

CLUB LIFE

Empower, Engage, Sustain

RUSH Hockey – The fast and furious way to play!

Rush Hockey is a fun, 5v5 version of the traditional hockey game. It's made up of simple rules, smaller pitches and a bigger, lighter ball. It can be played on a range of surfaces, both indoors and out – the choice is yours. It is a game that fits around your life and that you can play whenever and wherever you want. There are no set positions or goalkeepers which encourages involvement from all players. Much like 5-a-side football, it is flexible and adaptable to suit varied environments & time constraints for over 16's.

Why should you introduce RUSH at your club?

- ✓ Rush is suitable for all abilities & levels of experience
- ✓ It is easily adaptable to the amount of people who turn up to each session
- ✓ It can be played mixed or single gender
- ✓ Simplified rules allow for a 'get on & play' atmosphere
- ✓ There are no set positions, enhancing inclusion for all players
- ✓ It is delivered by your chosen 'Rush Activator' who is responsible for communication and organisation of sessions to suit everyone
- ✓ Casual tournaments, leagues and games can be arranged for your local area, creating a competitive edge for those who thrive on winning!
- ✓ Increase revenue into your club, whilst increasing recreational members

We are looking for clubs to trial Rush here in Wales over the next couple of months. If you would like to introduce Rush into your club, get in touch ASAP and you could be the first club in Wales to deliver Rush Hockey! Contact Katy Evans on 02920334988 or email katy.evans@hockeywales.org.uk today!



For more information, visit:

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

