hockey stick called?
– **Head**
6. Why is a warm up important before you play hockey?
– **To get the muscles and brain ready to play & reduce injury.**
7. What is the name of the person who makes sure that players play by the rules in a hockey game?
– **The Umpire**
8. What should you do at the end of a hockey game?
– **Shake hands with the opposition**
9. Which hand do you have at the top of the hockey stick?
– **Left**
10. Complete the missing word in this sentence: "The skill where the ball is moved from side to side using both front and reverse stick is called "_____ dribble".
– **Indian**