



- Rush Hockey is a 5-a-side version of the game aimed at players who are unable to commit to joining a club but are still looking to get their hockey fix. A secondary market of current hockey players who wish to play even more hockey is also emerging.
- Rush Hockey is designed for smaller teams to give players more time on the ball.
- It has been developed by players for players and is self umpired.
- The informal nature of Rush Hockey means players can set up sessions whenever they have free time. It doesn't have to be the same players each week!
- In order to deliver Rush Hockey, sites enter into a fairly informal agreement with England Hockey and in return get access to items such as marketing materials, relationship manager support and access to an online session management system.
- Sessions are run by Rush Hockey activators – the aim of the activator role is to promote and organise sessions with a real emphasis on fun.
- Fewer rules! The game is made up of simple rules which are easy to pick up. Rush Hockey aims to get people playing quickly.
- Rush Hockey can be played on a range of surfaces, both indoors and out. The bigger and lighter ball means that games can be played on 3G pitches, MUGA's, indoor surfaces, netball courts etc. In terms of space required, as long as 10 players can comfortably fit on a pitch the sessions are good to go.
- Bigger ball and smaller goals! The Rush Hockey specific equipment adds to the playing experience.



- Back to Hockey's primary market are women between the ages of 30 and 45 year of age, although not exclusively.
- It is aimed at women who may have played the sport years previously (possibly at school or college) and also at women who may not have ever played the sport before.
- As is the case of many sports, we are seeing a drop in women playing hockey. Women Sport Fitness Foundation have indicated that just 29% of women are taking part in 30 minutes or more sport each week compared to 41% of men.
- Many women find going straight into a club training programme intimidating and Back to Hockey is aimed at being a gentle introduction or re-introduction to the sport.
- Back to Hockey is mainly delivered within a club setting and all sessions are overseen by a level 2 hockey coach.
- Sessions are commonly run in blocks of 6-8 week sessions, however clubs are encouraged to run sessions as continuously as possible whilst there is demand.

Notts Sport Ltd
Innovation House, Magna Park
Lutterworth, Leicestershire
LE17 4XH

t: +44 [0]1455 883 730
e: info@nottssport.com
w: www.nottssport.com

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Synthetic Surfacing





Quicksticks introduces young people to the game of hockey. It is a 4 a side game, designed especially for 7-11 year olds. It can be played on any surface, and uses a larger, lighter and safer ball. Quicksticks is fun, safe and exciting and has been designed so that anyone can deliver the game regardless of previous experience. A dedicated website www.playquicksticks.co.uk has all you need to find out more and enjoy the game including information on specialist equipment and resources to aid delivery, free online training for teachers or deliverers, and how to organise a Quicksticks festival for your young players.



In2Hockey is a fun, exciting and dynamic game designed for 10 to 14 year olds to help them develop their hockey skills and techniques, and to provide a gradual progression into the 11-a-side version of

the game. In2Hockey follows on from hockey's introductory 4-a-side game Quicksticks. It can be played as a 7-a-side game with goalkeepers, or introduced as a 6-a-side game without goalkeepers. It is played on an area the size of half a hockey pitch. The small-sided teams mean that players get more touches on the ball, increased levels of physical activity, more opportunity for skill development, and greater feeling of contribution to the team. In2Hockey therefore provides young players with opportunities for development, success and above all enjoyment. Visit www.englishockey.co.uk/in2hockey to find out more about the game, the equipment packages on offer, the range of In2Hockey resources that are available to aid delivery, access to a free online training course for deliverers, and to see what competitions you can organise and enter.

The England Hockey Board has a team of 12 relationship managers operating in counties across the country. To find your local Relationship Manager, please see the table below.

Area/Region	Contact	Email	Phone
Kent, Sussex & Surrey	Natalie Beckett	natalie.beckett@englandhockey.co.uk	07718 980512
Buckinghamshire, Oxfordshire, Berkshire, Hampshire & Isle of Wight	Lucy Moore	lucy.moore@englandhockey.co.uk	07793 955019
London (33 Boroughs)	Steve Turner	steve.turner@englandhockey.co.uk	07718 980515
Nottinghamshire, Leicestershire, Derbyshire & Staffordshire	Simon Dowdy	simon.dowdy@englandhockey.co.uk	07718 980507
Shropshire, Worcestershire, Warwickshire	Paul Smith	paul.smith@englandhockey.co.uk	07785 787452
Cornwall, Devon, Somerset & Channel Islands	Barbara Reynolds	barbara.reynolds@englandhockey.co.uk	07718 980517
Herefordshire, Gloucestershire, Wiltshire, Dorset & Avon	Andy Blackmore	andy.blackmore@englandhockey.co.uk	07718 980513
Cheshire, Lancashire & Isle of Man	Julie Longden	julie.longden@englandhockey.co.uk	07718 980519
Northumberland, Durham & Cumbria	Lynne Dobison	lynne.dobison@englandhockey.co.uk	07718 980511
Yorkshire & Humber	Heather Douglas	heather.douglas@englandhockey.co.uk	07764 744152
Lincolnshire, Cambridgeshire, Bedfordshire & Northamptonshire	Andy Dale	andrew.dale@englandhockey.co.uk	07725 432013
Norfolk, Suffolk, Essex & Hertfordshire	Charlie Farrow	charlie.farrow@englandhockey.co.uk	07811 336895