

# *Rush Hockey Delivery and Rules for Colleges*



ENGLAND  
HOCKEY

**Rush Hockey is all about fun and engaging sessions! Do your students simply want to play games or have they asked for a more 'coached' feel? Either way there is no right or wrong answer to this question. The fundamental key is to get the students involved with deciding how they want to play!**

**Working with a number of colleges we have found the most successful delivery has been when;**

- The person delivering the sessions is engaging and enthusiastic. They are able to organise people into teams quickly and create a social environment which people want to be part of.
- The emphasis of the feel of the sessions is more peer to peer than being student to coach or student to teacher.
- The emphasis of the sessions is on socialising with their friends, having fun and taking part.
- Sessions should be delivered at lunch time or in free periods and should last for around an hour.
- Students are involved with the promotion and delivery of the sessions – creating ownership.
- Students have ownership of the session. What do they want to do next?
- Colleges allow students to wear what they feel comfortable in to play.
- The majority of the session is small sided game play.
- Students feel like they can dip in and out of sessions to suit them. If they can't make one week it's OK.
- Social media is embedded into your sessions. Share pictures and short videos online with the students who attend.

## **How to play Rush Hockey**

**We mentioned earlier that we think Rush Hockey is really simple to play and we hope you agree. Here are the simple rules on how to play.**

- Rush Hockey is 5v5 so players get lots of touches of the ball.
- The game can be mixed or single gender depending on how you want to play.
- The game is played with a bigger lighter ball and smaller goals which pop up and down.
- Rush Hockey is best played on an indoor sports hall or on a quarter of a hockey pitch.
- If you are playing in an hour we'd recommend four quarters of 10 minutes, factoring in time for a quick break in between.

## *Delivery and Rules for Colleges*

- Players can shoot from anywhere into the Rush Hockey goal. When a goal is scored the ball returns to the middle of the pitch.
- Players should try to use the flat side of their stick.
- Rush Hockey is a non-contact sport.
- Players should try to keep the ball away from their feet; if it accidentally touches them just keep playing.
- Players are unable to deliberately use their body to prevent the ball going into the goal – remember there are no Goalkeepers.
- If the ball goes off the sideline then the ball is turned over to the opposition.
- If the ball goes off the baseline then the defending team are awarded the ball.
- We recommend players wear shin pads and gum shields when taking part in any hockey activity