

# **MODIFIED HOCKEY PROGRAMME INFORMATION BOOKLET**

**COMPILED BY GARY DOLLEY**

## **INTRODUCTION**

By removing the obstacles to participate in physical activities and a change in mind-set, we can use any smooth surface in a safe and caring environment to promote physical activities within our schools and communities. This pragmatic approach will ensure that we expose and give opportunities to ALL our learners to the benefits of physical activities and promote a love for recreation, health and sport.

## WHAT IS FUN IN ACTION MODIFIED HOCKEY?

Fun in Action Hockey is both a modified introductory version of the game and a fundamental movement skills programme imbedded in the foundation and intermediate phase physical education curriculum.

Fun in Action Hockey is SA Hockey's growth strategy to provide an opportunity to have FUN, to learn the fundamental movement skills through modified games during physical education lessons and after school programmes.

Fun in Action is a programme that promotes the FUNdamental Movement Skills and Life skills through regular participation in Modified Games.

Fun in Action Modified Hockey is age – appropriate and aligned to the physical education curriculum in the Foundation and Intermediate Phase.

### THE FUN IN ACTION MODIFIED HOCKEY PROGRAMME HAS 3 COMPONENTS:

1. Promotion of Fundamental Movement Skills – Aligned with the Life skills Curriculum.
2. Inter-Class modified games
  - Increase participation
  - Limited cost to implement
  - Improve learner discipline
3. Modified Neighbourhood Leagues
  - Cost effective to implement
  - Increase participation
  - Build better communities

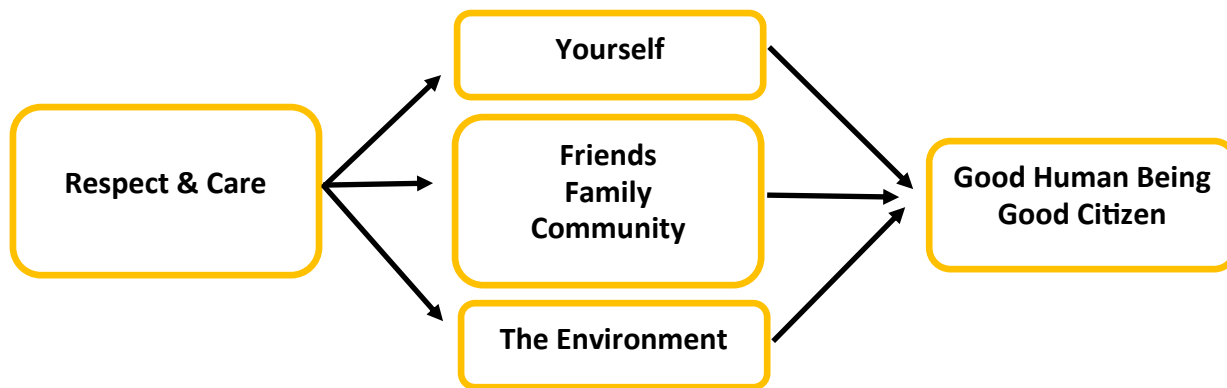
### WHY FUN IN ACTION MODIFIED HOCKEY

The alignment of Fun in Action with the outcomes of the physical education programme within schools will help more children to attain and enjoy optimum health and promote physical activities.

The success of the programme depends on the quality and amount of exposure to the fundamental movement skills during the normal school day.

## LIFE SKILLS AND VALUES

The promotion of values is embedded in the Fun in Action programme.



## WHAT IS A FUN IN ACTION MODIFIED HOCKEY CENTRE?

The Fun in Action Modified Hockey Centre simply refers to a school or club that organizes and runs the modified hockey programme. Schools or clubs that would like to be part of the programme must contact the local coordinator and register to be part of the programme. The programme is flexible and can be adapted to meet the needs of either the school or club.

For example, the programme can be run during school time as part of physical education, after school, or in the early evenings, or on Saturday mornings. We would like to encourage FAMILIES especially parents to get involved.

## WHAT ARE THE OBJECTIVES OF FUN IN ACTION MODIFIED HOCKEY?

1. To promote physical activities through modified games.
2. To provide opportunities for children to acquire a love for hockey by promoting the basic hockey skills through practice and participation in a modified version, in a safe, caring and rewarding environment.
3. To encourage parents, teachers, youth workers and community members to get actively involved as supporters and coaches.
4. To promote modified hockey as a positive experience that promotes participation, enjoyment and equality of opportunity.

### WHY YOU SHOULD GET INVOLVED

1. An increase in the number of potential junior players and teams in your school and club.
2. The involvement of both boys and girls.
3. Opportunity for all children to have FUN, enjoys playing in a TEAM, learn some essential hockey skills and make FRIENDS.
4. Junior hockey players with better basic hockey skills and knowledge of the games when they enter full field hockey.
5. An increase in interest and ongoing involvement by teachers and parents as they follow their children.
6. An increase in the number of teachers, parents and community youth workers keen to train as coaches, umpires and administrators.
7. Easy to coordinate because :
  - Training is provided for coaches, teachers & parents
  - Basic coaching resources are available
  - Starter kit of equipment is available
  - Ongoing advice and guidance is available from experienced local and national coordinator
8. The establishment of more direct and stronger links between local primary schools and clubs- with schools being identified within the community catchment area of a club and target for recruitment. *Clubs having a Fun in Action Modified Hockey Centre can apply for support via the national club grant scheme.*
9. The importance ensuring that the early hockey experience for children playing the game, and often their teachers, parents or community volunteers as coaches, are positive and enjoyable.

### WHAT RESOURCES ARE AVAILABLE?

1. A detailed programme guide which provides a clear and logical progress of practice sessions of activities and drills.
2. All our coaching manuals are freely available on our website.
3. We have a summary and parent guide outlining our Long Term Participants Framework outlining our participation pathway.
4. We will conduct a two hour coach education course for teachers, parents, junior club coordinators and community volunteers to enable them to coordinate and run the programme.
5. National and local coordinator is available to conduct promotional sessions with primary schools and clubs interested in the programme.
6. National coordinator will provide advice, guidance and visit to all regional centres when the need arises.

## WHAT IS A TYPICAL FUN IN ACTION HOCKEY PRACTICE SESSION ?

The great thing about the Fun in Action Hockey practice sessions is their flexibility.

1. This means the timing of the practice sessions can fit in with the needs of the schools, club, players, teachers and/or parents. The practice sessions can be run either during physical education sessions, afterschool, or on a mid-week evening or on a Saturday morning, they can be run separately from the game, before or after the game.
  
2. Six planned practice session with each session is 60 minutes in duration and divided into six sections
 

- Introduction and warm up activities	10 minutes
- Running with the ball	10 minutes
- Passing and trapping	10 minutes
- Water Break	5 minutes
- Forehand block Tackle	10 minutes
- Ready to go – Lets have FUN	10 minutes
- Warm down activity and conclusion	5 minutes
  
3. The programme should be added to, and extended beyond the 6 sessions by:
  - Either repeating sessions
  - Or devising new sessions by combining activities and drills from several of the sessions
  - Or designing a skills test or session in which groups compete against each other in several activities and drills.
  - Depending on the size of the group, use the Ready to go session to play some games.
  - Feel free to determine which arrangement best suits the participants.

## HOW DOES YOUR SCHOOL OR CLUB SET UP A FUN IN ACTION HOCKEY CENTRE?

More and more schools and clubs realize the importance of junior sports programmes to ensure their future viability and sustainability.

1. Your school or club will need to find 1 or 2 keen teachers and/or parents to coordinate the programme [Coordinator Coach]
2. Your school or club will need to contact the regional coordinator or local hockey office and express their interest in the programme.
3. Your school or club will then need to organize a meeting with the regional coordinator to discuss the procedures for setting up a Fun in Action Hockey centre and running the programme.

.....



SUPPORTED BY  
**ITALTILE AND CERAMIC**  
 FOUNDATION TRUST





....CONTINUED

4. The coordinator coach from your school or club will be invited to attend a 2 hour coach education session.
5. Your school or club must recruit children to be part of the programme.
6. If your school or club is included in the region programme, you will receive a starter kit. Schools or clubs not part of the regional programme can purchase the starter kit by placing an order from the national or regional coordinator.
7. Start the programme and have FUN!

**THIS FUN IN ACTION HOCKEY PROGRAMME WAS DEVELOPED BY  
GARY DOLLEY SA HOCKEY PROJECT MANAGER.**

Email: [gdolley@mweb.co.za](mailto:gdolley@mweb.co.za)

Tel: 083 681 6498