



**LEICESTER CITY
HOCKEY CLUB**

Inspiring Hockey Heroes

Leicester City Hockey
Club Schools Support
Programme 2022





Leicester City Hockey Club in partnership with Education

- Leicester City Hockey Club is the premier hockey club in Leicester with successful women's teams, men's teams and a thriving junior section.
- To support their move to a new home at St Margaret's Pastures, the club has been successful in securing significant funding to deliver a high quality primary and secondary schools programme (KS2/KS3) for Leicester and Leicestershire schools.
- The programme will be delivered free of charge to participating schools in 2022, with support from funding partners



Why Hockey?

- Hockey is a thriving Olympic team sport that effectively supports the national curriculum requirements for teaching basic principles of attacking and defending within an invasion game scenario.
- Hockey enables the development of:
 - Physical strength & fitness
 - Balance
 - Hand-eye coordination and control
 - Spatial awareness
 - Individual skill & technique
 - Team work
 - Decision making
 - Communication & leadership



1 Day Offer

- A school assembly or Q&A session with an international club player, engaging with your students and inspiring their interest in hockey
- 3 x 1 hour practical sessions for different classes – introductory sessions or skills builder sessions based on prior experience of the students. Team teaching and an opportunity to upskill your teachers
- Free entry into a primary or secondary schools festival at St Margaret's Pastures in 2022
- Vouchers for all students to attend 3 free sessions at the Leicester City Hockey Club Junior Academy on Sunday mornings at St Margaret's Pastures



6 Week Offer

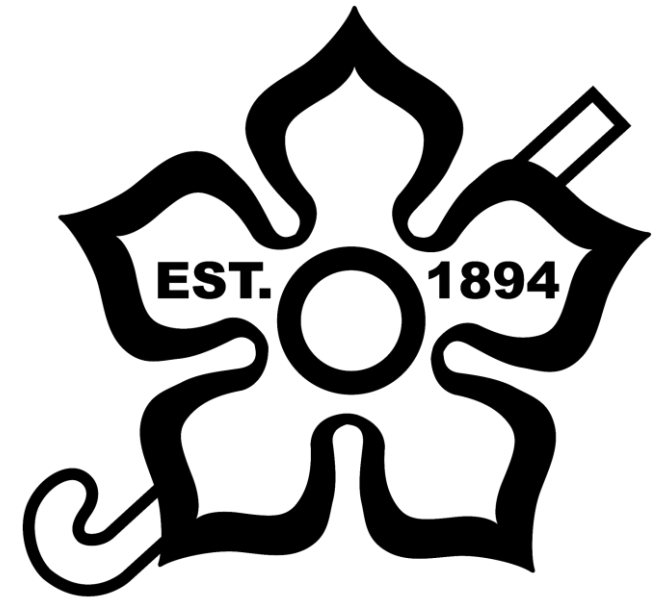
- A school assembly or Q&A sessions with an international club player, engaging with your students and inspiring their interest in hockey
- 6 x weekly visits with up to 3 x 1 hour practical sessions per day, developing individual skills, confidence in the sport and game play. This includes team teaching and an opportunity to upskill your teachers
- Ongoing support for teachers to continue delivering hockey sessions – including lesson plans, CPD and skill development techniques
- Support in delivering an intra school competition, PLUS free entry into a Primary or Secondary Schools festival at St Margaret's Pastures in 2022
- Mentoring for young leaders to support delivery of intra school competitions
- Vouchers for all students to attend 3 free sessions at the Leicester City Hockey Club Junior Academy on Sunday mornings at St Margaret's Pastures

Outline of Practical Sessions

| 1 Day – each session | 6 Week – each week |
|---|--|
| Practical review of the group to assess the pace at which to deliver the programme | Week 1 - Practical review of the group to assess the pace at which to deliver the programme - Passing, dribbling, ball control & attacking games/challenges |
| | Week 2 – Tackling, defensive principles and small sided games e.g. Hockey Bulldog |
| Passing & dribbling | Week 3 – Skill week; obstacle courses, skill zones, freestyle challenges, small sided games incorporating skill |
| Tackling & defensive principals | Week 4 – Working as a team, game structure & small sided games building into larger games with conditions/extra rules |
| Small sided games: - Building into full game play, fun games to apply movement and team work to basic skills | Week 5 – Movement on & off the ball, drills to exercise ball control, skill, passing & defending, game play |
| Game play: - With conditions to focus on key principals covered in the session | Week 6 – Staff CPD overview & House competitions |

Our Commitment

- Provide a designated contact for all communications
- Provide qualified, experienced and DBS checked coaches for all sessions
- Deliver progressive, supportive and enjoyable sessions
- Provide equipment to deliver sessions if required
- Deliver schools festival at St Margaret's Pastures in 2022
- Provide marketing material to promote the 3 free sessions for all interested students at the Sunday morning junior coaching sessions
- Provide ongoing support to teachers as required



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What next?

- Get in touch to let us know the main contact for co-ordination of your programme
- Confirm dates for visits and the details of the classes that will be participating
- Let's play hockey!

Email: schools@leicesterhc.co.uk

Instagram: @LeicesterHC

Twitter: @LeicesterHockey

Facebook: Leicester City Hockey Club