

INCLUSION SECONDARY INTRA-CARDS

INCLUSIVE ZONE IN₂HOCKEY (4-A-SIDE)

QUICK INTRODUCTION

Inclusive Zone In₂Hockey is an inclusive version of In₂Hockey. This exciting and dynamic game has been designed to enable SEN/disabled (SEND) and non-SEND players to compete against each other.

GETTING STARTED

Who the competition is aimed at

- Teams are made up of four players.
- Each team should include a minimum of two SEND players playing throughout the game.
- SEND players are defined as SEND pupils who cannot easily access mainstream In₂hockey.
- Teams should be made up of players of similar hockey ability.

Setting up the competition

- There are four outfield players and no goalkeepers.
- Two players from each team play in the centre zone.
- One player from each team plays in each of the outside zones.

Rules of the competition

- Players must stay within their allocated zones and cannot tackle a player outside their zone or reach out of their zone to collect the ball.
- Once a team has possession the ball must pass between any two zones before a goal can be scored.
- If the ball goes out of play, possession passes to the other team.
- Players are encouraged to use only the flat side of the stick.
- A goal can be scored from any part of the opponents' half.
- Once a goal is scored, the conceding team restarts play from the centre.
- A free hit is given to the opposition if a player 'deliberately' uses their body (e.g. a foot) or any other equipment (e.g. a wheelchair) to stop the ball.

INCLUSIVE



CHECK OUT
OUR FILMS



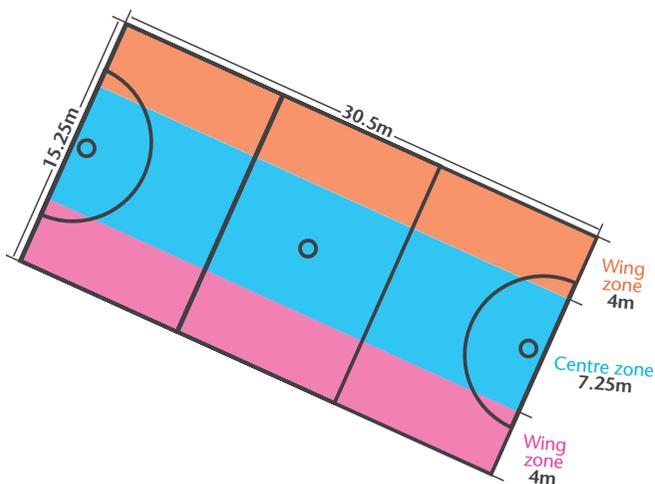
SPIRIT OF THE GAMES STATEMENT

Respect the spirit of fair play in hockey. This is more than playing within the rules. It also incorporates the concepts of friendship, respect for others and always participating with the right spirit.



ORGANISING THE COMPETITION

- Inclusive Zone In₂Hockey can be played indoors or outdoors on any hard surface.
- Use a 8ft wide x 2ft high samba hockey goal.
- In₂Hockey sticks or Quicksticks and a Quicksticks ball should be used.
- The ball and sticks must stay below knee height.
- Games consist of two halves (usually of 10–15 minutes each) with an interval (half-time) of not more than 5 minutes.
- The team scoring the most goals wins.
- No body contact is allowed.



OFFICIATING

- Two officials should be appointed who will discuss the rules with the players before the game.
- Two more officials could be used to act as time, or score keepers.
- Appoint young leaders as managers and coaches for each team to give positioning guidance, encouragement and to manage substitutions.

THINK TACTICS

- How are you most likely to score?
- How can you mark when not in possession?
- Try to use all the zones equally.

SAFETY

(IF APPROPRIATE/NECESSARY)

- Ensure there is appropriate run-off at the sides of the pitch.
- It is strongly recommended that when playing hockey, shin guards and mouth guards are worn at all times.

THINK INCLUSIVELY

Space

- Adjust the size of the pitch to accommodate the ability of different teams.
- Alter the size or shape of the zones to accommodate the ability of different players.

Task

- Let players use their feet to control the ball.
- Allow SEND players to have the ball for three seconds before an opponent can attempt to tackle them.
- Allow players to use both sides of the stick.

Equipment

- Change the size of the goal.
- Use lighter, longer or shorter sticks or a stick with a larger striking surface, e.g. zone or street hockey sticks.
- Use a lighter, larger, softer or colour contrasting ball.
- If beneficial create a T-shaped or V-shaped hockey stick for players in wheelchairs. This should be safely fitted to the front of the wheelchair.

People

- Move players between the different zones.
- If including visually impaired players ensure all players wear colour contrasting bibs and that the ball is colour contrasting and or has a bell in it.
- Create a safe zone around a player that gives them more space to move and pass.
- Change the number of players on each team.
- Six players can make up a squad which allows for substitutions, but ensure that two SEND players remain on the pitch at any one time.