



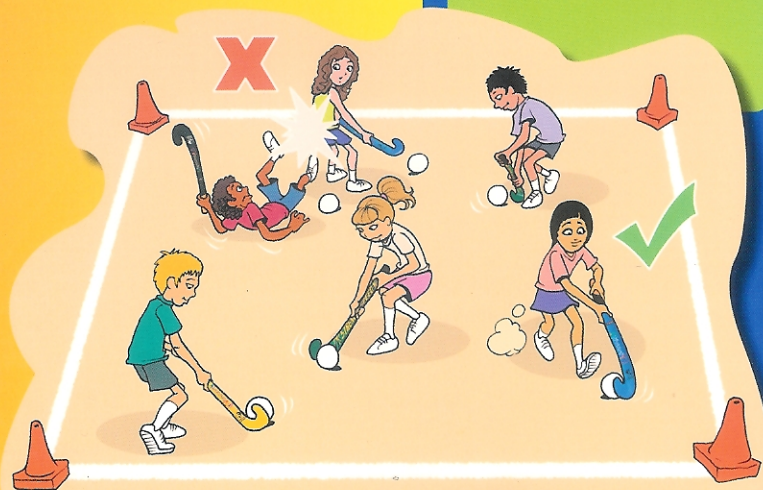
Challenge Card 1 Space Dribble

- 1) Every player needs a ball and a stick.
- 2) Move the ball around the play area with your stick – this is called dribbling. The ball should always be in contact with your stick.
- 3) Try and find space (an empty area) as you dribble.
- 4) You can go anywhere in the play area as long as you don't bump into another player!

Remember



- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

- * 4 Cones
- * 1 stick and 1 ball per player

Adaptations

Easier

- S** Make the area bigger
- T** Go at walking pace
- E** Use a bigger ball
- P** Fewer players

Harder

- S** Make the area smaller or go faster in a larger area
- T** Ask players to go faster or change movement speed
- E** Use a smaller ball
- P** Have more players in one area



Challenge Card 2

Truck and Trailer



Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!

- 1) You need to be in pairs for this one, so find a partner now!
- 2) This challenge needs good teamwork and you need one stick each and one ball between you.
- 3) Decide who wants to be the truck and who wants to be the trailer (don't worry, you can swap roles at the end of the challenge so you can have a go at being the truck AND the trailer!)
- 4) If you are the truck, you need to be in front of your partner and you must lead them around the play area making sure that you avoid other trucks and trailers!
- 5) If you are the trailer, you need the ball and you need to follow the truck whilst dribbling the ball. It is important that the truck doesn't lose the trailer by going too fast!
- 6) When you hear your teacher shout "Pit Stop" the trailer needs to stop the ball (under control).
- 7) You can now swap over and start again!



Teaching Points

2

Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Equipment

- * 2 sticks and 1 ball per pair

Adaptations

Easier

- S** Make the area bigger
- T** Go at a slower pace and give them directional commands
- E** Use a bigger ball
- P** Fewer players in one space – match players for ability

Harder

- S** Make the area smaller or go faster in a larger area
- T** Ask players to go faster or change movement speed
- E** Use a smaller ball
- P** Have more players in one area. The Truck can go on a variety of roads, e.g. motorway, 30mph, country road





Challenge Card 3 Team Island



This challenge is a bit like musical chairs!

- 1) Using chalk or cones, mark out some islands on the floor (your teacher may have already done this for you).
- 2) Every player needs a stick and a ball and as a group, you need to pick someone to be in charge of the game (this might be your teacher to begin with).
- 3) Every player starts with 5 points – it's up to you to keep your own score as you go along!
- 4) Dribble the ball around the play area until you hear the person in charge shout out a number. If the number is four, you have to dribble your ball to an island and make a team of four.
- 5) If there is already the set number of players on an island, you will need to dribble your ball to another island which has fewer than four people on it.
- 6) Players who don't get on an island lose a point, but players who do get on an island gain a point!
- 7) The first player(s) to get to the target number of points wins the game, so if the target number is 10, then the first player(s) to get 10 points is the winner!

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * Don't bump into anyone!



Moving with the ball (Dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

- * 1 stick and ball per player
- * Chalk or throw down lines

Adaptations

Easier

- S** Make more islands
- T** Shout larger numbers of groups giving more chances
- E** Use various sizes of balls
- P** Fewer player in one space – match players for ability

Harder

- S** Make the area larger
- T** Use basic numerical challenges to get the number
- E** Make small entrances onto islands for better players
- P** Differentiate players with coloured bibs and then ask players to make teams of a similar colour on the islands



Challenge Card 4 Island Hopping

- 1) Using chalk or cones, mark out some islands on the floor. One of the islands needs to be called 'Prison Island' (your teacher may have already done this for you).
- 2) You need to avoid being sent to Prison Island!
- 3) You need to choose two players to be the catchers (if this is a big group, more players can be catchers).
- 4) If **you are not a catcher**, you need a stick AND a ball, but if you are a catcher, you only need a stick because your aim is to steal the ball from the other players!
- 5) Players need to dribble their ball from island to island (remember to avoid Prison Island!) without being caught by the catchers.
- 6) If **you are a catcher**, you are not allowed to go on any of the islands, so any players on an island are safe!
- 7) If **you are a player being chased by a catcher**, dribble your ball to an island where you will be safe! Keep moving from island to island trying to avoid being caught. Remember not to watch the ball as you move because you will need to look around you to make sure that the catchers are not nearby!
- 8) To **catch a player**, the catcher has to steal the ball from a player, or needs to force them to lose control of the ball.
- 9) Players who are **caught** need to go to Prison Island and count to 20 before they are allowed to play again. When they have counted to 20, they can start dribbling the ball again.

Remember



- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * Don't bump in to anyone!



Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Tackling



Safety Point Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- * Children should keep the stick on the floor when they tackle
- * Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control

- * 1 stick per player
- * 1 ball per player who is being chased

Adaptations

Easier

- S** Make more islands
- T** Allow a longer time limit on each island
- E** Use a variety of different sized balls
- P** Have fewer chasers

Harder

- S** Have fewer islands
- T** Allow less time on each island
- E** Use a variety of different sized balls
- P** Introduce an access point to the island
- P** Increase the number of chasers



Challenge Card 5 Gain Ball

- 1) Mark an area out with cones in the shape of a square (your teacher may have done this for you already).
- 2) You need to be in a group of between 8 and 10 players inside the marked area.
- 3) All players need to have a stick, but only 5 or 6 players are allowed to have a ball.
- 4) If **you do not have a ball**, you are a catcher and have to chase the players with a ball. Try and take the ball from them with your stick, but without hitting their stick! Your stick should only hit the ball.
- 5) If **you have a ball**, you have to try and keep your ball and stop a catcher from stealing it from you! Remember to look up so you can see where the catchers are and try not to kick your ball.
- 6) If **you lose your ball**, you become a catcher and have to try and win a ball back from someone else!
- 7) If **you are a catcher who wins a ball** from a player, you swap roles with them.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * Don't hit anybody else's stick!



Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Tackling

Safety Point Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- * Children should keep the stick on the floor when they tackle
- * Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control

- * 4 cones
- * 1 stick per player
- * 1 ball per Chaser

Adaptations**Easier**

- S** Make the area larger
- T** Have fewer chasers or safe zones
- E** Use a variety of different sized balls
- P** Have fewer players in one area

Harder

- S** Make the area either smaller, or a lot bigger
- T** Have more chasers in the game
- E** Use a variety of different sized balls
- P** Have more players in one area



Remember Challenge 2, the Truck & Trailer Challenge? This is just like that, but there's a bit more to do this time!

- 1) You need to be in pairs, so find a partner now! You need a stick each and one ball between you.
- 2) Decide who will be the truck and who will be the trailer. Remember that the truck stands in front of the trailer.
- 3) In the play area, there will be lots of coloured cones set out in twos. Each set of two has a gap in the middle and this is called a 'gate'.
- 4) The aim of the game is to dribble the ball through as many gates as possible, but this time, it is the truck (the person in front) that has the ball. The trailer needs to follow the truck.
- 5) Always look for a gate that isn't busy and doesn't have many other trucks and trailers around it because you don't want to bump into anyone else!
- 6) When you hear someone shout **'SWAP'**, you must swap roles.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

- * 10 – 16 cones
- * 1 stick per player
- * 1 ball per pair

Adaptations**Easier**

- S** Make the area larger
- T** Get through a certain number of gates
- E** Introduce more gates
- P** Have fewer players in one area

Harder

- S** Make the area either smaller, or a lot bigger
- T** Introduce another element to the Challenge – the fastest player through all of the gates wins
- E** Both the Truck and the Trailer should dribble a ball through the gates
- P** Have more players in one area and differentiate the Challenge

- 1) In this Challenge, you will be split into two teams.
- 2) There is an area which has been split in half and the teams should be in one half each.
- 3) Each player needs a stick and one of the teams needs a ball.
- 4) The team with the ball should pass it from player to player.
- 5) The team without the ball is allowed to send one player into the other team's half to try and win the ball for their side. You can win the ball by intercepting a pass (this means stopping the ball before it reaches the player it was meant to go to), or by tackling a player who has the ball. If you tackle a player though, you should try and get the ball and you shouldn't hit another player's stick on purpose. If the ball is forced out of the marked area, the Challenge restarts with the opposing team back in their own half.
- 6) When the player wins the ball, they must take it back to their own half and then the other team has to try and get it back by sending one player in to their opponent's half. You can only send one player in to get the ball at any one time.
- 7) If a team can put a set number of passes together (for example, five – ask your teacher how many passes they would like) without an opponent stealing the ball, then they win one point.
- 8) The team with the most number of points at the end is the winner.

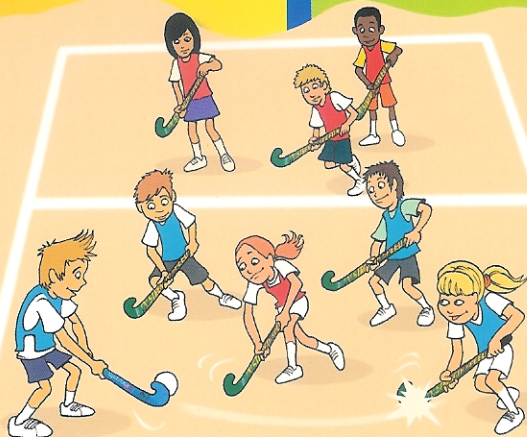
TOP TIPS

- * The best way to put lots of passes together without your opponent winning the ball is to encourage all team members to be in space (an empty area), so that there are always lots of different players to pass to!
- * The best way to win the ball is to put pressure on the person who has the ball so they have less time to think about who they can pass it to.

Remember



- * Don't bump in to anyone!
- * Look up and try not to kick the ball!



Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Passing

- * Children should be encouraged to look up and see where they are passing the ball
- * Try and encourage the children to have a balanced body position whilst they pass
- * Encourage children to have a flat and low back swing

Tackling



Safety Point Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- * Children should keep the stick on the floor when they tackle
- * Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control

Equipment

- * 6 cones
- * 1 stick per player
- * 1 ball per group

Adaptations

Easier

- S** Have a larger space to help attackers, or a smaller space to help defenders
- T** Have a time limit on the defenders – 10 seconds and then back out
- E** Use a larger ball
- P** Have more attackers to help keep possession – have fewer attackers if you want to help defenders

Harder

- S** Have a larger space to help attackers, or a smaller space to help defenders
- T** No time limit
- E** Use a smaller ball
- P** Have fewer attackers to stress the possession – have more to stress the defence

- 1) You need to be in pairs for this one, so find a partner now!
- 2) Using some chalk, mark out a big circle on the floor (your teacher may have done this for you already). The circle should be big enough for five pairs to play this game at the same time. If you have more than five pairs who are playing the game, you need to mark out more circles!
- 3) One player needs to be inside the circle and the other player needs to be outside the circle.
- 4) Both players need a stick, but **only the player inside of the circle needs a ball.**
- 5) If you are the **player inside the circle**, you need to dribble the ball lots of different directions – remember not to go outside of the circle. Make sure that you keep looking at your partner though so you always know where they are!
- 6) If you are the player **outside of the circle**, you need to run around the edge of the circle in an anti-clockwise direction (anti-clockwise is the direction opposite to the way the hands of a clock rotate).
- 7) When you hear the whistle blow, the player inside of the circle has to quickly pass the ball to their team mate outside of the circle who should stop it with their stick.
- 8) Do this two or three times and then swap over.

Remember



- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * Don't bump in to anyone!



Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Receiving the ball and keeping control

- * Children should have a wider grip on the stick – move hands further apart
- * Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- * 'Welcome' the ball onto the flat (green) side of the stick with 'soft' hands
- * Encourage children to move their feet quickly to get their stick into position or turn the stick

Passing

- * Children should be encouraged to look up and see where they are passing
- * Try and encourage children to have a balanced body position whilst they pass. Encourage children to have a flat and low back swing

- * An area marked in the shape of a circle or square
- * 1 ball per pair
- * 1 stick per player

Adaptations

Easier

- S** Make the area smaller
- T** Walk through it
- E** Use a bigger ball
- P** Fewer players in the area and more players to pass to

Harder

- S** Make the area wider
- T** Competition – outside players run clockwise
- E** Smaller ball
- P** More players = more movement needed to find the pass





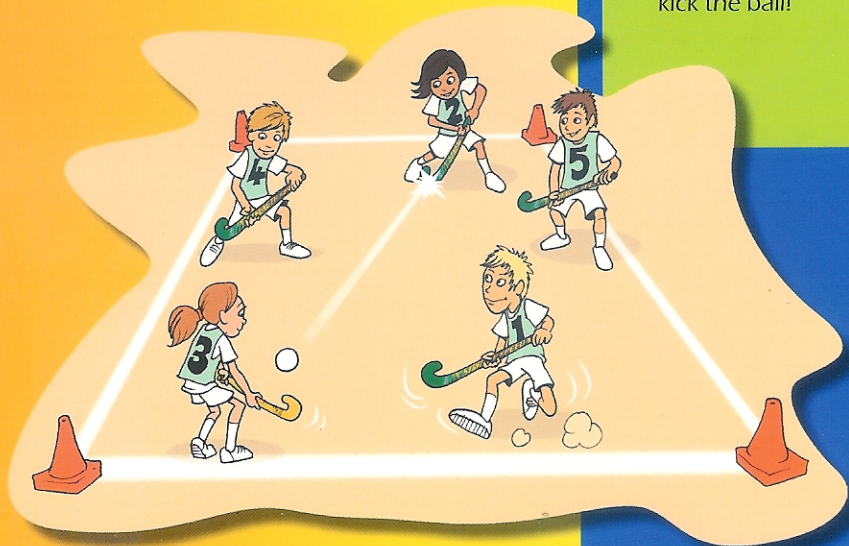
Challenge Card 9

Number Challenge

- 1) Get into a group of five and give each player a number so that there is a one, two, three, four and five
- 2) All players should keep moving around the playing area trying to find their own space (an empty area).
- 3) The ball needs to be passed from player to player in the order of their number, so player 1 has the ball to start with and they need to pass it to player 2. Then, player 2 should pass to player three, player three should pass it to player four, and player four should pass to player five who then passes back to player 1 and the challenge starts all over again!
- 4) Players should be moving about into empty space all the time. Be careful not to bump into anyone!

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Passing

- * Children should be encouraged to look up and see where they are passing the ball
- * Try and encourage the children to have a balanced body position whilst they pass
- * Encourage children to have a flat and low back swing

Receiving the ball and keeping control

- * Children should have a wider grip on the stick – move hands further apart
- * Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- * 'Welcome' the ball onto the flat (green) side of the stick with 'soft' hands
- * Encourage the use of the flat (green) side of the stick at all times
- * Encourage children to move their feet quickly to get their stick into position or turn the stick

Equipment

- * 4 cones
- * 1 stick per player
- * 1 ball per group

Adaptations

Easier

- S** Make the area smaller
- T** Pass to anyone – don't use numbers
- E** Use a larger ball
- P** Have fewer players

Harder

- S** Make the area bigger
- T** Change the numerical order. Keep a count of the passes
- E** Use two balls
- P** Time how long they keep the ball in the marked area





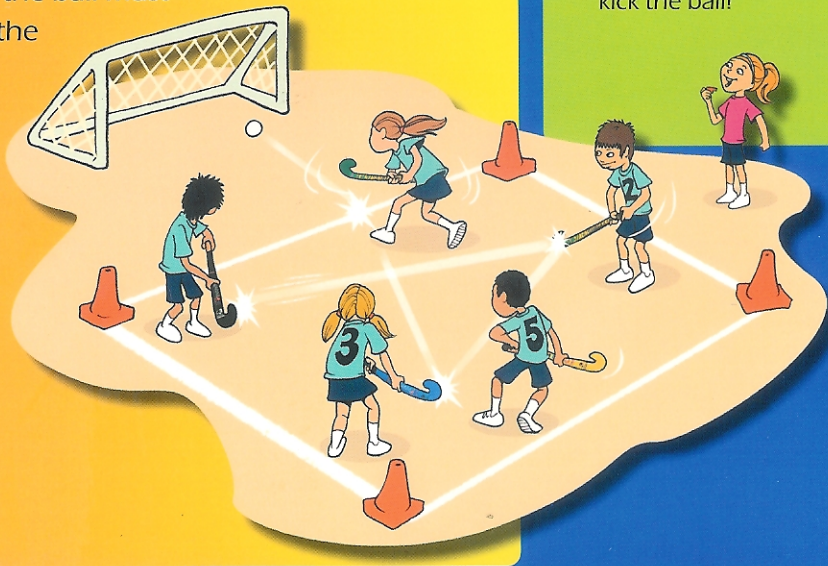
Challenge Card 10

Quickshot Challenge

- 1) Get into a group of five and give each player a number so that there is a one, two, three, four and five
- 2) In this challenge, there is a playing area and a shooting area. In the shooting area is a goal.
- 3) Players must move around the playing area, passing the ball to each other as they move until they hear the whistle blow
- 4) When the whistle blows, the player who has the ball must run into the shooting area and try and push the ball into the goal

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Receiving the ball and keeping control

- * Children should have a wider grip on the stick – move hands further apart
- * Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- * 'Welcome' the ball onto the flat (green) side of the stick with 'soft' hands
- * Encourage children to move their feet quickly to get their stick into position or turn the stick
- * Encourage the use of the flat (green) side of the stick at all times

Passing and shooting

- * Children should be encouraged to look up and see where they are passing the ball
- * Try and encourage children to have a balanced body position whilst they pass.
- * To pass or shoot over longer distances, children should be encouraged to have a wider grip
- * Encourage children to have a flat and low back swing – the head of the stick can stay close to or on the ground for the whole movement

- * 4 cones
- * 1 ball per group
- * 1 stick per player

Adaptations

Easier

- S** Make the area smaller
- T** Pass to anyone – don't use numbers
- E** Use a bigger ball
- P** Have fewer players

Harder

- S** Make the area larger
- T** Change the numerical order
- E** Use two balls (both shoot) or have two different coloured balls and only one colour shoots
- P** Differentiate players / groups





Challenge Card 11

Team Treasure Chest



- 1) Get into a group of five players and give each player a number so that there is a one, two, three, four and five
- 2) Your team of five has an area which is marked out by cones. Just outside of this area is a circle which is your 'Treasure Chest'.
- 3) There is a hoop with a lot of balls in it and the aim of the game is to move the balls from the hoop into your Treasure Chest, but to do this, you need to work together!
- 4) Run about in your area until you hear your teacher (or the person in charge) call out a number.
- 5) If they shout out number three and you are player number three, then you must run to the hoop and collect a ball.
- 6) With your stick, pass the ball to one of the players in your area. Your pass must go from the hoop into the play area.
- 7) The player who has been passed the ball should stop the ball with their stick. If there is another team mate closer to the Treasure Chest than you, then you can pass the ball to them, and then they should dribble it into the Treasure Chest, stopping the ball when they get there so it stays still.
- 8) If you get a ball from the hoop to the Treasure Chest successfully, then your team wins a point.
- 9) If your team cannot do this and the pass from the hoop doesn't go into the play area, or some of the players in the team do not control the ball with their stick, then no points will be scored.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Receiving the ball and keeping control

- * Children should have a wider grip on the stick – move hands further apart
- * Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- * 'Welcome' the ball onto the flat (green) side of the stick with 'soft' hands
- * Encourage children to move their feet quickly to get their stick into position or turn the stick
- * Encourage the use of the flat (green) side of the stick at all times

Passing and shooting

- * Children should be encouraged to look up and see where they are passing the ball
- * Try and encourage children to have a balanced body position whilst they pass.
- * To pass or shoot over longer distances, children should be encouraged to have a wider grip
- * Encourage children to have a flat and low back swing – the head of the stick can stay close to or on the ground for the whole movement

- * 4 – 12 cones
- * 20 – 30 balls
- * 1 stick per player
- * Hoops

Adaptations

Easier

- S** Make the area smaller
- T** Pass to anyone – don't use numbers
- E** Use a larger all / make the Treasure Chest larger or nearer
- P** Have more players

Harder

- S** Make the area bigger
- T** Move the group further away from the circle of balls
- E** Make the Treasure Chest smaller and / or further away
- P** Have fewer players



Challenge Card 12

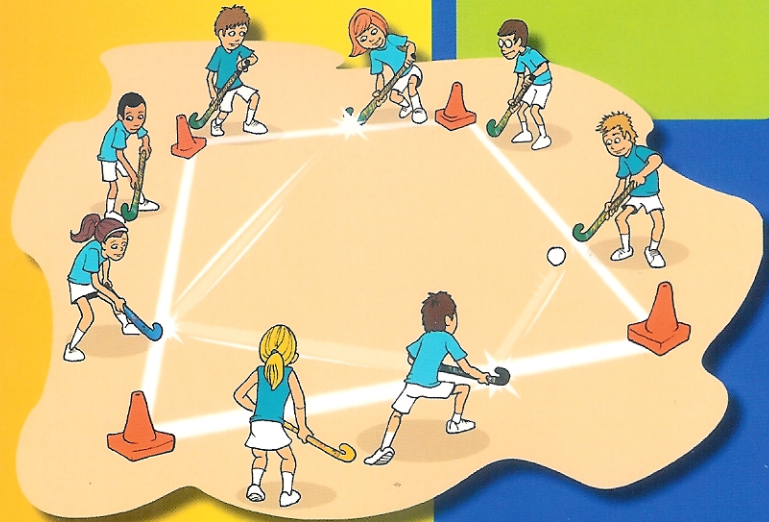
Pass the Parcel

This Challenge is like playing pass the parcel at a party! Imagine the ball is the parcel. Your team needs to pass it from person to person!

- 1) Get into a group of between six and eight players.
- 2) Using some cones, mark out an area – it can be any shape or size (your teacher may have done this for you)!
- 3) Each player should stand around the area.
- 4) Pass the ball through the area to another player.
- 5) When a player receives the ball, they must then pass it to another team mate.
- 6) As you get better at passing, you should try and pass the ball over a longer distance.
- 7) When you get even better than that, try changing positions with another player after every pass!

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!

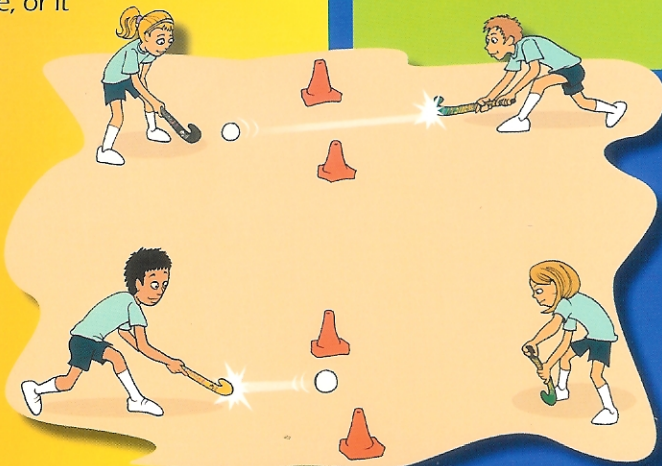


- 1) You need to be in pairs, so find a partner now! You need one stick each and a ball between you.
- 2) Get two cones and make a gate by laying your stick on the floor and placing a cone at either end. When you pick up your stick, there will be a gap between the cones which is the gate.
- 3) Stand in the middle of the gate so that you are facing each other and then both take one step backwards!
- 4) Pass the ball to each other so that it goes through the gate.
- 5) When you have made six passes in a row, then take another step backwards so that you are further away from the gate. If the ball doesn't go through the gate, or it doesn't reach your partner, then you have to start counting from one again!
- 6) Each time you put six passes together, remember to both take a step backwards!
- 7) When you get further apart from each other, your passes will need to be stronger to get the ball to go the extra distance. To help you get more strength on your pass, move your right hand down your stick to the 'strength' zone (keep your left hand in the same place) so that your hands are wider apart. When you do this, you will need to bend your knees so that your body is closer to the ground. This helps you to put your body weight behind the ball which makes it go further.

Remember



- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Teaching Points

Passing and scoring

- * Children should be encouraged to look up and see where they are passing the ball
- * Try and encourage children to have a balanced body position whilst they pass.
- * To pass or shoot over longer distances, children should be encouraged to :
 - * have a wider grip
 - * bend their knees and be lower to the ground
 - * turn sideways (like when batting at cricket, baseball or rounders)
- * Encourage children to have a flat and low back swing – the head of the stick can stay close to or on the ground for the whole movement

Receiving the ball and keeping control

- * Children should have a wider grip on the stick – move hands further apart
- * Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- * 'Welcome' the ball onto the flat (green) side of the stick with 'soft' hands
- * Encourage children to move their feet quickly to get their stick into position or turn the stick
- * Encourage the use of the flat (green) side of the stick at all times

Equipment

- * 2 cones per pair
- * 1 stick per person
- * 1 ball per pair

Adaptations

Easier

- S** Make the gates bigger
- T** Reduce the number of successful goals / passes
- E** Use a larger ball
- P** Put two players either side of the gate

Harder

- S** Make the gates smaller or have a longer area
- T** Increase the number of successful goals / passes
- E** Use a smaller ball
- P** Get the player to run to a target after every pass



www.Englandhockey.co.uk/Quicksticks

Challenge Cards © England Hockey



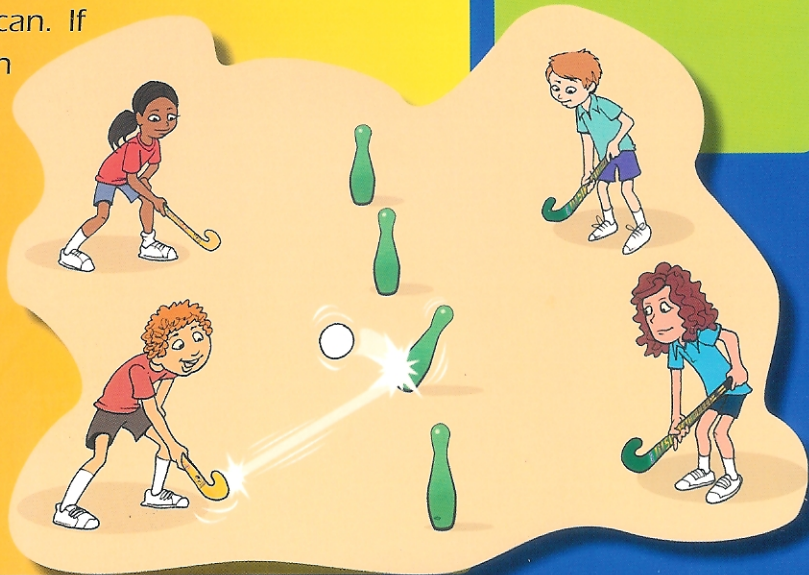


This is a target game, a bit like ten pin bowling!

- 1) Get some skittles and set them out in a line with gaps between each one.
- 2) Get into pairs and stand opposite each other so that the skittles are in the middle of you.
- 3) You can have two pairs to each set of skittle if you want.
- 4) Try and knock down as many skittles as you can. If you miss the skittle and the ball goes through a gap, then your partner on the other side should stop the ball and then they should try and hit a skittle.
- 5) The winning team is the one who has knocked down most of the skittles when the time is up.
- 6) To make it a bit more difficult, make the gap between the skittles bigger. If you need to make it a bit easier, make the gap between the skittles smaller.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Teaching Points

Passing and Scoring

- * Children should be encouraged to look up and see where they are passing the ball or shooting to
- * Try and encourage the children to have a balanced body position whilst they pass or shoot
- * To pass or shoot over longer distances, children should be encouraged to:
 - * have a wider grip
 - * bend their knees and be lower
 - * turn sideways (like when batting at cricket, baseball or rounders)
- * Encourage children to either push the ball or have a flat/low back swing with a hit – the head of the stick can stay close to or on the ground for the whole movement

Receiving the ball and keeping control

- * Wider grip with the hands on the stick
- * Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- * Receive the ball onto the flat (green) side of the stick with 'soft' hands
- * Encourage using the flat (green) side of the stick at all times
- * Encourage children to move their feet quickly to get their stick into position or turn the stick

Equipment

- * Skittles – these can be made out of recycled plastic drink bottles with sand or water in them.
- * One stick per person
- * One ball per pair

Adaptations

Easier

- S** Make the skittles closer together / bigger skittles
- T** Move closer to the targets
- E** Bigger ball / skittles
- P** Put two / three players at each side of the gate

Harder

- S** Make the skittles farther apart / smaller skittles
- T** Move farther away from the targets
- E** Smaller ball / skittles
- P** Put one player at each side of the gate





Challenge Card 15

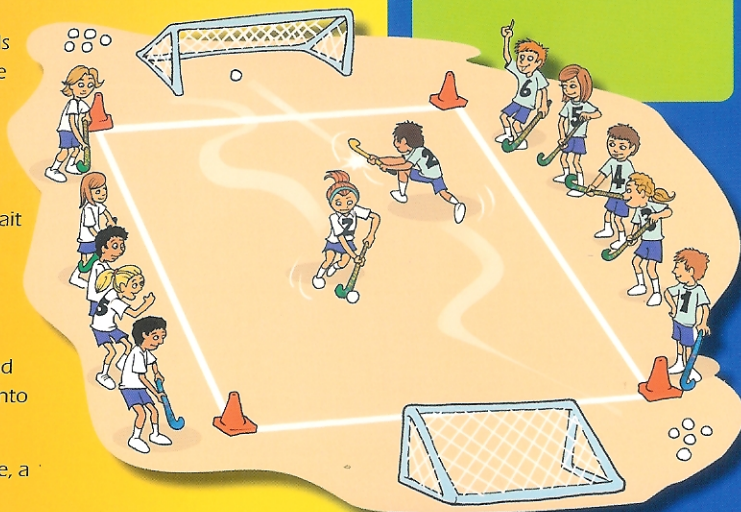
Rapid Fire Challenge



Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!

- 1) Get into two teams of six players and give every player a number from one to six. Each player needs a stick, and each team needs six balls.
- 2) Get four cones and mark out a rectangle as the playing area. Put a goal at each end of the playing area (your teacher may have done this for you already).
- 3) Set up one ball zone at each end of the playing area with six balls in it.
- 4) Teams should line up opposite each other in a line (and in number order) along the side of the playing area.
- 5) Number one on Team A should be opposite number six on Team B, number two on Team A should be opposite number five on Team B etc.
- 6) The person in charge (this could be your teacher, or you could pick a leader to be in charge) should shout out a number from one to six.
- 7) If number three is called out, then player number three on both teams needs to run to their ball zone, collect a ball and dribble it with their stick down the middle of the playing area as fast as they can (remember not to bump into each other!) and score a goal by hitting or pushing the ball into the net.
- 8) This is a race, so the first team to put the ball in the net scores a point.
- 9) After the race, the players should go back to their position in the line and wait for the next number to be called out and then the race starts again!
- 10) The first team to a set number of points is the winner.
- 11) To make this challenge more difficult, the person in charge could shout out more than one number, for example, two and five, and then players two and five on each team need to work together to be the quickest to get the ball into the goal.
- 12) You could also ask someone to be the umpire so that they can keep the time, a record of the score and to make sure that the players are playing fairly.



Teaching Points

Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Tackling



Safety Point Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- * Children should keep the stick on the floor when they tackle
- * Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control

Equipment

- * 4 cones
- * At least 12 balls
- * 1 stick per player

Adaptations

Easier

- S** Make less space available so it is easier to tackle
- T** Walk through it
- E** Use larger goals and a variety of ball sizes
- P** Match players according to ability

Harder

- S** Make more space available so it is harder to tackle
- T** Competition
- E** Use smaller goals
- P** Match players according to ability



www.englishockey.co.uk/Quicksticks

Challenge Cards © England Hockey



- 1) For this challenge, you need some cones and a goal. You can have as many players as you want. All players need a stick and you need between six and ten balls.
- 2) Mark out a path to follow with cones (these are called stations). Use about six cones to start with. Make sure there are different distances between each station and that the last station is somewhere near the goal.
- 3) Before the Challenge starts, there needs to be one player by each station (the other players in the game can be waiting near the first station for their turn).
- 4) The player at the first station should pass their ball to the player in front of them and then follow it. The player who has been passed the ball should control it and then pass it to the player at the next station and follow their pass. Remember to look up when you pass the ball so you can see who you are passing to!
- 5) Players should continue passing and following the ball from station to station until the ball reaches the last player who should shoot the ball into the net.
- 6) Pick up the ball and go to the back of the queue to wait your turn again.
- 7) When you get used to the game, you can get rid of the cones and choose where to stand.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Teaching Points

Passing and Scoring

- * Children should be encouraged to look up and see where they are passing the ball or shooting to
- * Try and encourage the children to have a balanced body position whilst they pass or shoot
- * To pass or shoot over longer distances, children should be encouraged to:
 - * have a wider grip
 - * bend their knees and be lower
 - * turn sideways (like when batting at cricket, baseball or rounders)
- * Encourage children to either push the ball or have a flat/low back swing with a hit – the head of the stick can stay close to or on the ground for the whole movement

Receiving the ball and keeping control

- * Wider grip with the hands on the stick
- * Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- * Receive the ball onto the flat (green) side of the stick with 'soft' hands
- * Encourage using the flat (green) side of the stick at all times
- * Encourage children to move their feet quickly to get their stick into position or turn the stick

Equipment

- * Cones
- * 6 – 10 balls
- * 1 stick per player
- * Quicksticks goal/s

Adaptations

Easier

- S** Ask them to complete fewer passes / stations
- T** Walk through it / have the scoring zone closer to the goal
- E** Use a bigger ball
- P** Have two players on each station (one as back up)

Harder

- S** Ask them to complete more passes / longer passes / more stations
- T** Make it competitive e.g. the first team to score five goals
- E** Move the scoring zone further away from the goal
- P** Have moving targets (players should not stand still waiting for the ball)





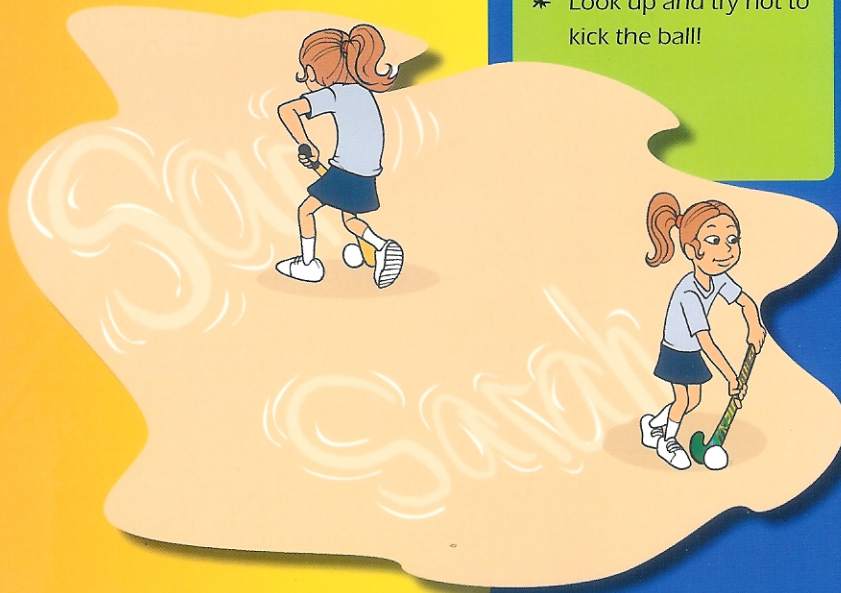
Challenge Card 17

Name Draw

- 1) This challenge can be completed on your own. You need a stick and a ball.
- 2) Start with the ball on the floor. Your stick must be in contact with the ball.
- 3) Write your name across the ground by dribbling the ball in the shapes of the letters in your name. Your stick should be in contact with the ball all the time.
- 4) Start by writing the letters big, but as you get better, you should try and make the letters smaller.
- 5) When you get even better than that, try and face the same direction all the time instead of turning around.
- 6) Don't watch the ball – you need to be looking up so that you can see what's in front of you!

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Teaching Points

Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Equipment

- * 1 stick per player
- * 1 ball per player

Adaptations

Easier

- S** Make the name bigger
- T** Go at walking pace
- E** Use a larger ball
- P** Follow / shadow someone else

Harder

- S** Make the name smaller or go faster in a larger area
- T** Ask players to write their name with as few a touches as possible
- E** Use a smaller ball / use a sloping surface
- P** Introduce a competition with a set name or word





Challenge Card 18

Railway Tracks

- 1) Get into a group of two, three or four players and choose someone to be the driver. Each player needs a stick and a ball.
- 2) Form a train. The person at the front is the driver (leader). The players following the driver are the carriages (followers).
- 3) The driver has to dribble the ball around the play area. The driver can go as fast or as slow as they want and they can change direction as many times as they want as well. If you have a playground with markings, then you can follow the shapes on the floor.
- 4) The carriages following the driver have to copy exactly what the driver is doing. If the driver goes faster, then the carriages have to go faster or if it changes direction, then the carriages have to as well.
- 5) If you are the driver, try and stop occasionally and change direction as well as changing direction when you are moving.
- 6) If you are a carriage, make sure you are watching the other carriages in front of you and not the ball so that you don't bump into anyone!

Remember



- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!



Teaching Points

Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Equipment

- * 1 stick per player
- * 1 ball per player

Adaptations

Easier

- S** Use a smaller space
- T** Go at walking pace
- E** Use a larger ball
- P** Ask the leader to shout left or right to help the players behind

Harder

- S** Use a larger space
- T** Make a routine up with different directions and speed
- E** Use line markings on the play area
- P** Put more players in the group





Challenge Card 19

Great Goal Robbery



- 1) Using markers or chalk, mark out between four and eight islands (your teacher might have done this for you already).
- 2) Put a set number of balls on each island.
- 3) Ask people to get into teams of two, three or four players and then give each team an island to belong to. You could also ask two or three people to be umpires to make sure that everyone is following the rules. The umpires can also set a time limit for the game.
- 4) Each team should stand on their island to begin with and when the whistle is blown, the team players needs to go to another island, get a ball, and dribble it back to their own island.
- 5) After a set amount of time, the whistle is blown to signal the end of the game and the team with the most number of balls on their island is the winner.
- 6) If you are an umpire make sure that people aren't bumping into each other, and make sure that the balls are being taken fairly.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * Don't bump in to anyone!



Teaching Points

Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) 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)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Intercepting the ball

- * Encourage children to run and meet the ball in space
- * Encourage children to bend their knees, get low and keep their feet moving
- * Encourage the use of the flat (green) side of the stick at all times
- * Encourage children to move their feet quickly to get their stick into position, or turn the stick

Tackling



Safety Point Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- * Children should keep the stick on the floor when they tackle
- * Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control

Equipment

- * 1 stick per player
- * Balls
- * Chalk or throw down lines

Adaptations

Easier

- S** Reduce the size of the islands to make it easier for the defenders
- T** Do not allow tackling or intercepting
- E** Use a variety of different sized balls
- P** Put more players in some teams

Harder

- S** Increase the size of the islands to make it more difficult for the defenders
- T** Allow tackling and / or intercepting
- E** Use a variety of different sized balls
- P** Put fewer players in some teams

