

CLUB LIFE

Empower, Engage, Sustain

4689 – The Route into Hockey

4689 is a progressive format, doing exactly what the name suggests but with the added bonus of introducing young leaders and umpires from an early age. This gets children used to different roles involved in hockey and develops the different strengths and interests that young people may have. There are four levels, with teams set at 4 v 4, followed by 6 v 6 (4 players plus a coach and umpire for each team), then 8 v 8 (6 Players plus a coach and umpire for each team) and ending 9 v 9 (7 players plus a coach and umpire for each team). This allows a flexible and accessible level of hockey that won't prove too taxing for the novice learner. Nor will it prove too easy for the more experienced hockey players out there.

If you want to deliver the 4689 experience, then depending on your experience you'll be able attend a three or a six hour Sports Leaders UK endorsed training workshop which gives you access to the 4689 website.

The website is a comprehensive resource, giving you:

- 46 technical cards
- 30 activities and videos
- Competition formats and rules for all levels
- Ways to get more involved!

Why do a 4689 leaders course?

There are so many benefits through this form of hockey delivery:

- A fundamental resource to provide great opportunities for all level of players
- Teaching and coaching through game-based play
- Links to the curriculum
- Great opportunities for more children to get involved
- Leadership opportunities built in for young people at an early stage
- Ability to utilise and maximise existing play space, enabling more young people to take part

Who can deliver 4689?

Anyone! Whether you are a school teacher, club coach, keen parent or the tea lady! If you are keen to help develop hockey across Wales then you can get involved. Call 02920334992 or email debra.barker@hockeywales.org.uk to get started.



For more information, visit:

www.hockeywales.org.uk/play/club-life

