

HOCKEY – TREASURE HUNT

Quick introduction

A fun themed game where players have to move and pass the ball.

Getting started

Mark out four corners with different colour bases for each team and put lots of hockey balls in the centre of the pitch.

- The players are pirates, their coned area is their boat and the balls are the treasure!
- When the game starts the first player in each team runs to the middle of the playing area, collects a ball and carries it back to their base. They then tag in their next player who runs and collects the next ball.
- The game continues for 30 seconds to a minute, after the game ends ask teams to count up the number of balls they have managed to collect.
- Play for a set period of time and the team with the most points wins.
- You could allocate one player whose role is to run to other team's bases/boats, steal one ball at a time and return it to their own base/boat.

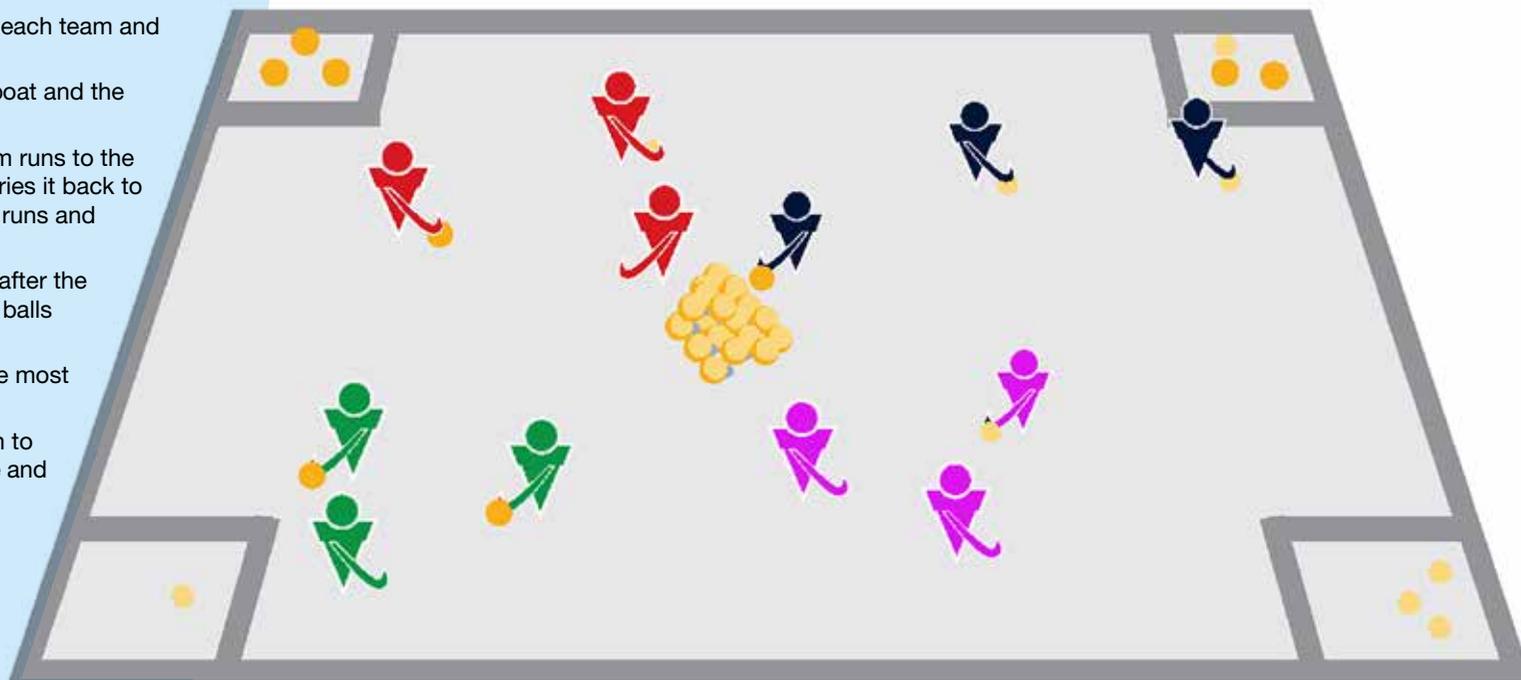
A diagram of this Challenge Card is also available at:
www.playquicksticks.co.uk

Health and safety

- Keep sticks below hip height at all times and try to keep the head of the stick close to the ground.
- Only use the flat side of the stick.
- Look up and try not to kick the ball.
- Avoid other players.

Equipment

- Sticks
- Balls
- Bibs
- Cones
- Throw-down lines



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Physical ME

- Players should try to keep the stick in contact with the ball.
- Hands should be apart on the stick – players should find the most comfortable way for them.
- Try to look up to avoid colliding with other players.
- Keep the ball away from your feet.
- Try to carry the ball on your right hand side and your left hand side.
- Try carrying the ball with one hand.

Social ME

Leading and volunteering

- Show your partner a way to carry the ball and describe to them how you get success.
- Help another player learn a new way to carry the ball.

Think inclusively STEP

- Space:** Give players lots of success initially by reducing down the distance between the boats and the treasure.
- Task:** Change time limits, quicker – provides more challenge, slower – decreases the challenge.
- Equipment:** Add in a variety of different size and weight balls that attract different points.
- People:** Make different rules for different people e.g. make more competent players take the ball around the whole playing area before they can go back to base.

Thinking ME

- How can I work on bending my knees to get lower to the ground to make it easier to look around?
- Can I always keep the ball slightly ahead of me so I can see it and the people around me?
- How can I keep the ball under control when I am running?

Tactical ME

- How can I keep the ball under control and carry the ball faster so I quickly return to my base to score more points.



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Excellence through competition

Respect: Can I play the game keeping to the rules so everyone has equal opportunities?



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HOCKEY – PASS TO WIN

Quick introduction

A simple passing and receiving game that can progress into a point scoring game.

Getting started

- Set out several coloured gates inside the playing area.
- Divide players into pairs – this game can cater for a larger number of players.
- To score a point players have to pass the ball through a gate to the other player in their pair.
- Once players have scored in one gate they then have to score in another gate before they come back to this one. Players will find this as a loop hole if you don't include the rule from the start.
- Play for a set period of time, can either of the teams of the pairs beat their score?
- You could add in a 'golden gate' somewhere on the pitch which is worth more points or give the game a theme e.g. a shopping trip, link cones to healthy food, e.g. blue cones are blueberries, red are strawberries.
- Change the game by splitting players into teams, players have to try and pass to their team as well as stealing balls from the opposition.

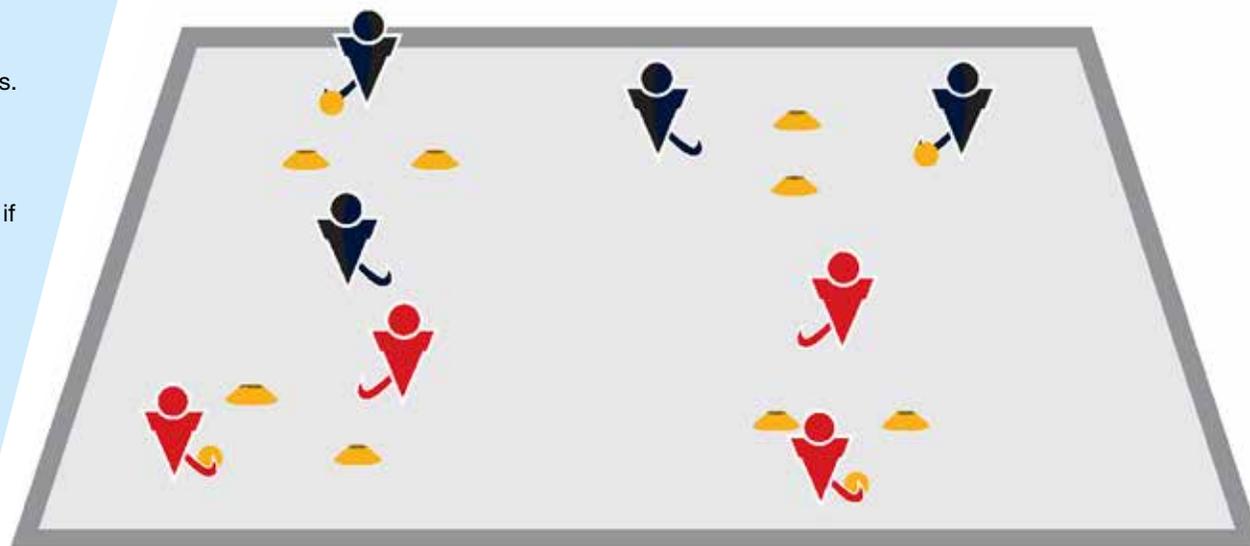
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Health and safety

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- Avoid other players.

Equipment

- Sticks
- Balls
- Bibs
- Cones
- Throw-down lines



Physical ME

- Players start with their stick touching the ball to push the ball through the gate.
- Players should be side on to the ball.
- The stick follows the ball to point at their partner.
- Keep low to get some more power.
- Keep the stick on the ground to be able to receive the pass back from their partner.
- Carry the ball to the next gate and adjust the feet so they can make a pass.
- Try to pass from the right side and the left side of the body.
- Take the stick away from the ball at the start of the pass to get more power.

Social ME

Leading and volunteering

- Team Manager.
- Keeps count of the number of passes.
- Encourages and motivates.

Think inclusively STEP

- Space:** Make the space between the gates bigger.
- Task:** Without sticks roll the ball underarm to your partner.
- Equipment:** Use brightly coloured cones that contrast well with the surroundings; this assist visual recognition of space.
- People:** Join pairs together and total scores together.

Thinking ME

- Can I get into space to help my partner to make a successful pass.
- Can I communicate with my partner to help them see where I have moved in order to receive the ball?
- Can I pass the ball at the right pace so my partner can receive it easily?

Tactical ME

- Moving into space helps my partner make a successful pass through the gates.
- Planning a route beforehand will help us increase our score.



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Teamwork: Work together by communicating with each other.



Honesty: When I count the number of gates I pass through.

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HOCKEY – PIRATE ISLAND

Quick introduction

A fun themed game where players have to move and pass the ball.

Getting started

- Split the group into sailors who have a ball and pirates who do not have a ball.
- Sailors move around the space, avoiding the pirates and trying to keep hold of their treasure (the ball).
- If a pirate successfully wins possession of a ball they become a sailor.
- The player who has lost their ball then becomes a pirate.
- The Islands are safe areas, only one sailor is allowed on an island at a time and can stay for a maximum of three seconds (get players to count out loud). They then have to visit another island before they can come back to this one.

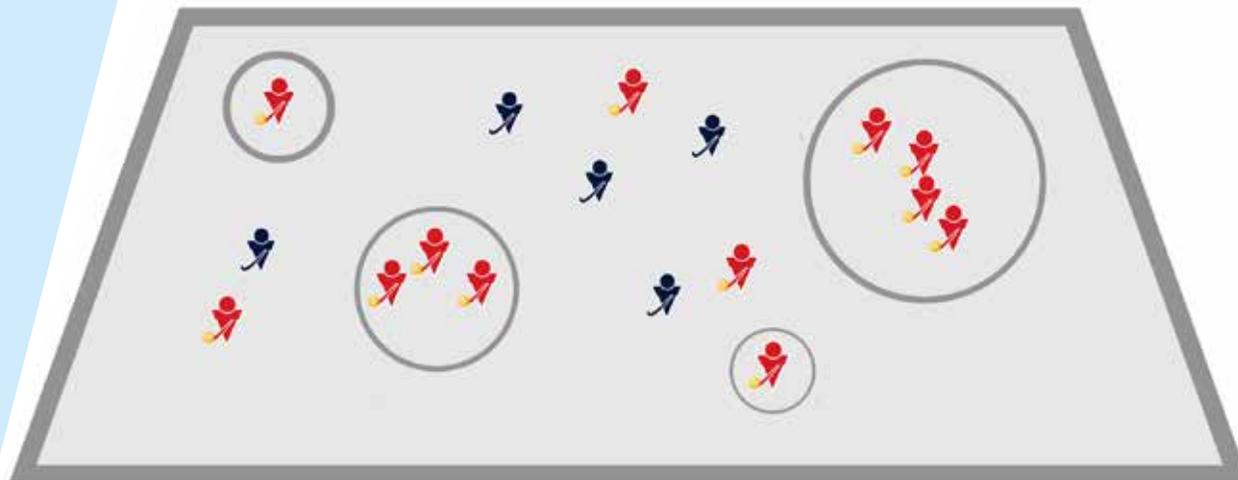
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Health and safety

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Physical ME

- Sailors moving with the ball need to keep their head up to avoid pirates.
- Keep the ball away from their feet and look up.
- Hands should be apart on the stick to gain more control.
- Keep the stick touching the ball so it is safe from the pirates.
- Change direction and running speed to keep away from the pirates.
- Pirates need to keep their stick low to the ground so they can steal the ball from the sailors.

Social ME

Leading and volunteering

- As a team of pirates and a team of sailors take a few minutes to talk about how you will win the game.
- Pair up one pirate and one sailor and tell each other what they have been good at in the game.

Think inclusively STEP

- Space:** Change the playing area from a square to a circle to help players now get stuck in corners.
- Task:** Give people three lives so they can keep possession of their treasure for longer.
- Equipment:** Place balls around the edge of the pitch to keep the game flowing.
Use a Quicksticks ball which is bigger, lighter and easier for beginners to control.
- People:** Put class into two or more pirate teams.
Once tackled players joins that pirate team until everyone caught.
Biggest pirate team wins.

Thinking ME

- Can I keep my eyes up to identify space and keep control of the ball.
- Pirates – can you think about how you will work together to steal the sailor balls.

Tactical ME

- **Sailors** - How will I use the islands to help me keep my ball safe from the pirates?
- **Pirates** – When the sailors are on an island how can I win the ball when they leave?



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Determination: If I lose the ball I will try and win one back.

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