

# Virtual Primary Quicksticks Hockey

This Virtual Quicksticks Hockey challenge is a great opportunity to develop new skills or practice ones already learnt, whilst also competing in the School Games competition.

**This challenge is linked to the School Games value of Determination.**

How can you demonstrate determination throughout this challenge?  
Set yourself a target and work hard to see if you can beat it!



## Can you be a Leader?

- If you are a more experienced hockey player, can you help others to improve?
- Can you help your teacher to time and count others scores?
- Can you demonstrate the values of the School Games to others?

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# Virtual Primary Quicksticks Hockey

## How To Enter

### Scoring:

The 2 scoring activities for the hockey are the agility dribbling challenge and the pairs passing.

For the pairs passing please ensure the students are timed for 30 seconds and someone is keeping count of how many passes they complete in this time. These pairs must both be entered in the same team.

For the agility dribbling challenge please time each student individually to go round once. This way you can enter the fastest times for your teams.

Enter the results in the column if they are being entered in the team. Please include how many children took part overall from each year group.

This information must be entered in the TOTALS sheet of the results sheet.

Up to 4 teams can be entered in to the finals. A,B,C,D, from Year 5 and A,B,C,D from Year 6 – so 8 teams altogether. Please ensure the pairs are from the same team. You can decide on your teams based on your best results. Each team must be 4 boys and 4 girls.



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# QUICKSTICKS HOCKEY

## ACTIVITY 1: MOVING THE BALL

- Place your feet shoulder width apart
- Hold your hockey stick with your left hand at the top and right hand below
- Move the ball from in front of your right foot to in front of your left foot and back
- Try to turn the stick over so you don't use the back of the stick



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- A hockey stick (Quicksticks)
- A hockey ball (Quicksticks)

### BUT WHAT ELSE CAN I USE?

- A Unihoc stick
- A tennis ball or plastic ball

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### MAKE IT EASIER

- Use a bigger ball
- Use the back of the stick

### MORE OF A CHALLENGE

- Move the ball faster
- Keep the ball on the end of the stick the whole time

### MAKE IT INCLUSIVE

- Try using a Unihoc stick
- Do the activity sitting on a chair

### SCORING

- Count how many times in 30 seconds the ball goes from your left foot to your right foot and back.

### VIDEO

- [Click here to watch the video](#)

# QUICKSTICKS HOCKEY

## ACTIVITY 2 : KEEPY UPPIES

- Stand with feet shoulder width apart
- Hold the stick out in front of you with one hand at the top and one hand half way down
- Place the ball on the flat side of the stick
- Bounce the ball on the stick (try not to use the bottom curved part)



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- A hockey stick
- A hockey ball

### BUT WHAT ELSE CAN I USE?

- A cricket bat or a tennis racquet
- A tennis ball, balloon or inflatable ball

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### MAKE IT EASIER

- Start with a wider bat or racquet
- Use a bigger ball

### MORE OF A CHALLENGE

- Try bouncing the ball on both sides of the stick
- Start with the ball on the floor

### MAKE IT INCLUSIVE

- Try using a balloon or large inflatable ball

### SCORING

- Count how many times in 30 seconds you can bounce the ball on your stick

### VIDEO

- [Click here to watch the video](#)

# QUICKSTICKS HOCKEY

## ACTIVITY 8: LIFTING THE BALL

- Place a hockey stick on top of two spaced out cones (obstacle)
- Stand in front of the obstacle and hold your hockey stick with a ball in front of you
- Bend your knees and scoop under the ball
- Try to lift the ball in a controlled way over the obstacle



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- 2 x cones
- 2 x hockey sticks
- A hockey ball

### BUT WHAT ELSE CAN I USE?

- Throw down lines
- A unihoc stick
- A tennis ball

### MAKE IT EASIER

- Use a bigger ball
- Lower the obstacle height

### MORE OF A CHALLENGE

- Line up more obstacles to go over in succession
- Raise the height of the obstacle

### MAKE IT INCLUSIVE

- Use a throw down line to get over

### SCORING

- Count how many times you can lift the ball over the obstacle in 30 seconds.

### VIDEO

- [Click here to watch the video](#)

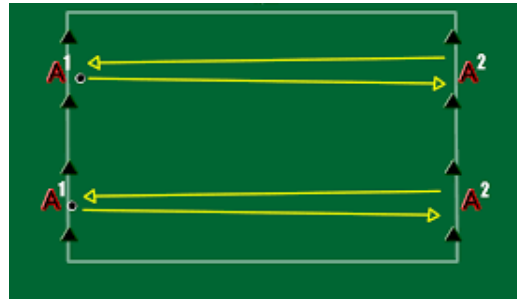
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# QUICKSTICKS HOCKEY SCORING

## GAME ACTIVITY 4: PASSING IN PAIRS

- Stand opposite your partner 3 metres apart
- Pass the ball to your partner as many times as you can in 30 seconds
- Try hard to pass to the right hand side of your partner
- Try not to use your feet to control the ball
- Try not to use the back of your stick



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- Cones to mark out 3 metres
- A hockey stick
- A hockey ball

### BUT WHAT ELSE CAN I USE?

- A Unihoc stick
- A different weight or size ball
- Throw down markers

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### MAKE IT EASIER

- Use a Unihoc stick
- Use a bigger or lighter ball

### MORE OF A CHALLENGE

- Do not control the ball before you pass
- Use your reverse stick to control and pass

### MAKE IT INCLUSIVE

- Make the passing distance smaller
- Use a sponge ball

### SCORING

- Count how many passes your pair can make in 30 seconds

### VIDEO

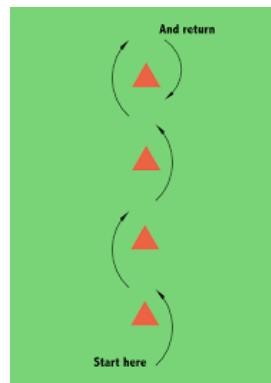
- [Click here to watch the video](#)



# QUICKSTICKS HOCKEY SCORING

## GA ACTIVITY 5: DRIBBLING

- Lay down 5 cones spaced at 1 metre apart in a straight line
- Dribble a ball around all 5 cones on the way out and on the way back
- Dribble to the right of the first cone, then left of the next cone and alternate
- Time how fast you can dribble through the cones out and back. Time to 2 decimal places i.e. 7.56 secs
- Try not to use the back of your stick at all



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- Cones
- A hockey stick
- A hockey ball

### BUT WHAT ELSE CAN I USE?

- Throw down lines
- A Unihoc stick
- A tennis ball

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### MAKE IT EASIER

- Use both sides of the stick
- Use a bigger ball

### MORE OF A CHALLENGE

- Speed up your dribbling
- Move the cones closer together

### MAKE IT INCLUSIVE

- Space the cones out further
- Use a bigger / lighter ball
- Use a unihoc stick

### SCORING

- Time how quickly you can dribble the ball through the cones out and back. Time to 2 decimal places i.e. 7.56 secs

### VIDEO

- [Click here to watch the video](#)

# QUICKSTICKS HOCKEY RESULTS

**SCHOOL NAME:**

**CHILDS FIRST NAME:**

**YEAR GROUP:**

EVENT	RESULT
1. MOVING THE BALL	
2. KEEPY UPPIES	
3. LIFTING THE BALL	
4. PASSING IN PAIRS	
5. DRIBBLING	

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