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The National Hockey Foundation

Competition Framework Guidance Document

Who's Involved

The primary purpose of Quicksticks is to develop hockey for children under the age of eleven irrelevant of ability and gender in a safe but challenging environment, which is accessible and can be introduced and played on a variety of surfaces, indoor and out, and which is physical, fast (non contact) and exciting both to participate in and to watch/officiate or lead and therefore attract more youngsters into the game.

National Contact

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Benefits

The competitions review has enabled England Hockey to place the brand new Quicksticks game and challenge delivery scheme at the heart of the development of the sport. This, alongside the new leadership award will provide young people with a structured, accessible and appropriate level of entry and competition.

- The framework is inclusive and provides a **fun** and **flexible** approach to relevant competition for girls and boys, whatever their ability.
- Increases participation levels. More opportunities will be created to engage young people in a wider variety of school hockey competition.
- Keeps children healthy and fit, helping to prevent obesity, strengthening muscles and developing healthy hearts.
- Clear pathways (through accredited clubs and clubs school links) are outlined, that allow the child to progress within the sport of hockey.
- More recognised and awarded volunteering opportunities will be available for young people. Hockey Leaders can be involved in assisting with delivery.
- Suits a variety of teaching situations (curricular and out of school hours clubs).
- Can involve all schools within a School Sport Partnership.
- Is easily adapted and helps develop essential motor skills, team spirit, social interaction and fair play.
- Linked to Hockey's grassroots initiatives, such as Club School Links and Coaching for Teachers.

Key Messages

- Competition Managers will focus on supporting 'Quicksticks' delivery and organising festivals at KS 2.
- Quicksticks is focused on providing new and fun opportunities focusing on non hockey players in particular
- Quicksticks is inclusive for young people of all ability levels and is:
 - A safe and exciting programme designed to take young people through from 'FUNdamentals' related activities to life-long involvement in Hockey as players or officials.
 - A game which has NO Goalkeepers making it safe, accessible, cost and time effective.
 - Based on small sided game principles the game will; be simpler to play and teach, minimise danger, make the game more exciting, minimise stoppages and maximise playing time this new game will assist the delivery of 2 hrs quality PE in the curriculum and 'out of school hours' activity/delivery
 - A developmental, process based programme using various challenges whereby the pace of learning can be modified according to the individual needs of the child.
- Young leaders and local clubs should always be invited to help deliver the festivals.
- The framework is aligned to the England Hockey Single System.
- Exit routes should be identified and promoted through the school, clubs and Local Authorities.

Supporting Resources

Information on the complete range of resources for Competition Managers, coaches and teachers are available online at www.englishockey.co.uk including

- ⇒ Hockey Leadership Award
- ⇒ Training courses for teachers and coaches
- ⇒ Pathway-Club competition and the Single System
- ⇒ Child protection guidelines and procedures

Delivery

The framework is to be used from September 2008. It is envisaged that by having a competition strategy for primary schools alongside an official primary game, young leaders will be developed from KS3&4 to assist the delivery and officiating. Therefore the England Hockey Leadership Award which develops coaches, managers and umpires will be run in each CSP/SSP as part of the competitions strategy and club school links programme.

Community Sports Coaches and local clubs (where available) will provide delivery support to the teachers by providing coaching expertise (guided by the scheme of work) set by England Hockey. England Hockey (via Regional Offices) will contact or provide contact details of Community Sports Coaches and Club Mark (ClubsFirst) Clubs to inform them of what is going on their area to assist the partnership development and club school links. Clubs are paramount for exit routes, but where not available, young people could be directed towards development sessions or satellite club centres in their local area.

‘England Hockey and Competition Managers working together’

England Hockey has ranked our ability to assist in the delivery of the framework in each of the counties according to a number of criteria:

1. Club Mark (ClubsFirst) accredited clubs in the county who are also working with the NGB on Club school Links programme.
2. Strong existing links between Clubs and SSPs within the county
3. Relationship with County Sports Partnership

Our framework is based around our single system (LTAD) model and as such will be linked to all of our resources including teacher training courses and resources, and leadership awards.

How can SCMs and CMs work with us?

Your first contact should be with your regional office (see below contacts). From here you may be directed to local personnel in your county, be they a DO, CSP or an accredited club. The regional offices will be able to assist you with local club details, coach details, hockey specific funding applications, County Hockey Associations, professional development such as Coaching for Teachers awards, coaching courses and the Leadership Award for all volunteers.

England Hockey is currently delivering the new game of Quicksticks and the Competition Framework through its Clubs School Links (CSL) programme, ensuring a pathway is in place for grassroots development. For a list of current CSL (the School Sport Partnership and the Accredited Club) please go to <http://www.englishockey.co.uk/page.asp?section=130§ionTitle=ClubsFirst+Accredited+Clubs+and+CSL%27s>.

Regional Contacts

MIDLANDS OFFICE

Birmingham, Derbyshire, Worcestershire, Leicestershire & Rutland, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Black Country

England Hockey - Midlands
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WEST OFFICE

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Sports Hall, Stocker Road,
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SOUTH OFFICE

Berkshire, Buckinghamshire, Hampshire, Isle of Wight, Kent, Surrey, Sussex, Oxfordshire, 33 London Boroughs, Middlesex

England Hockey - South
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NORTH OFFICE

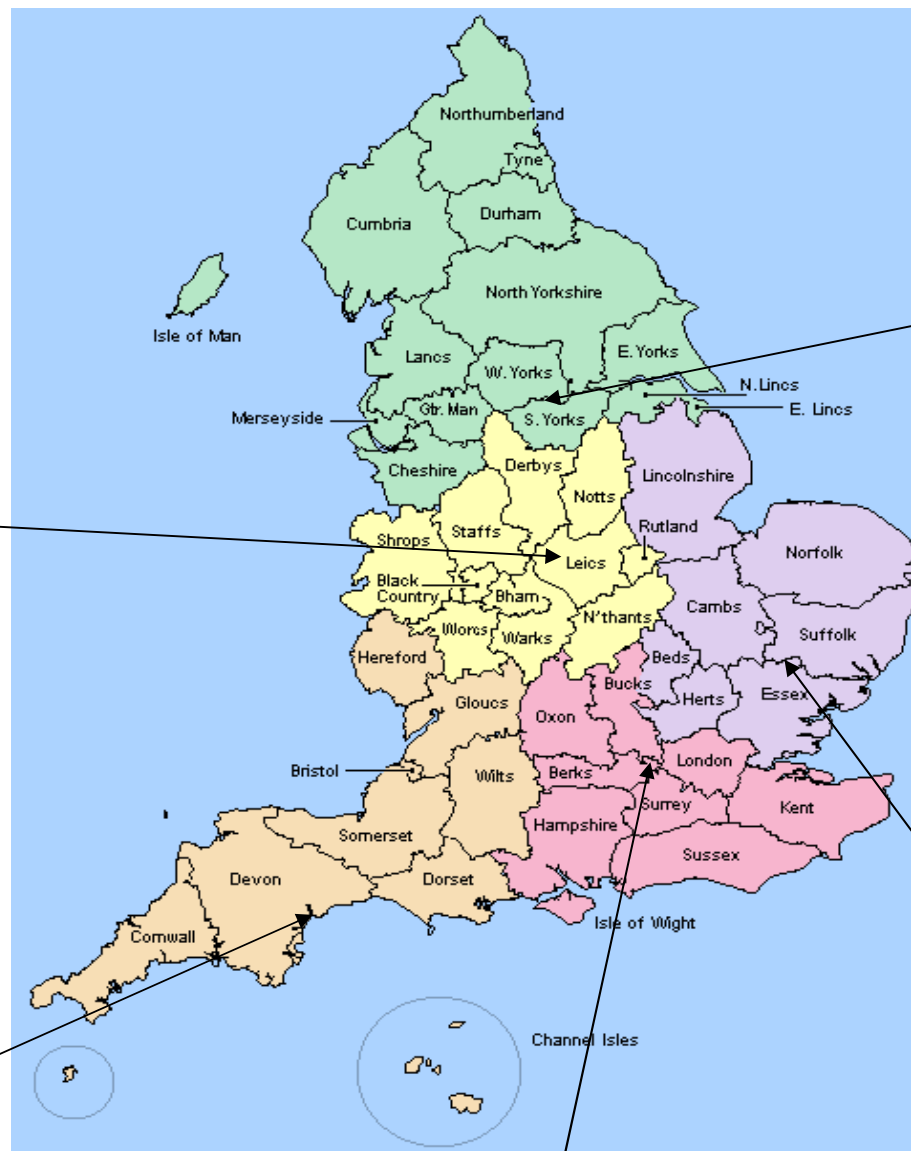
Cheshire, Cumbria, East Riding & Humberside, Lancashire, Manchester, Merseyside, Northumberland, Durham, Isle of Man, North & NE Lincolnshire, Tyne & Wear, Yorkshire

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**ENGLAND
HOCKEY**

National School Competition Framework **Sport: Hockey**

This competition framework indicates ways in which young people of all abilities/disabilities can learn to play Hockey at a pace that suits their development needs, and alongside the same player pathway. Young people with a disability can learn to play using the challenges in a multi-skill environment or using any of the pathway games outlined and by using the STEP principle: Adapting SPACE, TIME, EQUIPMENT and number of PLAYERS/rules.

National School Competition Framework for HOCKEY in Primary Schools

Key Stage 2: 7-11 years	Primary hockey delivery system:	Level and Location	Scheduling	Next steps in competition
<p>Inclusion through Key Stage 2:</p> <p>Zone Hockey is an adapted version of hockey developed between Nottingham Trent University, the Youth Sport Trust and England Hockey. Other supporting partners include Disability Sport, the British Wheelchair Sports Foundation and staff and pupils of the participating schools. It is a 5 a-side game and can be played both outside on a hard surface, on a quarter of an artificial turf pitch, or inside a sports hall.</p> <p>The combination of small-sided teams and adapted playing areas ensure a type of involvement in the game that will provide children with enjoyment and success. Girls and boys, both disabled (suitable for electric wheelchair users, manual wheelchair users, ambulant and semi-ambulant youngsters) or non-disabled, can participate side by side in what is a high scoring, fast moving, fun game of hockey.</p> <p>The game rules can be downloaded from www.englishockey.co.uk</p>	<p>Years 3 & 4 (7-9 yrs)</p> <p>Quicksticks challenge delivery programme; Fundamental skills-based stations for Solo, partner and small group challenges incorporating basic skill movement patterns (upper & lower body), footwork & co-ordination, basic hockey skills, basic officiating and observation skills.</p> <p>Quicksticks The full Quicksticks game can also be played at this age group</p>	<p>Delivery can be curricular, OSHL and intra or inter-school festivals (single or multi-skills or game).</p> <p>Can be delivered Indoor and/or Outdoor.</p>	<p>Winter Invasion sport: October-December and/or December-March.</p> <p>6 week block rotation Intra/Inter School/Cluster competition hockey skills festival or multi-skills festival</p>	<p>Quicksticks.</p> <p>Joining a Club Mark Club via EH CSL pathway.</p> <p>Zone Hockey</p>
	<p>Years 5 & 6 (9-11 yrs) Beginners & development</p> <p>Quicksticks Mini game for 4 players plus 2 officials per side. To be played on netball court or ¼ of a hockey pitch (whichever is available). No Goalkeepers will be involved within this primary game making it accessible and affordable. The game can be mixed or single sex.</p>	<p>Inter-school competition (at playground or Astroturf sites) central venue leagues or festivals, played within an SSP.</p> <p>Coaching and competition based on primary or secondary school or club sites.</p>	<p>Winter Invasion sport: October-December and/or December-March.</p> <p>6 week block rotation Comp or Cluster Comp and the possibility to provide one route to County Youth Games.</p>	<p>Mini-hockey 7-a-side with GK</p> <p>Joining a Club Mark Club via EH CSL pathway.</p> <p>Mini-hockey; County/Regional and National Mini Festival.</p>
	<p>Years 5 & 6 (9-11 yrs) Advanced & Club</p> <p>Mini Hockey Mini Hockey is a half pitch, 7-a-side game, including Goal Keepers.</p>	<p>Competition based on participation and development. Strong links with Club Mark Clubs and the use of young leaders to assist delivery.</p>		<p>Possible development at top age group into Junior Development Centres - linked to TID within the England Hockey Single System.</p>

National School Competition Framework for HOCKEY in Primary Schools: Organisers' Sheet.

Please download 'Quicksticks Advisory Guidelines' and 'Quicksticks Rules' cards from www.englishockey.co.uk

Format	Facilities	Organiser/ helpers	Equipment	Resources available from NGB to support
<p>Years 3 & 4 (7-9 yrs)</p> <p>Quicksticks challenge delivery programme; Fundamental skills-based stations for Solo, partner and small group challenges incorporating basic skill movement patterns (upper & lower body), footwork & co-ordination, basic hockey skills, basic officiating and observation skills.</p> <p>Quicksticks</p> <p>Years 5 & 6 (9-11 yrs) Beginners & development</p> <p>Quicksticks Mini game for 4 players plus 2 officials per side. To be played on netball court or ¼ of a hockey pitch (whichever is available). No Goalkeepers will be involved within this primary game making it accessible and affordable. The game can be mixed or single sex.</p>	<p>Outdoor playground or hockey pitch: indoor hall can be used as alternative</p> <p>Outdoor/indoor The pitch dimension guideline is that of a standard netball court (30.5m long x 15.25m wide). Duration of the game is 3 periods of play with 2 minutes rest between periods.</p> <p>For 7-8 year olds 3 x 7min playing periods are recommended. For 9-11 year olds 3 x 8-10min playing periods are recommended.</p> <p>The pitch sizings, markings and game duration can be altered to suit the school(s) needs.</p>	<p>Young Leaders (under teacher, AOTTS supervision), links to England Hockey Leadership Plus Awards. Teachers AOTTS Community Coaches Club Coaches</p>	<p>Netball court/indoor area/hockey pitch.</p> <p>Quicksticks sticks/hockey sticks.</p> <p>Quicksticks Balls.</p> <p>Bibs.</p> <p>Throw down markers</p> <p>EH/Samba Quicksticks goals.</p> <p>Whistles</p>	<p>6 week scheme of work for Key Stage 2: Years 3,4 5 & 6</p> <p>Quicksticks rules.</p> <p>Teacher resource/CfT course</p> <p>England Hockey Leadership Award (including foundation umpire, foundation manager and foundation coach awards) England Hockey Leadership Plus Award for young leaders/parents to assist delivery.</p>
<p>Years 5 & 6 (9-11 yrs) Advanced & Club</p> <p>Mini Hockey (including GK) Mini Hockey is a half pitch, 7-a-side game. Its great fun to play what ever age or standard you are.</p>	<p>Please download mini hockey rules from www.englishockey.co.uk</p>		<p>See mini hockey rules from www.englishockey.co.uk</p>	