



## Inclusive delivery of Quicksticks

### Quicksticks background

Quicksticks is England Hockey's introductory game designed specifically for Primary Schools and 7-11 year olds. It is a 4 a side introductory game of hockey, designed especially for 7-11 year olds to play. It can be played on any surface, and uses a larger, lighter and safer ball. The game is designed in a way that makes it easy for teachers and coaches to deliver, even if they have little or no prior knowledge of hockey.

Quicksticks is fast, safe and exciting and has been designed so that teachers and deliverers with little or no hockey knowledge or background can deliver the game.

### Delivering Quicksticks inclusively

This is a supporting guide for those wanting to deliver Quicksticks positively and effectively to a group of players who may have very different needs. This is not specific to deliverers working with young people with disabilities or SEN (Special Educational Needs). Deliverers should always be working inclusively because they want everyone to enjoy their session and improve.

An inclusive Quicksticks session cannot be planned without knowledge of the individuals that make up the group. Some strategies that support one person may further exclude another. Sessions can be made more inclusive during their delivery by encouraging discussions with individuals on what is working or not working for them. Some young people with disabilities or SEN need little, if any, change to the session and can easily articulate and communicate their needs with the deliverer but others may need more support.

In a group session, there may be additional constraints. For example, there is not always enough time to devote to individuals. There is no magic formula for inclusive delivery, and some young people have combined and complex needs. The key is to keep communicating with those within the session.



## STEPS

This guide follows the principles of STEPS, a framework for deliverers to make changes to their session, in the areas of

- Space
- Task
- Equipment
- People
- Speed.

The changes can be made for the whole group (e.g. players continually change partners when working with each other and so have to continually adapt the way they interact) or just for an individual (e.g. by using different equipment and/or an adapted activity). Not young people with disabilities or SEN need the same adaptations or interventions.

Each of the 49 challenge cards that support Quicksticks includes basic adaptations on the reverse of the card. These can be applied to make simple adaptations to include all players.

### Inclusive adaptations for Quicksticks Challenges

No	Name	Adaptation
5	Gain Ball	Task – Instead of tackling can tag to win the ball
7	Kabadi	People - Split teams according to ability. Task - Break down to give small bits of information
8	Passing Out	Speed – Change players more frequently
9	Number Challenge	Task – Use coloured/numbered bibs to help with memory
10	Quickshot Challenge	Task – Free passing to simplify
15	Rapid Fire Challenge	Space – Needs a large amount of space for wheelchair uses People – pair up according to ability
17	Name Draw	Task – limited mobility can make this impossible for some
26	End Zone	Space - Developed into 'Zone' Style game to 'match' ability levels
31	Dribble Steal	Task – Those not able to tackle can tag to win the ball
32	Squeeze Ball	Task – limited mobility/strength can make this impossible for some
45	Run the Gauntlet	Task – Those not able to tackle can tag to win the ball
46	Numbers Up	People – pair up according to ability
49	Hockey Tennis	People - Split teams according to ability.



## Equipment

Wherever possible young people are encouraged to use Quicksticks equipment, however the needs of each individual should be considered.

Below are some examples of how this can be achieved:

### Different sticks

- Size and weight - ensure the participant has a stick that is appropriate to their size, strength and skill level
- Lighter - easier to manipulate with one arm or lack of physical strength
- Larger - larger striking surface makes it easier to contact the ball
- Longer - may assist in reaching
- Shorter - easier to manipulate for wheelchair users or seated participants, or to hold with one hand
- Adaptations - stick can be attached to participants wrist, hands etc (e.g. Velcro glove).

### Different Balls

- Lighter - travels slower giving more reaction time, airflow balls can be hit a long way but are hard to control
- Larger - easier to hit and see
- Softer - travels more slowly on the floor, easier to control
- Different colours - may assist some participants with visual impairment
- Internal bell - helps participants with visual impairment to judge the location of the ball

## Acknowledgments

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