

# QUICK STICKS HOCKEY

## KEY INFORMATION

**AGE GROUP:** Year 5&6

**GENDER SPECIFICATIONS:** Male and Female

**NUMBER IN TEAM:** Two boys and two girls



## DESCRIPTION

There will be three tasks / skills to complete as part of this challenge. Please record the score for each activity on the score sheet, and the top four scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



CHESHIRE & WARRINGTON  
VIRTUAL SCHOOL GAMES



# TASK #1: CONE WEAVE

## HOW TO PLAY:

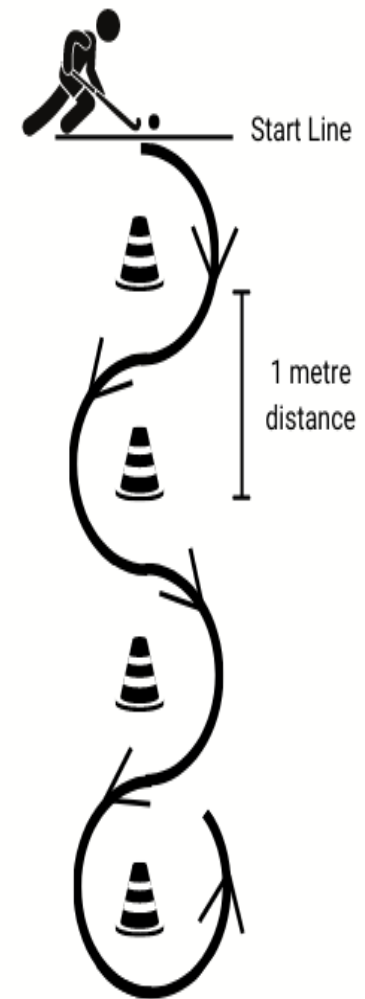
As you can see from the diagram, this is a straight ahead ball control challenge as the player negotiates their way through the course. You have one minute to complete as many laps as you can (One lap is there and back). You must alternate the sides you go to on your way up and down. When you turn, you must control the ball around the final cone, and then start on your way back. To see a video of this task [click here](#).

## Scoring:

One point for each lap (There and back).

## EQUIPMENT:

Cones, hockey ball, hockey stick and stop watch.



# TASK #2 ZONE BALL TARGET

## HOW TO PLAY:

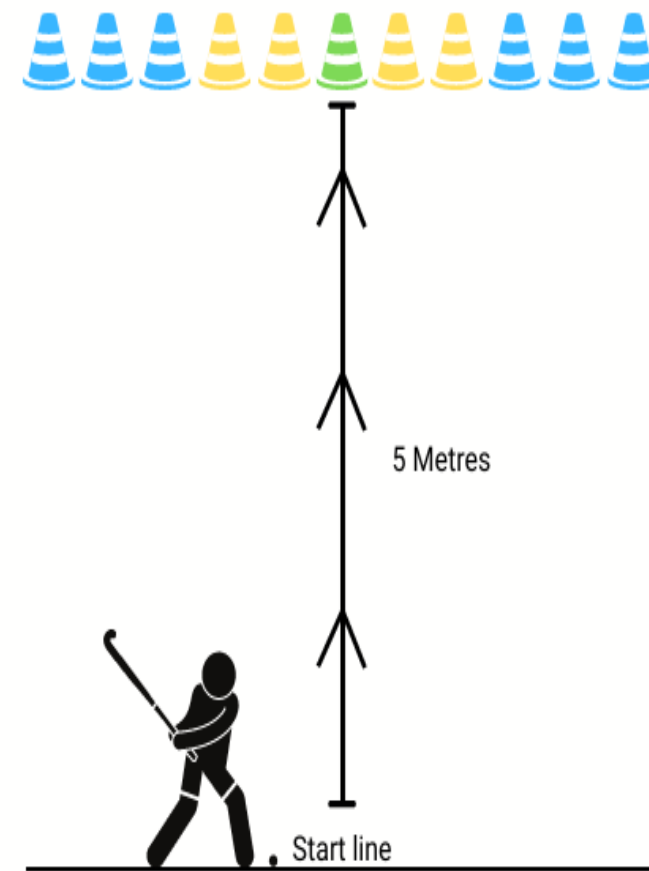
The player will line up at the start line and they will take shots at 11 different coloured cones. You should be practicing your flick, hit and push shots during this drill, working on the different shot types. You have 1 minute to try and hit as many cones as you can. (Each scoring differently). To see a video of this task [click here](#).

## Scoring:

- Blue = 1 point
- Yellow = 5 points
- Green = 10 points

## EQUIPMENT:

Hockey stick, hockey balls, coloured cones, stop watch.



# TASK #6: RAPID FIRE PUSH PASSING

## HOW TO PLAY:

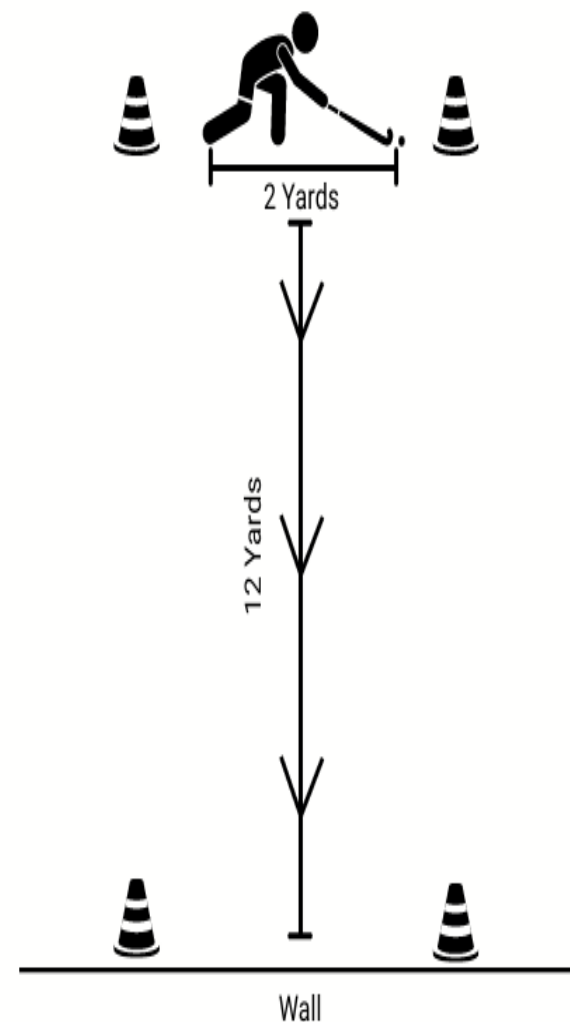
The cones are set up 2 yards apart, and the player stands two yard behind them, about 12 yards apart. When the whistle blows, the player must forehand push pass the ball through both sets of cones to gain one point. This drill lasts for 2 minutes. It is a competition to see how many points you can gain through good passes. (Run out to retrieve ball). To see a video of this task [click here](#).

## Scoring:

One point for each pass through both sets of cones.

## EQUIPMENT:

Hockey stick, hockey balls, cones, stop watch



## INCLUSIVE

Remember the STEP principles:

Size / texture of ball can be altered if player finds hockey ball difficult to hold / even rolled up socks!

Make the distance achievable for individual

No Hockey sticks—use cricket bat / tennis racket as alternative.

## RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

## SPIRIT OF THE GAMES VALUES

### SELF BELIEF

You've got to believe to achieve.

Have the self belief and confidence to succeed and reach your personal best.



### PASSION

Passion makes you enter the race  
and passion makes you finish it.



# SCORE SHEET

PUPIL NAME	TASK 1	TASK 2	TASK 3	TOTAL

# DATA COLLECTION

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their first competition	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers helping out	Number of teachers involved



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