

HOCKEY HEROES

RESOURCE COACHING CARDS

2020



CONTENTS



INFORMATION

ESSENTIAL DELIVERY INFORMATION 1

HOCKEY POWERS 5

CHARACTER POWERS 7

GLOSSARY 10

SAFEGUARDING 11

DELIVERY

STARTING THE SESSIONS 13

GAME CARD

FANTASTIC FOUR 15

ZERO TO HERO 21

TEAM SUPREME 23

GOALTASTIC 25

HEROES & VILLAINS 27

ULTIMATE RESCUE 29

SUPERSTAR STRIKE 31

SUPERHERO ESCAPE 33

SUPERHERO TIDY UP 35

SPARE GAME CARD

SUPER POWER PRESSURE POT 37

INFORMATION

SCHOOL DELIVERY 39

CONTACTS 44

ADDITIONAL CONTENT FOR FESTIVALS 45



Essential tips for delivery

Remember the main emphasis of Hockey Heroes is on the kids having lots of fun.

Key considerations that will help when delivering your sessions :-

- What can you do to make sure everyone is happy (e.g. making them feel good, proud of progress)?
- How can you help develop friendships, so children feel comfortable?
- Do you offer an environment for the children to try things without the fear of failure, (e.g. acceptable to make mistakes)?
- How can you ensure that everyone has a chance to play (e.g. can you get all the children active and running around for as much of the session as possible)?
- How can you adapt the game to help a child that is struggling or a child that finds it too easy?

Session structure

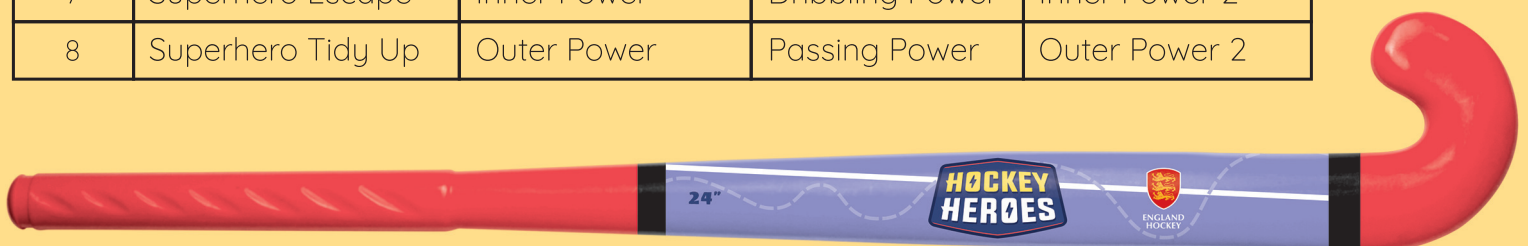
Each session should follow the same structure

- 10 minutes - Goof Time - opportunity to engage parents
- 20 minutes - Fantastic Four
- 25 minutes - Game Choice
- 5 minutes - Wrap Up - opportunity to summarise outcomes, engage parents and hand out stickers



Eight weeks of delivery

Week	Game	Character Power	Hockey Power	Sticker to Award
1	Zero to Hero	Inner Power	Dribbling Power	Dribbling Power
2	Team Supreme	Team Power	Passing Power	Team Power
3	Goaltastic	Outer Power	Scoring Power	Scoring Power
4	Heroes & Villains	Inner Power	Dribbling Power	Inner Power 1
5	Ultimate Rescue	Team Power	Passing Power	Passing Power
6	Superstar Strike	Outer Power	Scoring Power	Outer Power 1
7	Superhero Escape	Inner Power	Dribbling Power	Inner Power 2
8	Superhero Tidy Up	Outer Power	Passing Power	Outer Power 2





Hopefully you will have lots of Sidekicks to support you to deliver the Hockey Heroes sessions. There are lots of roles they can play to help ensure the children have a positive and fun experience, see below for some examples. Please help make sure the Sidekicks feel confident and supported in whatever role they play, we want them to have a fun experience and keep coming back to support the sessions, alongside the children.

How can Sidekicks support delivery of Hockey Heroes sessions?

- Help make sessions fun and ask the children what they like to do
- Offer encouragement, positivity and high fives
- Look to see that there are lots of smiles
- Chat to the children and get to know the other things they like to do in the week
- Be a role model for the children
- Ensure all children get lots of touches of the ball
- Discover who are already friends and help children keep connected or form new friendships
- Overall be a warm, welcoming and enthusiastic person

Task ideas

- Once in groups Sidekicks can help support a group of children e.g. blue, white, green or yellow
- Support the children to succeed in the tasks/games
- Help Champions with children that are finding tasks easy/hard e.g. Mission Cards
- Help with tasks like sorting equipment, taking the register, giving out stickers
- Support the Champions during the hockey huddles and try and get children discussing the topics



The Golden Thread is a set of general coaching principles which help people deliver fun and engaging sessions for their players. You may hear this phrase referred to so we have explained the key principles below. The Hockey Heroes content will align to all of these principles in an age appropriate way.

Fun

Coaching is about developing curiosity and engagement in your players – how fun and engaging are your sessions?

Lots of touches

It is what it says on the tin! Are your players actively learning (directly involved) and getting as many opportunities as possible to practise the skill(s) they are trying to develop? How creatively can you design and deliver your sessions?

Stretch

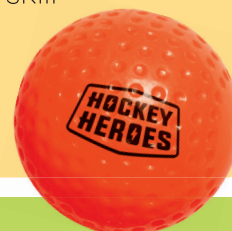
The best hockey coaches are exceptional at providing the right level of challenge to players of different ability within the same group.

Looks something like the game

Do your sessions look ‘something’ like the game? Are your sessions constantly requiring players to make decisions with elements of attack, defence, transition and goal scoring? The options are limitless...

Decision making

Hockey is all about skill. How are you delivering the appropriate opportunities for skill development, at the same time as developing good decision making under pressure?



Each week will have a focus on one of three hockey powers - dribbling, passing and scoring. These cards aim to provide more ideas on how to support the children at your Hockey Heroes sessions to develop and display these powers.

Dribbling/carrying

Moving around the area whilst having the ball under control on the stick.

All children will carry the ball in a slightly different way. What works for one player may not for another, so children, particularly beginners, benefit from having lots of opportunities to carry the ball in different situations as part of their session.

Questions you may want to ask to encourage the children to have more success at carrying the ball:

- Do you always carry the ball with two hands?
Can you carry the ball with just your left or your right hand?

- Can you carry the ball at different distances from your body? When might you want to keep it closer to your body and more under control? When might you want it further in front of you?
- Where do you want to be looking when you are carrying the ball? What does this mean for where your head needs to be?
- How can moving your feet support you in being able to carry the ball in different directions?
- What skills can you use to carry the ball for longer? Can you get the ball off the floor?
- Who is having the most success at carrying the ball in this game? Why?



With games that involve goals or targets, consider the most effective way to move/carry the ball to score as many points as possible.

Passing/moving

Moving the ball around the area by passing it to another team mate or into a space.

All children will move the ball in a slightly different way. What works for one player may not for another, so children, particularly beginners, benefit from having lots of opportunities to move the ball in different situations as part of their session.

Questions you may want to ask to encourage the children to have more success at moving the ball:

- Does the position of your hands and your grip affect how you move the ball? When might you want to have your hands closer together or further apart? When might you want to have a tighter grip or a looser grip?

- Does the position of the ball vary how you move the ball? How can you move your feet or legs to help you get more success?
- Where do you want to be looking when you are moving the ball? What does this mean for where your head needs to be?
- Does it help to get lower to the ground, how could you do this?
- What different ways can you move the ball? When might you want to use these skills?
- Who is having the most success at moving the ball in this game? Why?



With games that involve goals or targets, consider the most effective way to move/carry the ball to score as many points as possible.

Each week will have a focus on one of these character elements and the game card will have specific ideas on how to draw this content out in Hero Huddles. Champions are also encouraged to embed examples around other superpowers across the eight weeks as the opportunity arises.

Team Power

Help children to connect and find their Team Power – includes communication, connecting with team mates, developing team spirit and co-operation.

Examples of how to draw these skills out include:

- **Communication** – encourage children to recognise the importance of communication and help them to develop their communication skills within the activities e.g. how can they talk to each other to help during activities, how can they ask for help when they need it.
- **Connecting with team mates** – help children to recognise the power of teamwork and understand their role and the role of others e.g. get them to tell their partner something they did well, recognise and appreciate the efforts of others, help a teammate out if they are finding something difficult.
- **Team spirit** – help children to understand what team spirit means, and how teams can work well together e.g. being positive, encouraging and supporting each other, avoid criticising or disagreements. Think of ways you can build a team spirit with the group - come up with a team handshake or ritual for example.
- **Co-operation** – How can you co-operate and work out differences, e.g. work together especially when things go wrong, encourage those that are showing commitment?



Inner Power

Help children to find the hero “within” – unleash their inner power – includes confidence, resilience, perseverance, growth mindset, creativity and self-belief. Examples of how to draw these skills out include:

- **Confidence** – help children believe in themselves and develop confidence in their abilities e.g. celebrate successes, if they find something difficult help them understand what they could do to help (practice at home, practice with a friend, ask for help). Encourage them to not give up and to believe that they can do it.
- **Resilience** – help children to develop the desire to keep going and to not give up e.g. highlight how they kept trying even when something wasn't going well, compliment them when they keep trying and don't get frustrated.
- **Perseverance** – help children understand the importance of perseverance and persistence when learning something new e.g. explain how it will help them to get better, help them to recognise when they need to persevere and practice or ask for help.
- **Growth mindset** – help the children recognise and be proud that they were prepared to give new things a go. Challenge them to think what they did that worked well and what could be even better
- **Creativity** – encourage creative thinking within the activities, as long as it is fun and fair! How can the children work together to come up with different ways of approaching a challenge?
- **Self-belief** – take every opportunity to build self-belief within the children. Help them to recognise and acknowledge when they do things well and when they overcome challenges. Encourage them to share these observations if and when they are willing.





Outer Power

Help children to find their Outer Power – includes showing respect, fair play, empathy and appreciation. Examples of how to draw these skills out include:

- **Winning and losing graciously** – help the children learn how to do this and draw out good examples e.g. ask them what kinds of things they can say and do when they win or lose. Encourage them to say well done, recognise best efforts and avoid criticism or blame
- **Fair play** – help children understand what fair play is and why it is important e.g. it makes it more enjoyable for everyone, it helps to keep everyone safe and it shows respect for other people and the game. Ask them what they think cheating is, and how it makes them feel if someone cheats against them.
- **Showing respect/respecting each other** – explain to children that a key part of respect is being polite and grateful to others e.g. ask them how they can show their parents and Champion that they are grateful for their help and support, how can they make sure everyone has a voice and is listened to, how they could help someone who may get hurt accidentally, and how they can respect rules and the fairness of the game.
- **Empathy** – Can children see things from another perspective and accept and value differences? Can you be caring and kind?
- **Appreciation** – Encourage children to think about how they can appreciate their family and friends. e.g. say please and thank you, get them to think about what they are thankful for.
- **Friendship and Trust** – Playing sport can help children make new friends and develop social skills. What things can they suggest will help them make new friends e.g. share ideas, have fun, be kind.



Stealer

- Someone who can take the ball off another player
- We recommend a helper does this role to start with to demonstrate how it works, then allow the children to take over and have a go

There are two types of stealers:

- Someone who dribbles the ball out of the playing area and then gives it back to the other player
- Someone who keeps possession of the ball, so the roles in the game are constantly changing

Blocker

- Someone who can intercept the ball but cannot tackle
- We recommend a helper does this role to start with to demonstrate how it works, then allow the children to take over and have a go

Sidekick

- Anybody supporting the delivery of the session and the Champion

Champion

- The person leading the session

Hero Huddle

- Opportunity to have a break in the session to give the children time to have a rest and a drink and discuss this weeks Character Power
- Try and challenge these to last no longer than two minutes, and then let the children get back to playing and practising what you have discussed
- Try and encourage all children to talk and contribute, not just the more confident ones.
- Can you put the children into small groups or pairs to discuss a question before then chatting again as a bigger group, to give everyone a chance to input?





Safeguarding – key things you need to know when working with young people in hockey

England Hockey believes that all young people have the right to be safe and enjoy their involvement in hockey. All clubs, associations and individuals (Champions, sidekicks etc.) are bound by England Hockey's Safeguarding and Protecting Young People in Hockey Policy (SafeD). A condensed version of SafeD can be found on the England Hockey website.

The following top tips can help towards fulfilling your responsibility to safeguard young people:

- As a Champion, you are in a position of trust for all young people in your session, therefore it is your responsibility to promote welfare and protect all young people from harm
- Always provide example of good conduct and challenge inappropriate language/behaviour
- Report any concerns that you have
- Ensure you are never left alone with a group of young people – make sure you are always supported
- Remember some of your 'sidekicks' may be U18s - as young leaders they will be in a position of trust over other young people, so you may need to offer them some extra help and support
- For sidekicks who are U18 you may wish to assign an adult mentor to support them during the delivery

More information on best practice (basic do's and don'ts) can be found under 'Good Practice' on the England Hockey website.



In order to protect all young people, it is vital that you report any concerns that you have.

It is NOT your responsibility to decide if a situation is poor practice, abuse or bullying, but it IS your responsibility to report your concerns.

Key contacts:

- Your Club Welfare Officer should be contacted in the first instance – find out who this is at your club and how you can contact them
- England Hockey's Ethics & Welfare team 01628 897500 or safeguarding@englandhockey.co.uk
- NSPCC free 24-hour helpline 0808 800 5000
- If a child is in immediate danger call the police (999)

Reporting top tips:

- Never promise confidentiality – you may need to escalate a concern but only the necessary people will be involved
- Don't ask leading questions
- Make a note of the key information disclosed to you
- Report all concerns to your Club Welfare Officer or England Hockey's Ethics & Welfare team.
If a child is in immediate danger then contact the police in the first instance.



Goof time

Start each week with 10 minutes of parent and child 'goof time'. This should be left to them, with the emphasis being on fun and not the parents coaching their child. This is more about getting children comfortable holding a stick and encouraging parents to be active and a good role model. If they need ideas, some suggestions could be...

- Be creative and have some fun!
- Dribbling around each other
- Passing between each other, practising stopping the ball, keeping close together
- Passing between each other maybe adding in some movement
- Try scoring between parents' legs

Welcome Hero Huddle

After the goof time bring everyone together (including parents) and show the visual of the six superpowers they are going to learn over the eight weeks. Highlight the ones they are going to be focusing on that week and which one they will get their sticker for at the end. Consider introducing a team chant or ritual you can repeat at the start and end of every session to create a team spirit between the whole group.

Organising into groups

Depending on total numbers consider grouping by age and/or height. Alternatively, get the children to run around and then the Champion calls out numbers. Ask children to form groups of that number. End with the number that you want in each group and which colour team they are going to be in. Give them a sash/belt. Consider having a non-sash/belt group if you need to have more than 4 groups.

Wrap up Hero Huddle

At the end of each session, encourage all children to come into a huddle and all parents to gather round so they can hear.

Consider the following:

- End with the ritual you have created or a dance, team celebration or handshake they may have created in the session
- Ask the children to say/shout a big thank you to their parents
- Get them to high five at least 5 others in the group
- Give the parents and children a challenge, e.g. chat about something they learnt on the way home, or practice a skill to show in goof time next week
- Sign all of the children out and ensure they are all picked up safely by an appropriate adult. Finally - remember to give out the stickers and say well done!



Set up

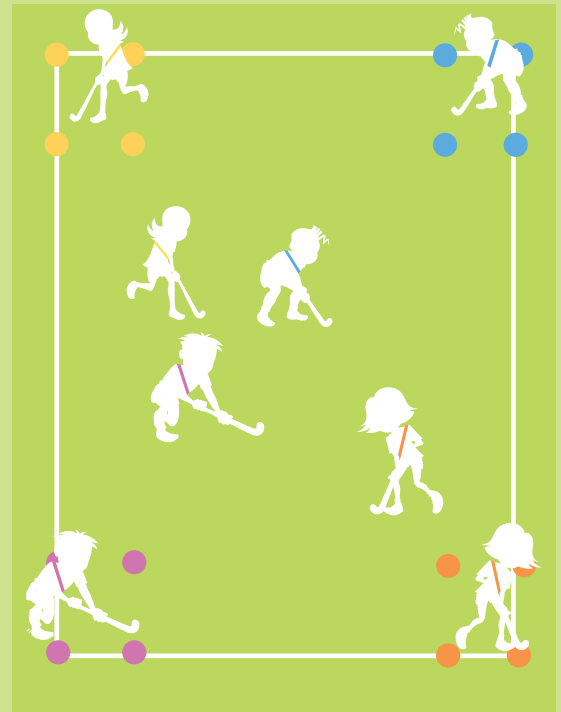
- Split the area into zones or team bases
- Give out a coloured sash/belt to each child to create teams, each colour of the team should link to one of the colours of the bases
- Give each team a noise maker
- Give each child their own ball
- Ensure the children go back to their base in-between each activity

Introduction

- Champions to demonstrate each activity briefly with all children practicing for a couple of minutes or until you see they are able to do it
- Ask a different member of each team to remember one activity each

Race Time

- After the children have had time to practice each activity, all teams then get the chance to race to complete all four activities in order
- Teams must go back to their base in between each activity and one child makes their team noise to indicate they have completed one of the skills
- Depending on time get the teams to try again, can they complete it quicker than last time but still do all the activities properly?
- Once the team has completed all four activities they should all go back to their base and strike a hero pose



Order of activity to follow is always: Hockey (H), Fundamental (FMS), Hockey (H), Character Power (CP)

Week 1

Hockey Power in action - Dribbling
Character Power focus - Inner Power

H - Imagine you are your favourite superhero and are protecting your ball from a baddy. Carry the ball in a straight line for 10 steps then change direction, repeat this three times to get away from the baddy

FMS - Practice your lightning feet: complete a two footed jump over a line 10 times. Now it's your fast feet, complete one foot at a time step over and back again - repeat 10 times

H - Create a force field around you by drawing a small, medium and then large circle by dribbling your ball

CP - Work together to come up with a team name and pose. All jump into your pose and shout out your team name

Week 2

Hockey Power in action - Passing
Character Power focus - Team Power

H - Can you swap balls with a teammate? Dribble around with the ball, call the name of someone else in your team and pass your ball to them and collect the ball they pass to you

FMS - Practice your hero jumps, frog jump from one line to another then sidestep on the way back. Can you do this two times?

H - Follow the leader. Form a line and dribble the ball one behind each other for 10 steps (all in a line). The leader then goes to the back of the line with their ball so everyone can have a turn at leading

CP - Say hello to everyone in your team, tell everyone in your team your name and the superpower you would like to have, e.g. speed, invisibility. High five each other



GAME CARD

FANTASTIC FOUR



ENGLAND
HOCKEY

Week 3

Hockey Power in action - Scoring

Character Power focus - Outer Power

H - Dribble the ball to make the shape of your hero base with 3 or 4 sides, e.g. square, triangle or diamond

FMS - Practice your stickgrab: Hold your stick, let go, clap once and then catch OR Stand opposite a partner holding your stick upright, both let go and grab your partners stick before it falls on the floor, repeat 5 times

H - Dribble with the stick in your left hand for 10 steps, then the stick in your right hand for 10 steps and finally both hands for 10 steps

CP - Come up with a team goal celebration and practice it so you're ready to show it every time you score in the game coming next

Week 4

Hockey Power in action - Dribbling

Character Power focus - Inner Power

H - Show us your gears. Complete 5 steps in each gear: creeping, chasing, lightning and reverse

FMS - Time for you to balance. Complete 10 side steps and then make the position of a stork, do another 10 side steps and then can you balance like a ballerina? Can you hold the balances still for the count of five seconds?

H - Create a force field around you by drawing a small, medium and then large square by dribbling the ball

CP - Time for the ball to balance! You and your partner hold the ends of each others sticks. You should both be holding 2 sticks out in front. Get a ball and balance it on top of the 2 sticks. Try completing 5 side steps left and right without letting the ball fall off. Make it even harder, add in a knee bend after each set of side steps

17



GAME CARD

FANTASTIC FOUR



ENGLAND
HOCKEY

Week 5

Hockey Power in action - Passing

Character Power focus - Team Power

H - With a partner, choose a leader who does 2 moves dribbling the ball, can their partner copy what they did? Swap over and repeat (prompt with sideways, circle, backwards, lift)

FMS - With a partner, each stand on one leg and touch one of your feet together with one foot of theirs. Can you get both your feet higher without falling over? Pull funny faces and see who laughs or loses balance first

H - Dribble around with the ball, call the name of someone else in your team and pass your ball to them and collect the ball they pass to you

CP - In your team using your bodies make the shape of a human stick and ball

Week 6

Hockey Power in action - Scoring

Character Power focus - Outer Power

H - Dribble with the stick in your left hand for 10 steps, then the stick in your right hand for 10 steps and finally both hands for 10 steps

FMS - Stand opposite a partner a few metres apart, skip forwards 10 skips and then skip backwards 10 skips. Now walk out on hands towards each other until you can reach out to touch each others hands

H - Move around and pass the ball to each person in your team, the last person scores a goal through 2 cones, take it in turns so everyone scores

CP - In your team come up with 3 different ways you could congratulate a team mate when they score a goal. Act them out

18



GAME CARD
FANTASTIC FOUR



ENGLAND
HOCKEY

Week 7

Hockey Power in action - Dribbling
Character Power focus - Inner Power

- H** - Pick your favourite from weeks 1-6
- FMS** - Pick your favourite from weeks 1-6
- H** - Pick your favourite from weeks 1-6
- CP** - Pick your favourite from weeks 1-6



GAME CARD
FANTASTIC FOUR



ENGLAND
HOCKEY

Week 8

Hockey Power in action - Passing
Character Power focus - Outer Power

- H** - Pick your favourite from weeks 1-6
- FMS** - Pick your favourite from weeks 1-6
- H** - Pick your favourite from weeks 1-6
- CP** - Pick your favourite from weeks 1-6



Download the template from
Hockey Hub to help you plan.



GAME CARD

ZERO TO HERO

Superpower Focus: Dribbling/Carrying & Inner Power

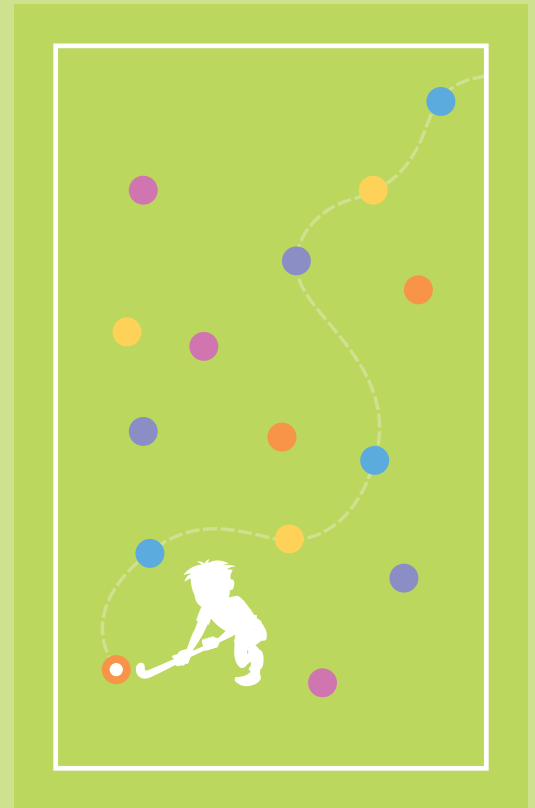


Overview

- Scatter coloured spots across the playing area, spread out the colours randomly and find a suitable area(s) to put a pile(s) of wristbands
- Every time the children move over a defined sequence of spots they can pick up a wristband to gain points
- Play for a set period, then repeat, how many wristbands can they collect?
- Build in at least two Hero Huddles during breaks in game
- Use the Change It ideas on back to stretch the whole group or Mission Cards to stretch an individual

Equipment

- Sticks
- Balls
- Wristbands
- Spots



21



GAME CARD

ZERO TO HERO

Superpower Focus: Dribbling/Carrying & Inner Power



Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

Level 1 - No ball just sticks in hand - run over spots to get a wristband

Level 2 - Add balls - children dribble the ball over spots to get a wristband

Level 3 - Add a Blocker (this can be a helper)

Level 4 - A) Add a Stealer (who gives the ball back). B) Add a Stealer (who keeps the ball)

Level 5 - Get into teams with a ball per team, teams can still get wristbands for dribbling over spots but can also steal other teams' balls

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

- Bigger area
- More spots
- Walk only (Blockers/Stealers)

Harder

- Smaller area
- Less spots

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

- Invincibility Bib
- Time Travel

Harder

- Walking Only, Power Up, Skittles, Mystique

Hero Huddles - Inner Power

Help children to find the hero "within" - unleash their Inner Power. For example some questions you may ask.

Perseverance - Within yourself how are you going to persevere and improve your dribbling of the ball? e.g. one/both hands

Confidence - If you found something difficult today, think to yourself how can I get better? e.g. practice/friend/help

22



GAME CARD

TEAM SUPREME

Superpower Focus: Passing & Team Power



WEEK 2



Overview

- Scatter gates of cones or flat spots randomly over your space. Each gate should be colour coded, i.e. a blue gate of two blue cones
- Children work in pairs and dribble/move the ball around the area and get points for passing through a gate (one child passes through a gate to their team mate for one point)
- Pairs cannot go back to the same gate until they have visited a different gate
- Play for a set period of time, try again and see if they can beat their score
- Build in at least two Hero Huddles during the breaks in the game
- Use the Change It ideas to stretch the group or Mission Cards to stretch individuals

Equipment

- Sticks
- Balls
- Spots



GAME CARD

TEAM SUPREME

Superpower Focus: Passing & Team Power



WEEK 2

Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

Level 1 - No stick - roll the ball through a gate to score points

Level 2 - Add sticks - pass the ball using sticks to get points

Level 3 - Add a Blocker (this can be a helper)

Level 4 - A) Add a Stealer (who gives the ball back). B) Add a Stealer (who keeps the ball)

Level 5 - Children able to switch roles, so if you win the ball you keep it and join the other member of the pair. Children without the ball have to try and win it back

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

Bigger area

Wider gates

One stick between pair

Harder

Smaller area

Narrower gates

Can't return to same colour

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

Invincibility Bib, Power Play, Pause

Harder

Skittles, Walking only, Mystique, Colour Catcher

Hero Huddles - Team Power

Help children to find the hero "within" - unleash their Team Power. For example some questions you may ask.

Communication - How can you help each other to get through more gates? e.g. say the colour of the gate they want to go to next

Connecting with team mates - Tell your partner something they did well e.g. stopped the ball/explained where next



GAME CARD

GOALTASTIC

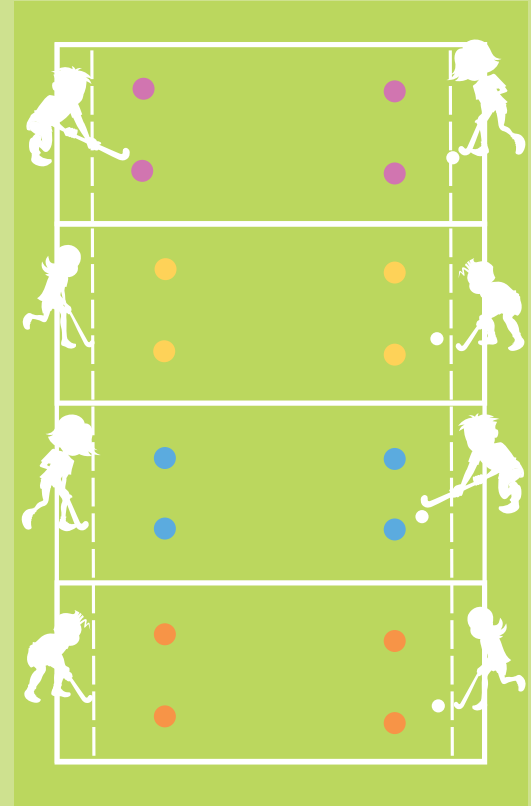
Superpower Focus: Scoring & Outer Power



WEEK 3

Overview

- Split the group into two teams. One team stands on one side of the area and the other team on the opposite side
- All the children in one of the teams have a ball
- Use the spots to make goals. One set of goals per team
- Mark out an end zone behind the line of goals. The teams stand behind the end zone
- The team with the balls dribble the ball forward through their goal and then have a go at scoring in the opposite team's goal
- The aim is to get the ball to stop in the opposite team's end zone area
- The opposite team then take the ball out of the end zone and dribble through their goal and shoot at the opposite goal aiming to get the ball to stop in the opposite end zone
- Build in at least two Hero Huddles during the breaks in the game
- Use Change It ideas to stretch the group or Mission Cards to stretch individuals



25



Equipment

- Sticks
- Balls
- Goals/Spots
- Sashes/Belts



GAME CARD

GOALTASTIC

Superpower Focus: Scoring & Outer Power



WEEK 3

Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

Level 1 - No sticks - players run with the ball to their own goal and then roll the ball through the opposition team's goal and get the ball to stop in the end zone

Level 2 - Add sticks - players have to dribble the ball through their goal and then shoot in the opposition's goal and get the ball to stop in the end zone

Level 3 - Add a change in direction - Players can choose a different goal to dribble to first and then shoot in a different goal and get the ball to stop in the end zone

Level 4 - Add blockers - Blockers can make the route towards a goal more difficult so players may have to change their decision

Level 5 - Teams work together to see how many balls they can dribble through their goal and shoot through an opposition goal to stop in the end zone. Time for 1 minute. The team with the most balls in the oppositions' end zone wins the race

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

- Wider goals
- More goals
- Make the end zone wider

Harder

- Narrower goals
- Score in certain goals
- Make the end zone thinner

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

- Invincibility Bib
- Power Play
- Time travel

Harder

- Different ways to carry
- Power up
- Skittles

Hero Huddles - Outer Power

Help children to find the hero "within" - unleash their Outer Power. For example some questions you may ask.

Empathy - What might you do/say when the opposition team score a goal?

What would you do/say if you or your team mate didn't score a goal?

Appreciation - Watch a team mate score a goal and tell them something they did well.

Have a go yourself at the way they showed you next time.

26



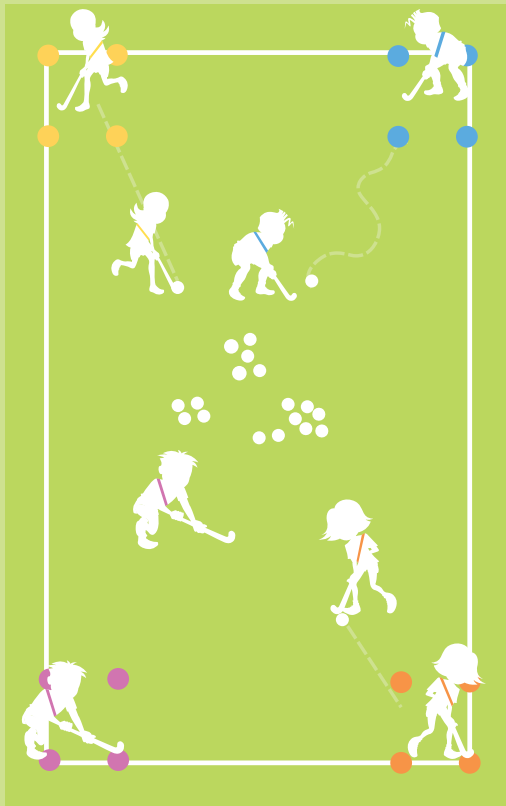
GAME CARD

HEROES & VILLAINS

Superpower Focus: Dribbling/Carrying & Inner Power



WEEK
4



Overview

- Mark out several bases, depending on numbers per team
- Assign each team to a base
- Put piles of balls around the playing area
- Teams work together to steal as many balls as possible and take back to their base (only one ball at a time), they get a point for every ball
- Play for a set period of time, can they repeat and beat their score
- Build in at least two Hero Huddles during the breaks in the game
- Use the Change It ideas to stretch the group or Mission Cards to stretch individuals

Equipment

- Sticks
- Lots of Balls
- Spots
- Sashes/Belts



27



GAME CARD

HEROES & VILLAINS

Superpower Focus: Dribbling/Carrying & Inner Power



WEEK
4

Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

Level 1 - No sticks, children can only roll the ball

Level 2 - Introduce sticks

Level 3 - A) Take out sticks add a Blocker (this can be a helper). B) Put sticks back in, keep Blocker (can steal from other teams)

Level 4 - A) One team starts as Stealers. B) Stealers give the ball back

Level 5 - A) One team starts as Stealers. B) Stealers keep ball and take it to their area

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

Bigger area
More piles of balls

Harder

Smaller area
Less piles of balls
More blockers

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

Invincibility Bib
Pause

Harder

Different Ways To Carry,
Colour Catcher, Walking Only

Hero Huddles - Inner Power

Help children to find the hero "within" - unleash their Inner Power. For example some questions you may ask

Resilience - Share with a friend how you kept trying even when something wasn't going well e.g. didn't get frustrated, didn't get upset persevered and kept trying

Creativity - Think of creative ways you can steal more balls in a fun and fair way

28



GAME CARD

ULTIMATE RESCUE

Superpower Focus: Passing & Team Power



WEEK 5

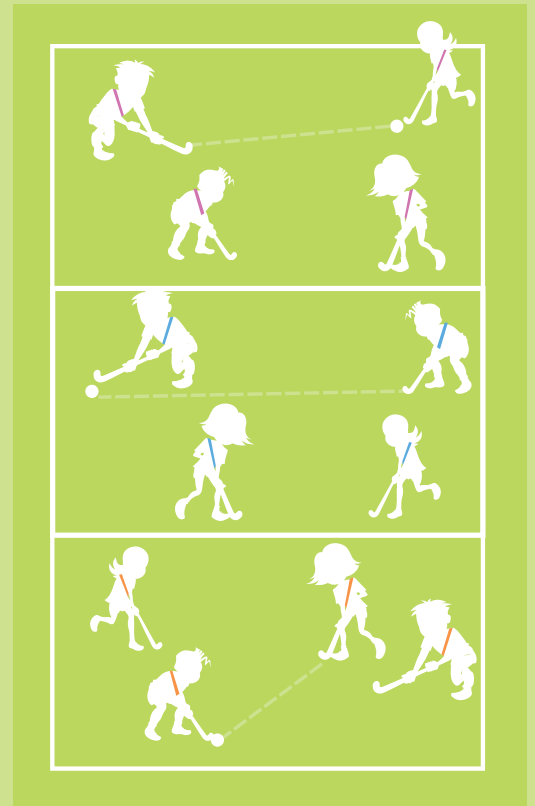
Overview

- Split into teams depending on numbers
- Each team has a separate area
- Number the players 1-2-3-4 in their teams
- Number 1 starts with the ball and passes to number 2
- Number 2 passes to number 3, number 3 passes to number 4 and number 4 passes back to number 1
- Every completed round of passing means the team can get a wristband
- Repeat again for another wristband. How many rounds can you do in a set time
- Build in at least two Hero Huddles during the breaks in the game
- Use Change It ideas to stretch the group or Mission Cards to stretch individuals



Equipment

- Sticks
- Balls
- Spots
- Wristbands
- Sashes/Belts



29



GAME CARD

ULTIMATE RESCUE

Superpower Focus: Passing & Team Power



WEEK 5

Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

Level 1 - No sticks - players have to roll the ball in number order

Level 2 - Add sticks - players have to pass the ball in number order

Level 3 - Add Blockers - Blockers can try to stop the teams passing in order. They can only walk in the area and can intercept the ball with their stick. They give the ball back to the team and they continue to pass in order

Level 4 - Add Stealers - Stealers can tackle and get the ball off a team. They take the ball outside the playing area where the team can collect it and start passing in order again

Level 5 - Teams can pass in any area and will need to avoid other teams to ensure they pass in number order. Any player can steal the ball from another team

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

Smaller Teams
Smaller Area

Harder

Bigger area
When they receive the ball they must move 3-5 steps before passing

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

Invincibility Bib
Pause

Harder

3D passes, Moving,
Win the Ball

Hero Huddles - Team Power

Help children to find the hero "within" - unleash their Team Power. For example some questions you may ask

Team Spirit - How can you build your team spirit? eg. team handshake, laughter, support

Co-operation - How can you co-operate and work out differences? e.g. work together especially when things go wrong, e.g. when passing the ball in the game how can your team work together even if the ball was not passed accurately

30



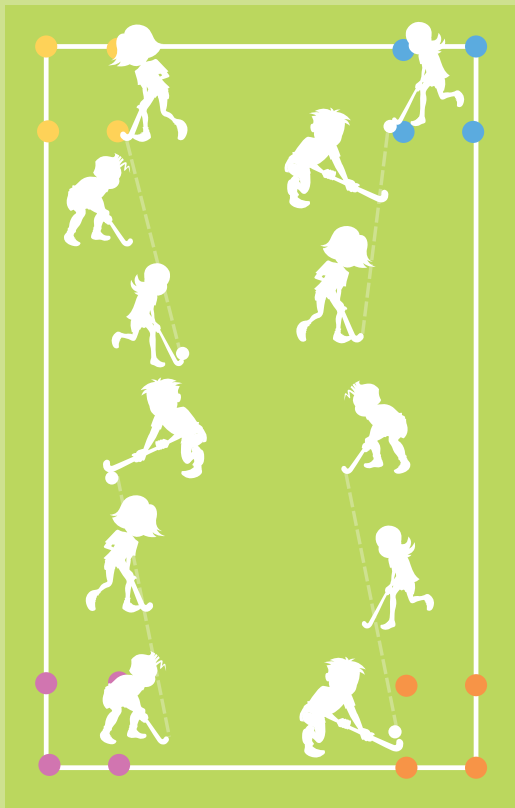
GAME CARD

SUPERSTAR STRIKE

Superpower Focus: Scoring & Outer Power



WEEK 6



Overview

- Mark out a number of bases in the playing area
- Split children into groups of three
- Children aiming to keep possession of the ball and move onto scoring goals
- Two children trying to keep possession, the third player is trying to steal
- Play for 60 seconds and change roles
- Build in Hero Huddles during breaks in game
- Use the Change It ideas on back to stretch the whole group or Mission Cards to stretch individual

Equipment

- Sticks
- Balls
- Spots
- Sashes/Belts



GAME CARD

SUPERSTAR STRIKE

Superpower Focus: Scoring & Outer Power



WEEK 6

Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

- Level 1** - No sticks, children can only roll the ball
- Level 2** - Add in sticks, child without the ball is a Blocker
- Level 3** - Children trying to get the ball back to a base/score in a goal. Children can't go to the same base/goal twice in a row
- Level 4** - Child without the ball is a Stealer (keeps the ball)
- Level 5** - Put 2 teams together to become 3v3
 - A) Team with ball can only walk. Team without can only block.
 - B) All children can run but team without can only block.
 - C) All children can run and steal the ball (keep it)

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

Bigger bases
Bigger area

Harder

Smaller bases, Smaller area,
Score in certain bases (colour)

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

Invincibility Bib
Spiders Web

Harder

Different Ways To Move
Different Ways To Dribble
Different Ways To Win the ball back

Hero Huddles - Outer Power

Help children to find the hero "within" - unleash their Outer Power. For example some questions you may ask.

Play fair - What do you think cheating is? How does it make you feel? e.g. not playing fair, pretending to be fouled, deliberately hurting someone

Friendship and trust - What things can you suggest will help you make new friends e.g. share ideas, have fun, be kind. Why not get everyone to high five or shake hands with people in their team (or a different team) and tell them their name and what they like about hockey. e.g. own stick, it's fast etc.



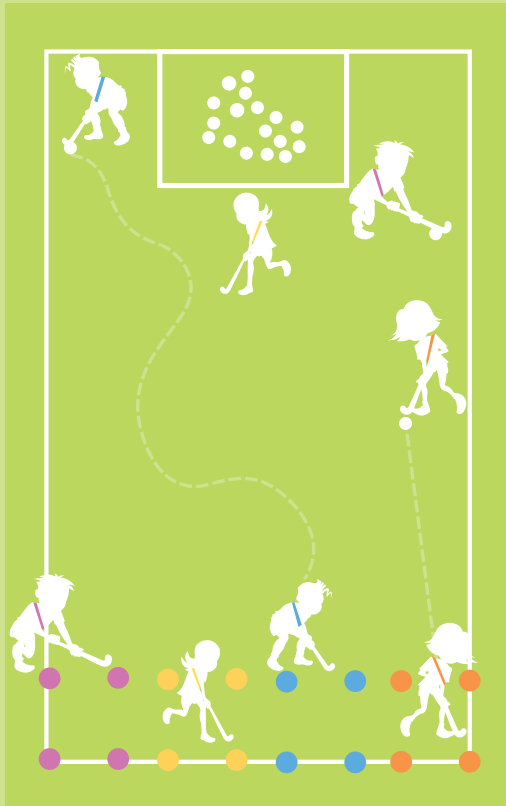
GAME CARD

SUPERHERO ESCAPE

Superpower Focus: Dribbling and Inner Power



WEEK 7



Overview

- Split the group into four teams (depending on numbers)
- One team are in the Super Hero Base (split into 4 sub teams each with a different super power)
- Place lots of balls on Treasure Island
- Super hero's go to Treasure Island to collect a ball and take back to their base
- Once the ball is at the base it is safe and can stay there
- Children can then go and get another ball until all the balls are back at the Super Hero base
- Challenge players to practice their dribbling skills from previous weeks whilst they are moving around the area
- Build in at least two Hero Huddles during the breaks in the game
- Use Change It ideas to stretch the group or Mission Cards to stretch individuals

Equipment

- Sticks
- Spots
- Balls
- Sashes/Belts



GAME CARD

SUPERHERO ESCAPE

Superpower Focus: Dribbling and Inner Power



WEEK 7

Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

Level 1 - No sticks - players pick the balls up and take them back to their base

Level 2 - Add sticks - players dribble the ball back to the base

Level 3 - Add Blockers - One team are in the middle of the area without sticks. They aim to tag players with one hand on their shoulder. If a player is tagged they have to drop the ball and the Blocker takes it back to treasure island. The player who has been tagged must return to base before going to get another ball.

Level 4 - Add stealers - One team in the middle aim to get the ball from the superheros and take it back to treasure island.

If a player has their ball taken, they must return to the base before going to try and get another ball

Level 5 - Teams can tackle each other and take it back to their base. The team with the most balls in their base win

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

Larger area between Super Hero Base and Treasure Island
Lots more balls
Less Blockers/Stealers

Harder

Smaller area between Super Hero Base and Treasure Island
Less Balls
More Blockers/Stealers

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

Invincibility Bib
Pause, Time travel

Harder

Win the ball,
Walking Only, 3D

Hero Huddles - Inner Power

Help children to find the hero "within" - unleash their Inner Power. For example some questions you may ask

Growth mindset - Share with a partner successful ways you have dribbled past a blocker/stealer.

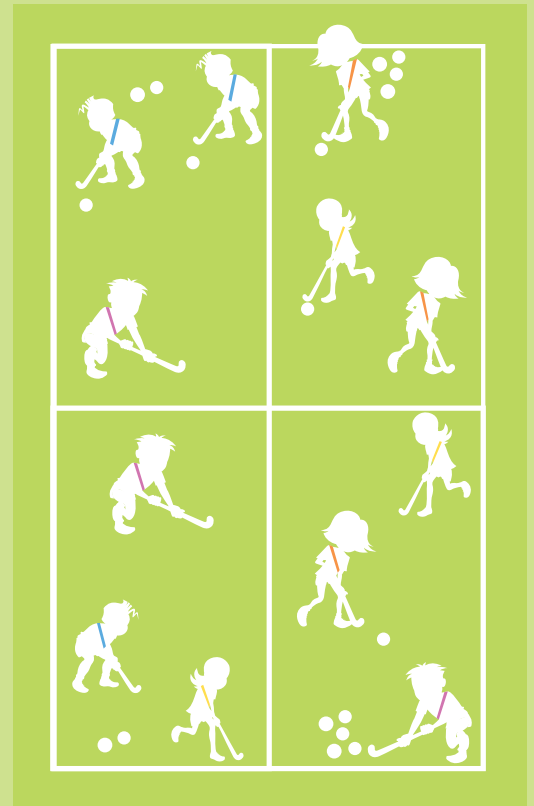
Watch your partner and suggest a way they could dribble even better

Self Belief - Think of three things that you have done well in Hockey Heroes so far (encourage to share if they are willing)



Overview

- Split the group into 4 teams (depending on numbers)
- Each team has a base with the same number of balls in it
- Challenge the children to pass the balls out of their area and into someone else's in a set time
- They have to pass the ball to a member of their team and make sure it is controlled and resting in the new space
- Winning team will have the least number of balls in their area at the end
- Children are only allowed to hold the ball for 3 secs and can only stand still for 3 secs before they need to move
- Build in at least two Hero Huddles during the breaks in the game
- Use Change It ideas to stretch the group or Mission Cards to stretch individuals



Equipment

- Sticks
- Balls
- Sashes/Belts



Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

Level 1 - No sticks - players have to pick the balls up and roll them to a team member to the new area

Level 2 - Add sticks - players have to pass the ball to a team member to the new area

Level 3 - Add blockers - One team are the blockers in the game area and have to tag players with one hand on the shoulder. If a player gets tagged then they have to go back with their ball to their base and start again

Level 4 - Add stealers - One team in the middle of the game area aim to get the balls from the players and can leave them in any other area they want to. This team cannot be tackled

Level 5 - All teams can tackle every other team and can choose which area they leave the ball in

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

- Less balls to clear out of their area
- Less blockers/stealers
- Can't return to the same area with consecutive balls

Harder

- More balls to clear out of their area
- More blockers/stealers
- Run though a middle area before taking a ball to another area

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

- Invincibility Bib
- Pause
- Spider Web

Harder

- Carry
- Walking Only
- 3D

Hero Huddles - Outer Power

Help children to find the hero "within" - unleash their Outer Power. For example some questions you may ask

Winning/losing graciously - In your teams show the winning team a celebration you have come up with to help them celebrate their success

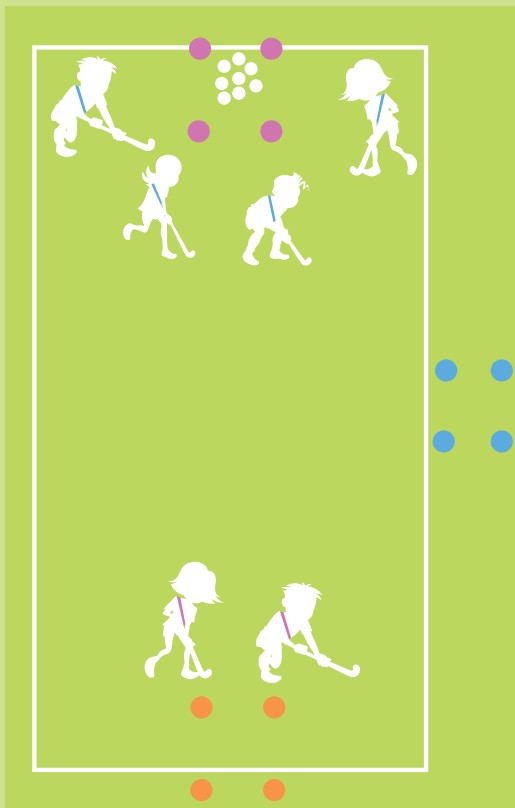
Showing respect/respecting each other - Listen to ideas from all the other children in your group about how your team can be successful in this game. Pick the idea you think will be a good one



SPARE GAME CARD

SUPER POWER PRESSURE POT

Superpower Focus: Dribbling or Passing & Team Power



Should you need extra content one week, this is a 'spare' game.

Overview

- Split the group into 2 teams (one team has more than the other team)
- The team with more players has a base full of balls
- The team with less players has an empty base
- Challenge the children to take one ball and move it to the other base without being intercepted by the other team
- The other team can tag the players with the ball by touching them, with one hand on the shoulder. They lose the ball and must start again with another ball. The ball they lost goes into an area outside the playing area and is out of the game
- The aim is to get as many balls in the empty base as possible
- Swap the players over
- Build in at least two Hero Huddles during the breaks in the game
- Use Change It ideas to stretch the group or Mission Cards to stretch individuals

Equipment

- Sticks
- Spots
- Balls
- Sashes/Belts

37



SPARE GAME CARD

SUPER POWER PRESSURE POT

Superpower Focus: Dribbling or Passing & Team Power

Game levels

Be led by what the children are enjoying. Don't feel you have to progress through all levels. Remember to build in Hero Huddles throughout the game

- Level 1** - No sticks - players have to pick the balls up and roll them to a team member or carry them to the base. Everyone is allowed to take a ball if they choose to
- Level 2** - Add sticks - players have to pass or dribble the ball to a team member to the base
- Level 3** - Add blockers - Blockers can tag either team with a ball and that player must leave the ball where they were tagged and the ball is lost and out of the game
- Level 4** - Level 4 - Add stealers - Stealers can tackle and get the ball off either team and they must take the ball to the base outside the area and the ball is lost out of the game
- Level 5** - The starting team works as a team to take one ball at a time to the base at the other end

Change it

Use these ideas to help make it easier or harder for the whole group

Easier

- Larger area
- Less blockers/stealers
- Larger bases

Harder

- Smaller area
- More blockers/stealers

Secret Missions

Use these cards to help make it easier or harder for individuals in the group

Easier

- Invincibility Bib
- Pause
- Time travel

Harder

- Walking only
- Carry
- 3D

Hero Huddles - Team Power

Help children to find the hero "within" - unleash their Team Power. For example some questions you may ask.

Communication - How can you work as a team to get the balls to the base at the other end? How can you communicate with each other to stop the other team getting the balls in your base?

Team Spirit - How can you encourage everybody on your team? How will you celebrate your team work?

38



INFORMATION SCHOOL DELIVERY



When delivering hockey lessons in school to Years 1, 2, 3 or 4 we would always recommend using Hockey Heroes coaching content. The equipment is also highly recommended.

8 weeks worth of delivery - When delivering as a block of 8 weeks either in lessons or after school please use the following plan:

Fantastic Four starts each session and progresses each week	Character Power/Hockey Skill	Games relating to suitable character power/hockey skill
Fantastic Four 1	Inner Power/Dribbling	Zero to Hero
Fantastic Four 2	Team Power/Passing	Team Supreme
Fantastic Four 3	Outer Power/Scoring	Goaltastic
Fantastic Four 4	Inner Power/Dribbling	Heroes & Villains
Fantastic Four 5	Team Power/Passing	Ultimate Rescue
Fantastic Four 6	Outer Power/Scoring	Superstar Strike
Fantastic Four pick & mix 7	Inner Power/Dribbling	Superhero Escape
Fantastic Four pick & mix 8	Outer Power/Passing	Superhero Tidy Up
Fantastic Four pick & mix 9	Team Power/Dribbling/Passing	Superpower pressure pot



39



INFORMATION SCHOOL DELIVERY



Single Lesson - If you are delivering as a single lesson deliver Fantastic Four to start with and if time remains, then pair up the character power from the Fantastic Four game with one of the other games as follows:

Character Power Focus of game	Fantastic Four game relating to character power	2nd game relating to suitable character power
Inner Power focus	Fantastic Four game 1 or 4	Zero to Hero, Heroes & Villains & Superhero Escape
Team Power focus	Fantastic Four game 2 or 5	Team Supreme, Ultimate Rescue & Superpower Pressure Pot
Outer Power focus	Fantastic Four game 3 or 6	Goaltastic, Superstar Strike & Superhero Tidy Up

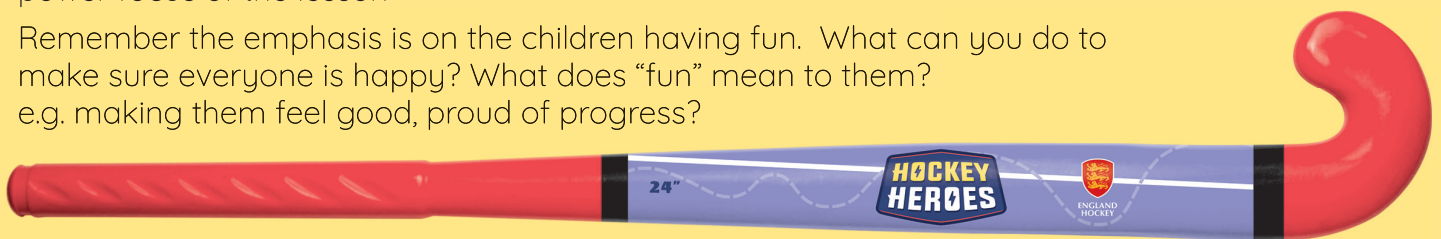
Taster Session e.g. lunchtime, breakfast - If you are delivering a taster session we suggest just doing one of the Fantastic Four sessions. Please pick the one that you think is most appropriate for your group. Dribbling is a good lesson for delivering Hockey Heroes to beginners.



40

Other considerations

- We recommend starting each lesson with Fantastic Four and picking a character power focus for the session. Consider providing each group with a sound maker or alternatively something that makes a noise or give each team a noise they need to make when they complete the task in the Fantastic Four game to maximise engagement and fun e.g. Animals – Dog, Cat, Cow, Horse or Superheroes – Pow, Bam, Zoom, Zap
- Everyone will dribble and pass the ball slightly differently so try not to correct them into holding the stick in a specific way. Can you instead give them lots of time to practice and be creative, to self-discover what works for them?
- There are Change It ideas and Mission Cards on the back of every game card to help ensure everyone can get lots of touches of the ball and opportunities to learn and develop through the session
- Hero Huddles are a great way for children to think and discuss ideas and bring out the character power focus of the lesson
- Remember the emphasis is on the children having fun. What can you do to make sure everyone is happy? What does “fun” mean to them? e.g. making them feel good, proud of progress?



Using the Hockey Heroes games is a great way to run a festival for children aged 5-8 years. At this age the emphasis should be about fun, enjoyment and lots of children participating. The emphasis is not on winning or losing! The competitive element should be on rewarding when children demonstrate the specific hockey skills (e.g. dribbling, scoring and passing) as well as the inner, outer and team character powers.

Maximum of 8 children per group = capacity of 64 children

Rotate the children around the stations. Choice of:

- Keep in the same group of 8 for all stations
- Mix up children within the team of 8 so they are in different pairs/groups at each station
- Number children 1 to 8. 1234 go clockwise and 5678 go anticlockwise

Timings – be led by what the children are enjoying. Add in a warm up and cool down to your overall timings

Try and use volunteers/helpers at each station to give the children a good experience

Scoring –

- For the 4v4 games consider adding in extra goals or change rules to gain points for other skills as well as scoring e.g. passing or dribbling the ball successfully, demonstrating one of the inner, outer or team powers
- Don't allow games to become too one sided. If one team starts to take a lead then make sure you “change it” to even the game back out e.g. mixing up players, using the challenge cards to make it easier or harder for a team

Pitch size – divide the playing area into 8 stations and allow enough safety space between each station. See example pitch layout overleaf

England Hockey recommends the following pitch layout:

Heroes & Villains 	Fantastic 4 Game 4	FMS Game	4v4
 4v4	Team Supreme	Fantastic 4 Game 6	Zero to Hero

FMS Games

Hockey Heroes is a great starting point and opportunity to help children practice and develop the basic and fundamental movements of agility, balance and co-ordination needed for all sports and for life in general. Here are some example games to help develop the fundamental movement skills needed for hockey.

Don't Do That

Children in pairs or threes

One child will be the leader, they will say either:

- "Do this..." and the other children will perform an action
- "Don't do this..." and they will have to refrain from doing the action

This can be general movement activities, for example:

- Walking, running, hopping, jumping, side stepping, balancing on one leg
- Children can also start to incorporate hockey movement skills for example:
- Moving sideways
- Getting low with hand positions as if they are holding a stick or touching a cone or disc that is placed on the floor
- Add in stick and ball so they are moving with a ball around the area.

Play for 60 seconds and then swap the leader

Adaptation - Champion/Sidekick to move around the playing area and hold up different colour cones to encourage all children to keep their head up and improve co-ordination:

- Red Cone to freeze/stop
- Green Cone to go
- Yellow Cone to change direction doing the action



Follow the Leader

Choose someone in the group to be a leader, this may be a Sidekick/Champion to start with

All the children have to mirror the activity that the leader does, for example:

- Walking, running, hopping, jumping, side stepping, balancing on one leg

Play for 60 seconds and then swap the leader

Strike and Catch

Children in pairs or threes

Children move around the area and push a bean bag to each other with their hands as though pushing it with a stick

Play for 60 seconds, how many passes can they make?

Try again and see if they can beat their score

Adaptations

- Children can use their feet to move the bean bag
- Children can use their stick to move the bean bag
- Add in targets (e.g gates of cones/throw downs) in the area that the children can push the bean bag through to each other, to gain a point



If you require any assistance with anything regarding the delivery of Hockey Heroes please email:

hockeyheroes@englandhockey.co.uk or call 01509 228674

If you wish to purchase additional equipment please visit the shop on the Hockey Hub:

<https://hockeyhub.englandhockey.co.uk/>

