

HOCKEY – QUICKSTICKS

Quick introduction

Quicksticks is an introductory game of hockey, designed especially for 7-11 year olds to play. It can be played on any surface, and uses a larger, lighter and safer ball.

Getting started

- Teams consist of four players (mixed or single gender) and two officials one coach/manager and one umpire) per side. No goalkeepers are required.
- 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.
- Times for games can be agreed between teams but the recommendation for 9-11 year olds is three eight to ten minute periods, with two minutes' rest in between.
- A number of templates to assist with the organisation of Quicksticks Festivals (including template invitation letters, playing schedules, result sheets and risk assessments) can be found at: www.playquicksticks.co.uk



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Hints and tips

- Players should only use the flat side of the stick (the green side on a Quicksticks stick).
- Players should look up and try not to kick the ball.
- Players should be careful not to bump into anyone, or to hit anyone else's stick.

Leadership and volunteering opportunities

- Quicksticks teams consist of six members – four players and two officials (one umpire and one coach/manager) at any one time. All players must rotate into the two officials' roles. The rotation should take place at the end of each playing period (third) so that all players have played for two thirds and officiated for one third.
- The umpire shall attempt to officiate in accordance with the rules of the game.
- Managers/coaches should keep the score, attempt to observe the game and help the team with basic tactics such as:
 - finding space on the pitch
 - encouraging team-mates to call to each other if they are in space to be passed to
 - helping each other to keep possession of the ball.
- Support materials and guidance for all available on www.playquicksticks.co.uk

Officiating

- Officials - team members to rotate into umpiring and coaching roles.
- Young Leaders (under qualified supervision).
- Teachers (with suitable experience from Quicksticks training options available).
- Community coaches (where relevant).
- Club coaches (where relevant).
- Support materials and guidance for all available on www.playquicksticks.co.uk

Think inclusively (STEP)

Space

- The pitch size can be made smaller or larger to make mobility easier or more challenging.
- Increase or decrease the size of the shooting area depending on the scoring success of the players; for example, reduce the scoring area if players are scoring easily.

Task

- Introduce conditions (such as a minimum number of passes before a shot) as necessary; for example, minimum number of passes means that more players have the opportunity to touch the ball.

Equipment

- Some players may find dribbling easier with a shorter stick, a Quicksticks stick may help as it incorporates some teaching aids within the artwork on the stick.
- Use a Quicksticks ball which is larger, or a more brightly coloured ball to assist with visual tracking.

People

- Players can have specific roles; for example, shooter, which reduces the need for them to move around the entire playing area; or a player could be positioned in centre field, unmarked, with all passing movements including one touch by them.



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Equipment required

- Quicksticks sticks/hockey sticks.
- Quicksticks balls.
- Bibs.
- Throw-down markers.
- Samba goals.
- Whistles.
- For information on Quicksticks specific hockey equipment see www.playquicksticks.co.uk

Quick rules

- Quicksticks starts with one team taking a centre pass from the centre of the pitch on the umpire's signal. The pass can go in any direction.
- A centre pass is also taken at the start of each period of the game.
- When a centre pass is taken at the start or re-start of the game, each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 3m from the ball until the ball is played.
- A free pass is given when an offence occurs. For all free passes the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be 3m away from the ball.
 - A goal is scored when the ball has been struck or deflected off a player's stick from within the shooting area (circle).
 - For a full set of Quicksticks rules please go to www.playquicksticks.co.uk

Health and safety

- Sticks should be kept below hip height at all times.
- Players of the same team should wear the same colour tops or bibs.
- Players must not wear anything which is dangerous to other players (such as jewellery, caps, any sharp objects).
- Even though the Quicksticks ball is safe, it is strongly recommended that shin protectors and mouthguards are worn by players on the pitch.



FOR YOUNG PEOPLE

Think tactics

If you are not in possession, how can you make it difficult for the other team to play?

Spirit of the Games: Excellence through Competition



Can you give good feedback to each other, including the performance of the umpire and coach?

