

Communities, Equality and Local Government Committee

CELG(4)-23-13 – Paper 8 – Paper to Note

Additional information from Sport Wales following the meeting on 19 June 2013

In terms of the development of hockey, I've attached a presentation and briefing note from Hockey Wales on 4689, which provide the overview of the programme. I know that the questioning was in specific reference to hockey development in Cardiff. I've spoken to colleagues in Hockey Wales and the focus has been on establishing a new junior hockey club called Canton and Riverside, currently based out of Sophia Gardens. They have worked closely with Severn Road Primary School with a keen teacher and supported him with subsidising some pitch time to help keep costs low whilst the club develops and grows. The club has also been promoted in the feeder primary schools in the surrounding areas.

They are currently running a 4689 fun centre on a Thursday evening for 7 – 11 year olds and soon to start a Back2Hockey programme run out of CISS in Leckwith. Working with Sport Cardiff to promote this to the feeder primary schools across the Canton, Leckwith, and Riverside areas.

A 4689 Leadership award has also been run out of the Sport Wales National Centre, with 9 Cardiff primary schools represented.

All Cardiff schools were invited to take part in our 4689 Cardiff Festival Competition in March, 5 primary schools entered. Hockey Wales are planning on working closely with Sport Cardiff this academic year to expand hockey development across the city in conjunction with our clubs requirements.



4689 – The New Route into Hockey

As part of VISION 2020, Hockey Wales has set out the ambitious targets of:

- Ensuring every young person of school age enjoys a quality hockey experience
- Providing modern, exciting and new offers of the game for young people and adults

Over the last 9 months, Hockey Wales has been developing a new resource for clubs and schools which will provide young people with a safe, fun, exciting new game format that is more suitable for their age and ability; ultimately resulting in more children wanting to pick up a stick, and keep hold of it! From September 2012, **4689** will be **the** way to play hockey!

Why are we changing?

Research shows by reducing from 8v8 to 4v4¹:

- Number of passes up 135%
- Scoring attempts up 260%
- Number of goals scored up 500%
- Number of 1v1 encounters up 225%
- Number of dribbling skills up 280%

Children have said about hockey:

- Like to have the ball and score goals
- Current games are too long
- Too much running
- Too many rules - too strict

How do we know the change is right?

We have consulted with children, teachers, coaches, students, education specialists, Sport Wales and other NGBs who have gone through similar changes. We have trialled the new approach through the new Dragon Sport Multi Skills pilots, as well as other Dragon Sport and 5x60 sessions.

So what is 4689?

4689 is a progressive hockey format, starting with 4v4, moving to 6v6, 8v8 and finally 9v9, where the size of the playing area and number in a team gradually increases as the children's ability

¹ Soccer Coaching International (No. 17 October/November 2006) "Small is Best – Why the 4v4 Format is the Answer for Youth Football"

Diverse. Dynamic. Driven.

improves. The reverse of this sheet gives an overview of the transition between each of the stages. Best of all, you won't need any special equipment or playing areas, **4689** is designed to be as flexible and accessible as possible.

How does this fit into current Active Young People programmes?

4689 follows the Play to Learn and Dragon Sport ethos of ability not age, with our supporting resource laid out in a similar way to these existing programmes. Teachers, coaches and leaders will be able to attend a 3 hour orientation workshop, following which they will be given access to a web-based resource, where they can download the 30 activity cards and a reference manual of individual skills. The skills are broken down into 4 stages, beginner, intermediate, advanced and goalkeeping, and are supported by video clips and animated photos to bring it all to life. There will also be the opportunity to purchase hard copies of the resource.

The resource will support the development of young umpires and leaders – encouraging young people to take part in all aspects of hockey life and contributing to meeting the requirements of the National Curriculum and the Skills Framework.

4689 will also be available as a recreational format of hockey, offering 5x60 programmes a more flexible and accessible version of the game.

What next?

Our hockey development workforce will be trained as tutors and piloting exemplar projects between now and July, in advance of the official launch of **4689** in September 2012. Hockey Wales led competitions from September will be run using the new format, and will be phased in as regulations for all hockey activity from September 2013, starting with under 9s. Competitions will be ability-tiered, with every age group having the choice of two game formats, supporting the ability not age ethos. By phasing in the changes, we will not be expecting children who are currently playing the 7v7 mini hockey format to regress, but any new participants starting out will be introduced to **4689**.

Want to get involved?

From September, Hockey Wales can offer the 3 hour orientation workshop for between 12 and 24 candidates at £40 per person, which includes school affiliation and exclusive access to the full online resource. We will also be looking to offer reduced rates for block bookings where more than one person from each club or school attends. Clubs will be encouraged to seek support through grant aid schemes such as Community Chest, and we are looking to Active Young People programmes to support this as an opportunity to offer specialist training and resources to their schools.

For more information or to express your interest in getting involved, please contact:

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Hockey Wales



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4689

4689
has
arrived

the
new route
into
hockey



4689

The Concept

- Stage not age
- Flexible
- Progressive
- Learning through play
- Competition supported
- Develops young leaders and umpires
- Introduces goalkeeping simply and safely



4689

The Game Formats

- 4 4v4 – for beginners
- 6 6v6 – for improvers (introducing umpires and coaches)
- 8 8v8 – for more able (introducing midfielders)
- 9 9v9 – for regular players (introducing GK)



The Design

- Photos - international role models demonstrate the skills
- “Top Trumps” – idolising our international athletes
- Videos - junior club players demonstrate the activities
- Colour coded cards
- Compliments Dragon Sport and Play to Learn
- Easy to navigate password protected website





4689

Jack Maclean

Caramel Boy

NICKNAME

16

AGE

Attacking Midfielder

POSITION

Indian Dribble

FAVOURITE SKILL

Whitchurch HC

FIRST CLUB

Wales U16 Boys

CURRENT SQUAD

8

YEARS PLAYING

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Jamie Hooper

Top Tip
Work hard,
play hard

Favourite Hockey Moment

National Young Umpire of the Year 2010

How Often Do You Umpire

At least twice a week

Favourite Food

Chinese

Superstitions

That superstitions are silly

Favourite Hockey Player

Crista Cullen

Favourite Pitch

Loughborough Colliseum

Hockey Ambition

Umpire an Olympic Games

4689: The new route

4689: The new route into hockey

4689

home

technical skills

activity cards

game formats

information

Technical Skills / Beginner / Getting to know your stick

Beginner

Intermediate

Goal Keeping

Advanced

Starting out

Getting to know your stick



zoom +

download PDF



Descriptive text area here and here, etc. etc.
etc...



4689

The Resource

- Bilingual
- Interactive
- Activity cards
- Skills cards
- Coaching cards
- Umpiring cards
- Playing the game cards

beginner | leadership
coaching - sixes

Responsibilities

- Ensure to:
- Keep activities safe
 - Encourage players
 - Organise teams

Qualities

- A coach needs to be:
- Positive
 - Enthusiastic
 - Encouraging

General Coaching Principles

To encourage players, remember **G-O-A-L-S**:

- Go Get It! – players shouldn't wait for the ball to come to them
- Look for players to mark
- Players should Offer to help their teammates
- Space – keep moving!
- Ask for the ball or for help

What to Look For

Plan

- Ensure players have the correct equipment
- Ensure there is enough space to play
- Ensure players warm up
- What are the safety considerations?

Do

- Positively encourage the team / players
- Communicate loudly and clearly
- What tactics can be applied to outwit the opposition?

Review

- Things to consider:
- Organisation
 - Enjoyment
 - Skill development
 - Achieving aims
 - Changes for next time

coaching - sixes

playing eights

umpiring - nines

sharks and islands

attacking 3 v 1

beginner
coaching
sixes

playing
eights

inks

HOCKEY WALES
HOCHI CYMRU

sparkles
charity

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4689

The Impact

- Orientation course for teachers, coaches and young leaders
- Resource can be used by children
- More young coaches and umpires
- Uniform delivery of hockey
- Easier transition between primary and secondary, school and club





Coming Soon...

- Rewards scheme
 - Star chart
 - Skills passport
 - Stick stickers
- Skills videos
- Competition toolkit





Get Involved!

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Or contact:

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