

Hockey logo

In2Hockey logo



WHY IN2HOCKEY

What are the benefits of playing my sport?

In2Hockey is a fun, engaging and dynamic game designed for 10–14 year olds. It can be played as either a seven-a-side game with goalkeepers or a six-a-side game without goalkeepers. The small sided nature of the game means players get more touches of the ball, increased levels of physical activity and the opportunity to develop their skills.



Spirit of the Games:
Excellence through competition
 How does your sport exemplify these values?



Encourages players to maximise the effort and enthusiasm they place on the game for themselves and their team mates.



In2Hockey encourages respect for team mates, officials and the opposition as well as self-respect.



In2Hockey encourages players to be honest when implementing the rules of the game



In2Hockey provides opportunities for players of all abilities to be involved, increase their confidence and develop self belief.



In2Hockey requires all team mates to be involved in the game. The game recognises that together everyone achieves more.



In2Hockey encourages players to show determination in the game by learning and applying skills during training and match play.

Priority competitions:

- **Name of the competition:**
In2Hockey festivals/leagues
- **Age group:** Key stage 3 – Years 7/8/9 – male, female or mixed
Note: In mixed teams the gender balance should be adjusted to provide equitable standards of play (e.g. minimum of two girls per team, with at least one on the pitch at all times).
- **Level / location**
Year 7 – School Games Intra School Competition (Level 1) and Inter School Competition (Level 2)
Years 8 and 9 – School Games Intra School Competition (Level 1), Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3)
- **Who runs it (e.g. SGO, development officer, young leader support etc)**
Intra School Competition (Level 1) and Inter School Competition (Level 2) – schools/SGOs (supporting guidance and templates provided by England Hockey).
County Final - Inter School Competition (Level 3) – County LOCs (supporting guidance and templates provided by England Hockey).
- **How to enter:** Coordinate with local schools and SGOs
- **When (e.g. preferred time of year to run)**
 - Intra School Competition (Level 1) activity in term 1 (September–December)
 - Inter School Competition (Level 2) activity in term 2 (January–April)
 - County Final - Inter School Competition (Level 3) activity in term 3 (April–July)
- **Next steps**
Years 3/4/5 – linking in with local clubs through club–school links.
Year 6 – County Final - Inter School Competition (Level 3) county festival

Where do young people go next? (from School to Club/Community)

An increasing number of young people are playing hockey within local clubs. They provide a great environment for players to participate in hockey on a regular basis. Our hockey clubs offer a friendly, sociable and welcoming environment. Local clubs can be searched using:
www.englishockey.co.uk/playhockey

Young Leader/Officials courses/qualifications available:

A range of support materials are available at: • www.englishockey.co.uk/in2hockey

Embracing the School Games Vision

- Development Competitions** provide an opportunity to engage all young people. Utilising the NGB format, consider:
- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
 - Using the STEP principles to condition activities.
 - Consider how to reward success – what does it look like?

Signposted competitions:

U11 Schools In2Hockey Championships:

- U13 schools In2Hockey Championships
- Year 8/U13, separate competitions for boys and girls.
- This competition provides a formal competitive opportunity for schools. The game is 7-a-side with goalkeepers.
- Run by local competition administrators contact England Hockey for more details.
- County round – February/March.
- Regional round – March.
- National round – May.
- U13 competition progresses from county, to regional, to national level.

U14, U16 and U18 National Schools Championships

- Year 9/U14; Year 11/U16; Year 13/U18, separate competitions for boys and girls.
- This competition provides a more formal, competitive opportunity for schools and plays in an 11-a-side format.
- Run by local competition administrators. Contact England Hockey for more details.
- County round – Girls November; boys February.
- Regional round – Girls November/December; boys March.
- National round – Girls February; boys April.
- All competitions progress from county, to regional to national level.

Relevant web links:

www.englishockey.co.uk/in2hockey

IN2HOCKEY

Competition Card

Primary or Secondary:

Secondary

Name of competition:

In2Hockey Festivals/Leagues

Age group:

Year 7/8/9

How to enter:

Co-ordinate with local schools and SGOs

Tournament format:

Activity can be run as a festival league (triangular fixtures are advised) at a central venue.

Simple rules:

- Two sets of rules are available, one for 7-a-side and one for 6-a-side.
- Each team comprises of a maximum of 10 players. If playing 7-a-side only seven players from each team can participate at one time; six outfield and one goalkeeper. If playing six-a-side only six players can play on the pitch at one time.
- In2Hockey allows and encourages rolling substitutions.
- A full set of rules can be found at www.englishockey.co.uk/in2hockey

Think inclusively!

In2Hockey is specifically designed to suit a range of abilities with the game being played as either 6 or 7-a-side.

Additional adaptations to the game could include:

- Partnering players up so they are only able to tackle a specific player.
- Providing a player with a few seconds to control the ball before they are able to tackle.
- Apply interception only rules.
- Enable one player per team who cannot be tackled.
- Increase or decrease the size of the pitch. Increasing the pitch will provide players more time with the ball.

Roles for young people:

- Festival organisers
- Umpires
- Team managers/coaches

A range of support materials can be found at www.englishockey.co.uk/in2hockey

How can depth in competition through extra teams be achieved?

A school can enter any number of teams to a festival/league. However this will need to be communicated to the organiser of the festival or league on the entry form. The mixed fun, engaging and dynamic nature of In2Hockey means anyone can take part.

The route from here to County Final - Inter School Competition (Level 3)

County organisers will decide on the number of year 8 and 9 teams that can qualify for County Final - Inter School Competition (Level 3) and will decide when England Hockey festivals will take place.

England Hockey suggests that County Final - Inter School Competition (Level 3) events take place between April and July.

How can regularity be achieved?

In2Hockey is supported by a delivery resource which provides six weeks worth of lesson plans for each year group, as well as a series of delivery cards. Regular festivals or league games can be organised to provide games at different venues against different schools. Online sessions and supporting videos are available from:

www.englishockey.co.uk/in2hockey
www.englishockey.co.uk/hockeyhub



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