



Hooked on Hoci

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Background

In recent years Hockey Wales has undergone substantial organisational change to ensure that clubs are at the heart of everything we do. Through the work conducted by our Club Development Officers, our clubs are now stronger and more viable than ever. Indeed, we are proud to boast that we have strong working relationships with hockey clubs across Wales.

We currently have nine Regional PODs (Partnerships owning the Development of Hockey), which meet quarterly. PODs create an opportunity for Local Authorities, Hockey Clubs, Delivery Partners (e.g. Urdd etc.), and Schools to come together to help shape hockey in their community. Through insight gained at POD meetings, Clubs have expressed a desire to get more children playing hockey and have highlighted the lack of provision at school level as a problem. As a result, we know that the next stage of our journey is to develop a school-club programme, which brings positive experiences of hockey to children throughout Wales.

However, to ensure that a successful, sustainable and collaborative approach is taken, we must consider the following points:

- Positive Early experiences in sport are critically important and can have a huge impact on whether a child continues to participate in that sport.
- Children's experiences of sport are varied.
- A successful school-club hockey programme will be reliant on developing a skilled and confident workforce that has the right people, in the right places delivering hockey.
- A staged, collaborative approach must be taken to make certain that we provide a sustainable hockey provision within local communities.

Taking this into consideration, Hockey Wales are excited to launch 'Hooked on Hoci'; a new four staged programme which will specifically target children in Key Stage 2. The programme will bridge the gap between hockey delivery in primary schools and clubs. We will do this by focusing on four stages: *Intervention, Transition, Competition and Mentoring*. The programme will ensure that we have a skilled and confident workforce in place, that provides positive first hockey experiences to young people. The programme will deliver a sustainable hockey provision by connecting communities. Working collaboratively with local authorities, schools, local hockey clubs and delivery partners, we will ensure that more children are hooked on hockey across Wales. We know that a one size fits all approach will not work. Therefore, we have provided a flexible program, which can be tailored for each region.

As well as increasing participating in hockey, the programme will address wider government agendas. For example, during the *Intervention* stage of *Hooked on Hoci*, we will deliver 4689 sessions across primary schools in Wales contributing to the Physical Literacy agenda. There are many definitions of Physical Literacy, but UK Sport adopted the definition of, 'Physical literacy is the development of agility, balance, coordination, and skill across a wide range of activities'. Furthermore, the Canadian Sport Centre's Long-Term Athlete Development Plan states that physical literacy is 'the development of fundamental movement and sport skills that permit a child to move confidently and with control in a wide range of physical activity



...and sport situations'. Between the ages of seven - eleven, most children will have developed these basic movement skills and should have the opportunity to try out all types of sport and recreation activities. Our 4689 resource is aimed at junior players and follows the 'Play to Learn' and 'Multi Skills' ethos, which is directed at ability rather than age. With forty-six technical cards, thirty fun activities and opportunities to develop young leaders and umpires from an early age, the 4689 resource will improve children's physical skills, whilst also increasing their confidence and motivation. The thirty fun activities will enable children to continue to develop those fundamental movement skills, such as walking, running, balance, body awareness, fast feet, agility, coordination, rapid reaction, striking an object, pivoting, leaping, dribbling, dodging, side-stepping and spatial awareness. Another important aspect of Physical Literacy is providing children with the skills, knowledge and attitudes to lead healthy, active lives. Our 4689 sessions will provide a fun learning environment, where children can develop new skills and positive attitudes towards participating in hockey for life.

In addition, *Hooked on Hoci* will also contribute to wider health and well-being initiatives too. According to the National Health Service UK, obesity levels in the UK have more than trebled in the last 30 years. On current estimates more than half the population could be obese by 2050, prompting fears that the UK has become the 'Fat man of Europe'. However, participating in sport has often been cited as one way to help combat this growing epidemic. According to Sport Wales research, those taking part in frequent sport and physical recreation are more likely to lead healthier lifestyles. Alongside this, there is a significant positive association between taking part in sport and having good mental health. Sport Wales have recently stated that people who are active three or more times a week were one and a half times more likely to report 'feeling good about themselves' 'often' or 'all the time'.

Hockey is a unique sport in that players can play competitively from Minis, through to Masters level. Due to the family nature of the sport, it is not uncommon for parents and children to play together at senior level. This means that once you're hooked on hockey, there are a plethora of opportunities within Wales to continue to play throughout your life. The following quote is from a participant who attended our North Wales Men's Summer 7s initiative this year. He highlights the opportunities available for people of all ages to participate in Hockey:

"The best thing about senior hockey is that you're able to play from thirteen up, which means you get the advantage of playing with your sons and spending the day out not only watching sport but playing alongside each other. Thanks to the Summer 7s, me and my two sons have switched from football & rugby, to play senior hockey together."

As explained in this section, *Hooked on Hoci* will get more children playing hockey from a younger age. As a result, we will also be contributing to wider political agendas such as Physical Literacy and improved Health and Wellbeing. The following sections in this report will outline the specific details of the programme, expanding on how we will deliver each of the four stages.



Three-Year Strategy

Vision

To have more hockey, played in more primary schools, ensuring that more children are hooked on hockey for life.

Aims

1. To provide a sustainable hockey provision within primary schools.
2. To provide primary school teachers and support staff with the confidence and ability to deliver hockey in a fun and safe manner
3. To support the transition of children from primary schools into local hockey clubs.

Three-year strategy

Stage	Year	What does this look like?	Who will deliver this?
Intervention	1	Work with partners to deliver six weeks of hockey to all primary schools within a given radius of a hockey club. The sessions will target 7-11-year olds (Key Stage 2) and will use the activities in the 4689 resource. Sessions will be focused on having fun and learning new skills.	- Club Development Officers - Delivery Partners - Community Coaches - Local Hockey Clubs - Local Authorities - Young Ambassadors - High School/College Leaders
Competition	1/2/3	Deliver National Primary 7s Competition for 9-11-year olds (School Years 5&6). Competition to start in each Local Authority, before winners are put forward to a regional competition and eventually a National Finals.	- Club Development Officers - Local Authorities - Delivery Partners - Local Hockey Clubs - Young Ambassadors - High School/College Leaders
Transition	1/2/3 2/3	1. Develop school-club links, to support children to play hockey beyond the school gates. 2. Provide 4689 Leadership training to a member of staff within each school. The 4689 training will provide teachers with the skills & confidence to keep children hooked on hockey.	- Club Development Officers - Local Hockey Clubs - Local Authorities - Schools
Mentoring	2/3	Once a member of staff has attended the 4689 Leadership Course, we will provide them with ongoing support. This will ensure that the hockey delivery within their school is sustainable.	- Coach Development Officer - Club Development Officers - Local Authorities - Local Hockey Clubs - Delivery Partners



Four Stages to Sustainable School Hockey Provision

1. Intervention

In a recent survey, we asked schools in Mid and South-East Wales, *'How can Hockey Wales support you to deliver more hockey in school?'* Seventy five percent of respondents (100 out of 133) stated that Hockey Wales should provide their school with a community coach to deliver taster sessions. During the *Intervention* stage we will work with partners to deliver six weeks of hockey to all schools within a given radius of a hockey club. We will specifically target seven – eleven-year olds (Key Stage Two).

The six-week intervention will be delivered by various methods across Wales. These will include Hockey Wales Club Development Officers, community coaches, local authorities, national delivery partners, local hockey clubs and young leaders in high schools. Delivery methods will vary from region to region. For example, in West-Wales Carmarthenshire County Council have identified hockey as a 'Focus Sport'. Therefore, all primary schools will receive free hockey sessions through the local authority. However, in Mid-Wales hockey is not a focus sport and Mid-Wales don't currently have any delivery partners in place. Therefore, within this region we are reliant on Community Coaches to deliver this intervention. As mentioned previously, we know that a one-size fits all model will not work. We will work regionally and locally with key stakeholders to understand the best way to deliver this intervention.

We will aim to start school delivery will start in February and complete it by April.

The intervention stage will only be delivered during year one of this programme.

2. Competition

We will work with partners (where possible) to deliver a National Primary 7s Competition for children aged nine - eleven (school years five and six). This competition will begin locally, with rounds delivered in each local authority. The winners of each local round will progress to a regional competition (North, Mid, West and South Wales). Finally, the winners from each region will then be invited to a national final. In certain areas, these competitions will align with our partners current primary school tournaments (e.g. Local Authority or URDD). Local hockey clubs will be invited to support the event, to build relationships with schools and help support the transition of children into their club. Young leaders from high schools will be invited to volunteer at each competition.

Local and regional rounds will be held during the spring term and the national finals in the summer term.

The competition will be delivered in years one, two and three of this programme.



3. Transition

The Transition stage will be broken down into two parts:

1. We will work with schools and their most appropriate hockey club to develop a school-club link. Each link may look different and will be dependent on the needs and capacities of both the school and hockey club. However, at the very minimum each school will meet with a committee member from the nearest hockey club and will have marketing materials to promote the club within their school. Beyond this, we will encourage clubs to create more formalised school-links, where they provide support to the school's hockey delivery when appropriate.
2. We will deliver 4689 Leadership training to a member of staff within each school who has engaged in the *Intervention* stage. The 4689 Leadership training will provide school staff with the knowledge and confidence to continue to deliver hockey in their school. Once we have delivered the 4689 Leadership training, we will encourage schools to start their own hockey delivery. This may be part of the school's extra-curriculum programme or during curriculum time. This model will ensure that sustainable hockey delivery continues beyond the *Intervention* stage.

In some cases, point one of the *Transition* stage may start to happen during the first year of the programme and will continue throughout years two and three. For example, school-club links may begin to form organically as soon as our *Intervention* in the school is finished. However, most of the work for point two will be delivered during the second and third years of the programme.

4. Mentoring

Hockey Wales and its delivery partner will provide ongoing support to all school staff who have attended the 4689 Leadership Course. The support will ensure that they have the skills and confidence to deliver fun and safe hockey sessions in their school. Our aim is to make primary school hockey provision sustainable. To achieve this, we will work with school staff on an individual basis, helping them overcome challenges that are specific to them or their school. Support and guidance will be provided through a variety of methods including a best practice guide, 4689 resource packs, school visits, workshops and webinars.

The mentoring stage will take place during the second and third year of the programme.



Pilot Study – Gwernyfed Cluster

This pilot took place October 2017. For the purpose of this report we will therefore only be able to comment on the intervention. See map at the bottom of this section to better understand the geography of this project.

1. Intervention

A meeting was held with representatives from Sport Powys, Gwernyfed High School, Brecon Beacons College and Gwernyfed Hockey Club to discuss ways to increase hockey participation at Gwernyfed Hockey Club. We felt that it was important to involve all potential stakeholders in this meeting, to ensure we understood the local landscape before delivering this project. During the meeting we collectively agreed that targeting the primary school cluster would be the most effective way to recruit new members. With no delivery partner or community coach in the area and limited resources within Sport Powys, it was decided that Hockey Wales would provide free 4689 Leadership training to young leaders at Gwernyfed High School and Brecon Beacons College. These leaders would then deliver hockey sessions to the primary schools within the Gwernyfed Cluster.

In September 2017, twenty leaders (from Gwernyfed High & Brecon Beacons College) were upskilled through the 4689 Leadership course, before they delivered four weeks of hockey within Clyro Church in Wales, Llyswen, Talgarth & Bronllys primary schools. A grant received from Friends of Welsh hockey funded the delivery of the 4689 courses, allowing 94 unique primary school participants to take part in fun engaging hockey sessions.

2. Competition

In October 2017, a local Primary 7s competition was delivered at Gwernyfed High School, with Clyro Church in Wales, Llyswen, Talgarth & Bronllys primary schools attending. The competition was delivered in partnership with Sport Powys, Gwernyfed High School, Brecon Beacons College and Gwernyfed Hockey Club. The day was supported by the young leaders who completed the 4689 Leadership Course. Gwernyfed Hockey Club were also in attendance and handed out club flyers to all teachers present. The competition was an 'opt-in' event for the primary schools. Despite this, we had 100% attendance from every school who had received the hockey delivery. In some cases, schools entered multiple teams as the children had thoroughly enjoyed the hockey sessions delivered in school. All four schools will now be invited to attend a Regional 7s Round in April 2018 at Brecon Leisure Centre.



3. Transition

Since delivering the hockey sessions within schools, Gwernyfed Hockey Club have had eight new participants join their mini's section. The club anticipate that more participants will join over the coming weeks, as they begin to develop relationships with the four schools involved in this project. All schools have expressed that they would like to put a member of staff on the 4689 Leadership training, to continue hockey delivery in their school.

Final Thoughts

The model outlined in this report has proven to be a success, with eight new members joining Gwernyfed Hockey Club as a direct consequence to the *Intervention* stage. Furthermore, Gwernyfed Hockey Club have now started to build their own relationships with all four of the primary schools, which will hopefully see more children join their club. This project has underlined the importance of working in collaboration to achieve success. Indeed, holding a meeting with all local stakeholder's present was crucial in planning a successful intervention. Despite Hockey Wales, Gwernyfed High School, Brecon Beacons College and Sport Powys all having different interests for engaging in this project (e.g. the high school and college were interested in developing their students, whereas the hockey club were after new members), we managed to work collaboratively to achieve everyone's intended outcomes. This shows the value in being flexible and considering partnership work, particularly when delivering the *Intervention* stage. It also shows us that prior to the *Intervention* stage, we must engage and consult with potential partners, who know the local area best, to make certain that our intervention will work in that area.

As a legacy from this project we now have twenty students all qualified to deliver hockey sessions within primary schools and at the hockey club. Several students have already expressed that they would like to continue delivering hockey within the primary schools, which is being facilitated by their course tutors. This will hopefully sustain hockey provision within the primary school cluster.

Across Wales we aim to have more hockey, played in more primary schools, ensuring that more children are hooked on hockey for life. This report provides a detailed breakdown of how we aim to achieve this. Not only will this have positive, long-term benefits to Hockey Wales membership figures, but it will also contribute to political agendas as outlined above.

