

# England Hockey QUICKSTICKS LEADERSHIP COURSE – AVAILABLE TO ALL MEMBERS OF TIMPERLEY SPORTS CLUB **WEDNESDAY 9<sup>th</sup> AUGUST 2017**

**WHO IS IT AIMED AT – ALL MEMBERS OF TIMPERLEY SPORTS CLUB** aged 14 plus, who are aspiring to develop their skills in coaching, teaching, event planning, officiating sport and managing teams. The England Hockey Quicksticks Leadership course is an opportunity to be introduced to the fundamental skills that will support you in fulfilling an active role in delivering sport. You will be awarded a certificate from England Hockey.

Although the content of the programme is Quicksticks (an adapted version of hockey for 7-11year olds) you do not need to have played hockey to register for the course. The theory and practical skills of coaching, managing, officiating and event planning are highly transferable skills to any sport.

**REGISTER** - If you would like to sign up or have any queries, please contact Caroline Small (TSC Sports Dev Officer)  
Email: [small\\_caroline@hotmail.com](mailto:small_caroline@hotmail.com) Phone: 07398 105087

**£10**

Cost of the course £10 per person – please bring cash on the day or cheque payable to Timperley Sports Club.

EH QUICKSTICKS LEADERSHIP COURSE – SCHEDULE & CONTENT	
COST - £10 bring on the day      Equipment to bring – Pen, Sports kit, Pack Lunch	
When	What
10.00 – 12.30pm	<b>Deliver Quicksticks (Module 2)</b> <ul style="list-style-type: none"> <li>What is Quicksticks - Overview</li> <li>Equipment - Stick how to hold, length, design, ball size, size of pitch, surface</li> <li>Resources - Challenge cards</li> <li>Teaching points - STEP, safety, skills coaching points with examples of challenge cards, leadership qualities, communication</li> </ul> <b>(Refreshment break 15mins)</b> <ul style="list-style-type: none"> <li>Have ago at challenge cards</li> <li>Introduce game and rules, pitch lines and markings</li> </ul>
12.30 – 1.00pm	<b>Lunch</b> - Bring a pack lunch
1.00 – 1.30pm	<b>Lead Quicksticks (Module 1)</b> <ul style="list-style-type: none"> <li>Leadership - Qualities, Communication, Roles and responsibilities, Motivation</li> </ul>
1.30 – 2.30pm	<b>Umpire Quicksticks (Module 3)</b> <ul style="list-style-type: none"> <li>Rules and hand signals</li> <li>Play Quicksticks and Practice umpiring</li> </ul> <b>(Refreshment break 15mins)</b>
2.30 – 4.00pm	<b>Organise a Quicksticks festival and Team Manager (Module 4 &amp; 5)</b> <ul style="list-style-type: none"> <li>Organise, Invites, Risk assessments, score sheets, roles and responsibilities</li> <li>Role as a manager, planning and managing before, during and after event.</li> </ul>

**Please note – After attending the course you will be provided with an England hockey certificate to demonstrate you have received the training to develop a basic overview, you should still only operate under the supervision of a qualified teacher or coach.**