



- > 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.

PITCH: 25m x 25m

PLAYERS: Minimum 8

EQUIPMENT: Sticks | Balls | Bibs | Cones | Throw down lines



PIRATE ISLAND



IS IT WORKING?

NO

CHANGE IT

- > Use a Quicksticks ball which is bigger, lighter and easier for beginners to control.
- > Give the sailors three lives so they can keep possession of their treasure for longer and get more practice at successfully dribbling the ball.
- > Place balls around the edge of the pitch to keep the game flowing.
- > Change the playing area from a square/rectangle to a circle, this removes players getting stuck in corners and should make the game easier.

YES

CHANGE IT

- > Increase the number of pirates to make the game more difficult for sailors.
- > Award points to sailors; each time they reach an island they award themselves a point. Repeat the game and see whether the players can beat their previous score by two points.
- > Award bonus points to players who perform certain skills, for example lifting the ball off the floor or keeping hold of the ball for the duration of the game.

THINGS TO THINK ABOUT

- Q Where do you want to be looking when you are carrying the ball? Can they get their eyes up to identify space and keep control of the ball?
- Q Is it the same players that always get their balls stolen first? Are there ways to change the game to give them more practise at carrying?
- > Play lots of short and sharp games (30 seconds to a minute) to create a buzz and keep players motivated.
- > Everyone should have lots of chances to practise
- > Don't forget to **CHANGE IT**



ENGLAND
HOCKEY

GAME IS THE TEACHER, PITCH IS THE CLASSROOM, COACH IS THE FACILITATOR