

England Hockey

QUICKSTICKS LEADERSHIP COURSE

TUES/WED 13th/14th FEB 2018

WHAT IS QUICKSTICKS – An adapted version of hockey for 7-11 years old, simplified rules, bigger ball.

WHO IS THE COURSE FOR – **ALL MEMBERS OF TIMPERLEY SPORTS CLUB**

- Aged 14 plus
- Volunteers involved in junior sport – Develop your skills and confidence to coach hockey, event planning, officiating hockey and managing teams.
- Opportunity to be introduced to the fundamental skills that will support you in fulfilling an active role in delivering sport.
- Certificate from England Hockey.

REGISTER - If you would like to sign up or have any queries, please contact Caroline Small (TSC Sports Dev Officer)
Email: small_caroline@hotmail.com Phone: 07398 105087

£10

Cost of the course £10 per person– please bring cash on the day or cheque payable to Timperley Men's Hockey.

SCHEDULE and CONTENT	
COST - £10 bring on the day Equipment to bring – Pen, Sports kit, Pack Lunch	
When	What
Tuesday 13th Feb 10.00 - 1.00pm	Deliver Quicksticks (Module 2) <ul style="list-style-type: none"> • What is Quicksticks • Equipment and resources • Coaching skills and games, adapting sessions • Have ago at coaching challenge cards • Introduce game and rules, pitch lines and markings
1.00pm	Lunch - Bring a pack lunch
1.30 - 2.30pm	Lead Quicksticks (Module 1) <ul style="list-style-type: none"> • Leadership - Qualities, Communication, Motivation • Roles and responsibilities
2.30-3.30pm	Umpire Quicksticks (Module 3) <ul style="list-style-type: none"> • Rules and hand signals • Play Quicksticks and Practice umpiring
3.30-4pm	Summary and refreshments
Wednesday 14th Feb 10.00-12.00pm	Organise a Quicksticks festival and Team Manager (Module 4 & 5) <ul style="list-style-type: none"> • Organise, Invites, Risk assessments, score sheets, roles and responsibilities • Role as a manager, planning and managing before, during and after event.
12.00-12.30pm	Lunch - Bring a pack lunch
12.30-2pm	<ul style="list-style-type: none"> • Assessment - Leading a challenge

Please note – After attending the course you will be provided with an England hockey certificate to demonstrate you have received the training to develop a basic overview, you should still only operate under the supervision of a qualified teacher or coach.