



ENGLAND
HOCKEY

Ways to Play Menu



The best clubs aim to give every player the best experience of our sport. Those that do have **more, better, happier** players in a sustainable club environment. Providing different ways to play that meet players' needs – responding to the fundamental shifts in the way people are accessing hockey, is one of seven key factors that help to make a great club.

The benefits for clubs in offering a variety of ways to play include; **retaining existing players and attracting new ones, additional income, extra publicity, new volunteers and the opportunity to maximise pitch space.**

Whilst lots of people want to play for their club in an 11-a-side league every weekend, with training sessions during the week, our player

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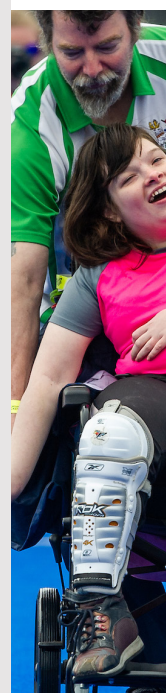
Quicksticks



In2Hockey



Fly



research and knowledge of participation habits have made it clear that behaviours are changing.

Many players don't want to play every week but are happy to play at any time of the year. They want opportunities that provide good experiences but are also local enough to allow room for other interests and commitments. Lives are busier and the desire for easy to access experiences are ever increasing. Club hockey competes with other leisure and family commitments and needs to be **flexible and meet expectations** if people are to keep coming back.

Here you will find an overview of different ways to play, who they can help attract to your club and the support available to clubs to help plan, promote and deliver activity.



Back to Hockey



Walking Hockey



Small Sided Hockey



HOCKEY HEROES



What is it?

Hockey Heroes is a fun and welcoming 8-week programme aimed at children aged 5-8. The sessions focus on helping children develop some physical hockey superpowers such as dribbling, passing and goal scoring, but also places as much emphasis on character development superpowers including teamwork, communication, perseverance and respect. Specially designed plastic hockey sticks and a larger, lighter safer ball means it can be played on any indoor or outdoor surface.

Who can it attract?

Hockey Heroes is for children aged 5-8 years that are new to hockey and focuses on fun and enjoyment. The programme recognises the important role that parents play in encouraging their children to be active and to develop an interest in sport. Certain elements within the programme have been specially designed to maximise parental interest, engagement and involvement.





Benefits to clubs

Hockey Heroes is designed to help with the recruitment of juniors into Clubs by providing a steppingstone towards membership for children and parents who have little or no experience of hockey.

The programme is a pre-designed fully branded 8-week course that provides Clubs with all the activity, game content and equipment for the 8 weeks' worth of delivery.

A standardised customer platform is in place and children who book onto Hockey Heroes receive a bespoke equipment pack direct to their house designed to build the excitement prior to attending the Club.

Clubs receive a financial kickback for every child who books onto the programme.

Support Available

To support clubs to deliver the Hockey Heroes programme the following is provided:-

- » Delivery training course, which explains all the activities and weekly game content together with all the coaching resources
- » A Club equipment bag which has all the equipment required for delivery of the weekly games
- » Branded Hockey Heroes digital and printed marketing material, together with guidance and support on how to engage with local schools and parents.
- » Online programme management system via ClubSpark which allows clubs use to manage and promote sessions and register and manage participants. This also captures details of players, sets up registers and take payments etc. Additionally, ClubSpark also allows for communication to participants and arranges the delivery of equipment packs to clubs and participants. www.Hockeyheroes.co.uk



Next Steps

We have opened additional spaces for Clubs to deliver the Hockey Heroes programme.

To check the joining criteria please visit www.englishockey.co.uk/hockeyheroes or contact hockeyheroes@englishockey.co.uk



What is it?

Quicksticks is designed to introduce young people (7-11 year olds) to the game of hockey. It is 4-a-side, can be played on any surface, and uses a larger, lighter and safer ball. It is a fun, fast, safe and exciting game that has been designed so that anyone can deliver the game, regardless of previous hockey experience.

Who can it attract?

Quicksticks can open your club up to a whole new audience of young people, many of who have enjoyed playing this version of the game in Primary School.

It also brings parents to the club, so think about offering some Back to Hockey or Walking Hockey alongside the junior sessions to further engage them in the club.



Benefits to clubs

It's inclusive - Quicksticks is enjoyable to play for players of both genders and all hockey abilities. No goalkeepers are required and it offers all players full involvement and increased playing time. Quicksticks is highly adaptable.

Accessible - No sophisticated facilities are required as it can be played on a variety of surfaces including playgrounds, netball courts, artificial grass turf, grass or in sports halls!

Aids player development - It is an excellent introduction to hockey and makes the transition to 11-a-side hockey measurably easier and offers continuity from what is played in primary schools.

Support Available

Quicksticks rules and guidance available online [here](#).

There is a range of Quicksticks equipment and resources to aid the delivery of the game, including goals, sticks and balls. The Quicksticks Challenge Cards have a variety of fun challenges which coaches can easily use within their junior sessions. [Click here for more information.](#)

The Quicksticks online training course is suitable for new and less experienced coaches as well as young leaders. A series of videos take you through the steps of planning and delivering Quicksticks in various settings. [Click here for more information.](#)

Next Steps

For more information take a look at <https://www.playquicksticks.co.uk/>



In2HOCKEY

TAKE IT TO THE NEXT LEVEL



What is it?

A fun, exciting and dynamic game designed for 10-14 year-olds to help them develop their hockey skills and techniques and to provide a gradual progression into the 11-a-side version of the game.

Who can it attract?

In2Hockey follows on from Quicksticks and can be played as a seven-a-side game with goalkeepers, or introduced as a 6-a-side game without goalkeepers. This makes it a perfect option to help retain your younger players as they grow. As In2Hockey is also a popular format in secondary schools, it can help encourage young people to transition from school hockey to be part of your club.



Benefits to clubs

The small-sided teams mean that players get more touches on the ball, increased levels of physical activity, more opportunity for skill development, and greater feeling of contribution to the team. In2Hockey therefore provides young players with opportunities for development, success and above all enjoyment. Meaning not only do they enjoy their hockey so keep coming back, they are also developing as players so can progress to 11-a-side club hockey when appropriate.

Support Available

In2Hockey rules and guidance available on line [here](#).

There is a range of In2Hockey equipment to aid the delivery of the game, including goals, sticks and balls. [Click here for more information.](#)

England Hockey have developed a core set of resources, providing ready made session plans and delivery cards for coaches. Plus two additional bolt-on resources are also available to support the introduction of goalkeepers, and to help with the development of In2Hockey umpires. [Click here for more information.](#)

Online In2Hockey training courses to help coaches feel confident to deliver the game, that can also be used to provide Leadership Courses for the young people. [Click here for more information.](#)



Next Steps

For more information follow this [link](#).



What is it?

Flyerz Hockey are fun and friendly sessions inclusive of all abilities and ages. It enables disabled and non-disabled players to play together, along with the whole family as siblings and parents can get involved as well.

Who can it attract?

Flyerz is for all as sessions and equipment can be adapted to ensure inclusivity of any disability and long-term health condition. One of the best bits about Flyerz is the whole family can join in and be physically active together.



Benefits to clubs

Flyerz can support your club to be fully inclusive, increasing your profile in the local community and is often an attractive proposition for sponsorship.

Clubs have also told us it has a uniting factor with many current members having a passion to be involved.

Support Available

We work in collaboration with Access Sport to grow the number of clubs offering Flyerz, improve wellbeing and increases access and opportunity for disabled people to join the hockey family.

- » Integrating Flyerz into your club
- » Promoting Flyerz and engaging your community
 - » Disability inclusion training
 - » Funding opportunities

[Click here for more information](#)

Flyerz Hockey Club Support Guide: A guide that supports clubs to offer Flyerz Hockey, from preparing and promoting sessions through to session ideas and simple rules. [Click here for download.](#)

Marketing Portal: An online portal where you can personalise marketing materials like posters and social media content to support with promotion of your sessions. [Click here to log in.](#)

Suite of Resources: A collection of resources from partners such as the Activity Alliance, Sports Coach UK, Access Sport, Disability Sports Coach and Sport England. Covering topics like; inclusive communication, coaching ideas, specific impairment guidance and much more. [Click here for more information.](#)

Next Steps

For more information take a look at www.englishockey.co.uk/flyerz and www.accesssport.org.uk/flyerz-hockey





Vitality **BACK TO** **HOCKEY**

What is it?

A fantastically fun way to try something new. Back to Hockey is fun, social and informal. With sessions aimed at men and women of all ages and abilities. Aimed to make new and returning players feel at ease, Back to Hockey coaches are encouraged to gently guide them through a series of fun and interactive sessions, all in a super-friendly and relaxed environment.

Who can it attract?

Back to Hockey is a great place for players new to the sport and those that haven't played since school, who might be too intimidated or nervous to go to 'club training'. Opening up your club to a whole new audience. It's also a fantastic option to offer alongside your junior activity for parents who otherwise would be standing by the pitch, creating a stronger connection with the club. Don't forget to invite club members who have stopped playing as this could be the perfect way to reengage them.



Benefits to clubs

More Club Players - 40 players have started to play regularly again in just 18 months (Prescot HC)

More Casual Players - We can target players who just want to play for fun and do not want to commit to a club environment (Belper HC)

Additional Income - The pitch is already booked for other teams and we are volunteers so all subs go straight into the club's funds (Wimbledon HC)

Extra Publicity - It is an excellent opportunity to raise the profile of our family club in the local area (Gillingham Anchorians HC)

New Volunteers - Around a dozen members have supported the sessions, which is great as it also helps promote the social side (Gillingham Anchorians HC)

Feel Good Factor - This group have brought enthusiasm to our ladies section that, quite honestly, has turned it around (Keynsham HC)

Support Available

New Online Management System: To make it effortless for you to register, manage and promote your Back to Hockey sessions. Along with being found by potential players. [Click here for more information.](#)

Marketing Portal: An online portal where you can personalise marketing materials like posters and social media content to support with promotion of your sessions. [Click here to log in.](#)

Top Tips for Marketing: Ideas on how and where to promote your sessions to get as many players attending as possible. [Click here to download.](#)

Coaching Ideas: Access a range of Back to Hockey specific coaching videos, activity cards and resources. To provide your coach with a variety of content to help create an enjoyable environment, tailored towards the individuals attending, to ultimately keep them coming back week after week. [Click here for more information.](#)

Next Steps

For more information take a look at www.englishhockey.co.uk/backtohockey



WALKING HOCKEY



What is it?

Increasing in popularity, Walking Hockey is perfect for players who are looking for a less physically demanding version of the game but still enjoy showing their skills and being involved in the team and social aspect. Walking Hockey is exactly as the name suggests - you play Hockey, walking. It's designed to help people keep an active lifestyle regardless of age, health and ability, as well as getting those back into hockey who had to stop due to injuries or other reasons.

Who can it attract?

Former players who had given up hockey due to age and / or injury or those attracted by the new angle on a sport they previously loved. People who have never played the sport before but were looking for a gentle sport as an introduction and older players who have enjoyed other walking sports and now want to give hockey a go. Current members who want to play a little more and as walking hockey is suitable for all, families can play together.



Benefits to clubs

New Members – The session can cater for those players who are unable to take part in mainstream hockey

Keeping Members – Giving those that do play the opportunity to play for many more years

Increased Revenue – In addition to a small fee to cover the sessions, many clubs have also adopted a flexible membership option for Walking Hockey Players

Greater Publicity – By promoting suitable sessions to new or returning players and gaining positive PR, clubs have raised their profile in the local community

Social Offering – Letting social groups and families (and generations) play together in a fun and friendly environment

Additional Volunteers – With more individuals at the club the pool of potential volunteers increases

Maximum Pitch Usage – By thinking practically about the space available in existing bookings, many clubs have found they don't need to book additional spaces and therefore get greater value for money

More Players – Whilst many start with Walking Hockey, over time you will find they can filter through to you Back to Hockey or mainstream club sessions.

Support Available

New Online Management System: To make it effortless for you to register, manage and promote your Walking Hockey sessions. Along with being found by potential players. [Click here for more information.](#)

Walking Hockey Club Support Guide: A guide that supports clubs to offer Walking Hockey, from preparing and promoting sessions through to session ideas and simple rules. [Click here for download.](#)

Marketing Portal: An online portal where you can personalise marketing materials like posters and social media content to support with promotion of your sessions. [Click here to log in.](#)

Next Steps

For more information take a look at www.englishockey.co.uk/walkinghockey



SMALL SIDED HOCKEY



What is it?

Small sided hockey provides players with an authentic experience of the game, more touches of the ball and ultimately provides 'games' which players love. Although we are suggesting playing six-a-side on a third of a pitch, you can play the game with the number of players available. The game can be played with or without goalkeepers and the rules can be adapted depending on the audience.

Who can it attract?

This is great for players who want to get their hockey fix but are unable to commit to 11-a-side, those who are returning to the sport after time away or your current members who want to play more.

The format is also great to use for other programmes like Back to Hockey as with more touches of the ball players feel more involved in the game and have more opportunities to develop their skills.



Benefits to clubs

Splitting your pitch into thirds as opposed to two halves means that you can increase the number of players playing at any one time by circa 50%.

Small sided hockey is a great format for 'Pay and play' nights, intra club games and Summer Hockey. We are also seeing more and more clubs replace lower team training with small sided games, because it does not require a coach and also provides players with what they want, games!

Organising a regular small sided corporate league can be a big income generator for clubs.

Support Available

Marketing Portal: An online portal where you can personalise marketing materials like posters and social media content to support with promotion of your sessions. [Click here to log in.](#)

Small Sided Hockey Rules: Suggested rule to get you started with small sided hockey. [Click here for download.](#)

Pitch Set Up: Ideas on a cost-effective way to set up your pitch so you can cater for additional players. [Click here for more information.](#)



Next Steps

Don't forget to catch up with your local Relationship Manager to share your ideas and they can provide advice and guidance to make the most of Small Sided Hockey at your club.