

Rush Hockey Delivery Guidance for Schools



We think Rush Hockey is really easy to play and we hope you agree. Here are the simple rules on how to play;

- Rush Hockey is 5v5 so players get lots of touches of the ball.
- The game can be mixed or single gender depending on how you want to play
- The game is played with a bigger lighter ball and smaller goals which pop up and down.
- Rush Hockey is best played in an indoor sports hall (approx 30m x 15m), on a netball court or on a quarter of a hockey pitch.
- If you are playing in an hour we'd recommend four quarters of 10 minutes, factoring in time for a quick break in between.
- Players can shoot from anywhere into the Rush Hockey goal. When a goal is scored the ball returns to the middle of the pitch.
- Players should try to use the flat side of their stick.
- Rush Hockey is a non-contact sport.
- Players should try to keep the ball away from their feet; if it accidentally touches them just keep playing.
- Players are unable to deliberately use their body to prevent the ball going into the goal – remember there are no Goalkeepers.
- If the ball goes off the sideline then the ball is turned over to the opposition.
- If the ball goes off the baseline then the defending team are awarded the ball.
- We recommend players wear shin pads and gum shields when taking part in any hockey activity

Rush Hockey is all about fun, sociable and engaging sessions! The following guidelines will help create the most enjoyable experience for your students.

- Rush Hockey is small sided teams, on a smaller pitch so players get lots of touches of the ball. Therefore use your discretion with the size of the pitch depending on the number of players.
- The game is non contact and can be mixed or single gender depending on how you want to play. If you are playing mixed gender we would recommend an equal balance between boys and girls
- As players of mixed ability and experience can play together, be mindful that players enjoy it most when the teams are balanced. Therefore some team adjustments might be required.

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- Even though the bigger lighter Rush Hockey ball is safe, you (as the person responsible) may still recommend that shin-protectors and mouth-guards are worn by players on the pitch.
- Allow players to wear clothing they find comfortable, whilst ensuring it isn't dangerous to other players; this includes jewellery, baseball caps with a stiffened peak, and any sharp object. It is advised that if eyewear is essential, it should be made from plastic rather than glass.
- The person delivering the sessions should be engaging and enthusiastic. The aim is to organise people into teams quickly and create a social environment which people want to be part of.
- Encourage students to get involved with the promotion and delivery of the sessions – creating ownership. Listen to what they want to do so the emphasis of the feel of the sessions is more peer to peer than being student to coach or student to teacher.
- Students feel like they can dip in and out of sessions to suit them. If they can't make one week it's OK.
- Try and embed social media within your sessions. Encourage students to share pictures and short videos online.