

MAKING HOCKEY A SPORT FOR ALL



**“
I WOULDN'T
BE THE SAME
WITHOUT
THIS CLUB.
I WOULDN'T
HAVE ANY
FRIENDS.”**



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FLYERZ HOCKEY IS A GREAT SPORT TO LEARN AND SPORT IS A WONDERFUL WAY FOR CHILDREN TO SOCIALISE WITH OTHERS AND WORK WITHIN A TEAM. WHEN HE IS AT FLYERZ HE REALLY COMES OUT OF HIS SHELL AND ENGAGES WITH OTHERS. A LOT OF THE OTHER PEOPLE WHO ATTEND THE GROUP LOVE GOING ALONG AND MEETING FRIENDS EVERY WEEK.”

FLYERZ PARENT

FLYERZ HOCKEY AMBASSADORS

KATE RICHARDSON-WALSH

Olympic Gold and Bronze Medallist
Former GB and England Hockey Captain

“Thanks to Access Sport, England Hockey and so many brilliant clubs up and down the country, Flyerz Hockey in the UK is going from strength to strength. We got involved with Access Sport and the Flyerz because we both feel very strongly that hockey should be accessible and open to everyone. In many parts of the country this still is not the case and that is why this Flyerz hockey project is so vital. We want to give every coach and volunteer the tools to make their clubs as inclusive as possible.”

HELEN RICHARDSON-WALSH

Olympic Gold and Bronze Medallist
Former GB and England Hockey Player

“I’m delighted to see Flyerz Hockey being developed in the UK. This is a great opportunity for hockey enthusiasts to find out what it’s all about with the hope to develop more Flyerz sections at UK clubs. We all know and love the power of hockey - let’s truly make our sport an inclusive one.”



Disabled people **are twice as likely** to be inactive as non-disabled people in the UK. However, research has shown that there is significant unmet demand with seven in ten disabled people **wanting to be more active.**

WE WANT TO HELP MAKE HOCKEY A SPORT FOR ALL



FLYERZ DISABILITY INCLUSIVE HOCKEY

Access Sport want to help make hockey a sport for all. Hockey is brilliantly adaptable for people with a range of disabilities. The hockey family is unique; clubs pride themselves on welcoming people from all walks of life and work together to improve the sport of hockey.

Team GB's vision before Rio 2016 was to: Be the difference, create history and inspire the future. Hockey is clearly benefiting from a double Olympic legacy, which has inspired the nation to get active and play hockey.

Starting a Flyerz section at your club will: Make a difference, create history and inspire the future. Hockey clubs can help change the lives of disabled people and their families by welcoming them into a community club environment, clubs will help hockey make history in becoming a leading disability inclusion sport and in time we will inspire the next generation of future Flyerz players and clubs.

Thanks to funding from Spirit of 2012 and support from England Hockey and Hockey Wales our vision is to support the development of at least 50 new Flyerz sections between 2018 to 2021 across England and Wales.

Access Sport's CEO Mark Hardie, said:

"This ground-breaking project will take the growing Flyerz hockey movement to a truly national level. Our vision is to help all sport clubs to be confident and equipped to welcome disabled people on level terms so we are delighted that hockey is leading the way on inclusion."

England Hockey's CEO Sally Munday, said:

"England Hockey are delighted that the Spirit of 2012 have made this award to support the development of more Flyerz clubs. The interest in hockey in growing at an incredible rate and this Flyerz project will enable the sport to become more accessible to people who have not had previously had easy opportunities to play. We are delighted to be working with Access Sport and I really am excited about how we can scale this project, as numbers grow it will give other hockey clubs the confidence to create their own Flyerz section – I really believe we can create a movement here."

Spirit of 2012's CEO Debbie Lye, said:

"Flyerz will put disability hockey on the map, giving hundreds more young people a chance to try out the game. We know it is harder for disabled people, who are often socially isolated, to find welcoming and safe places to play sport, and so we're hugely excited about Flyerz, which offers inclusive hockey as a route to both fitness and new friendships."

BE THE DIFFERENCE.

CREATE HISTORY.

INSPIRE THE FUTURE.

FLYERZ HOCKEY EXPLAINED

WHAT?

Flyerz Hockey is an inclusive hockey initiative for disabled people.

WHO?

Flyerz clubs are open to disabled and non-disabled people, inclusive to any disability, long-term health condition and/or additional need.

WHY?

Disabled people engage in physical activity far less than non-disabled people and this is something we wish to change. Access Sport passionately believe that everyone should have access to the health, wellbeing and developmental benefits of sport.

HOW?

Hockey is a sport that can be adapted for many different ability levels. Access Sport capacity build community hockey clubs to provide transformational sporting and personal development opportunities. By capacity building and upskilling community clubs, clubs can successfully engage disabled people with non-disabled people on equal terms, connect communities, and improve wellbeing.

Flyerz Hockey is inclusive field hockey that utilises traditional and adapted equipment during regular club sessions at local volunteered community clubs. Flyerz hockey sessions are player centred and concentrate on having fun, learning new skills, making friends and promote the foundations of living an active and healthy lifestyle. For those who choose to do so, Flyerz players have the opportunity to compete and play at club, regional, national and international levels.

THE NAME

'Flyerz' hockey is the name widely associated with disability inclusive hockey in England. We use 'Flyerz' as the term for the inclusive version of the sport rather than labelling or pigeonholing the session as "disability" or "inclusive" Hockey. This allows disabled people to have a sense of belonging to something within the wider club that they are proud to be a part of.

HISTORY

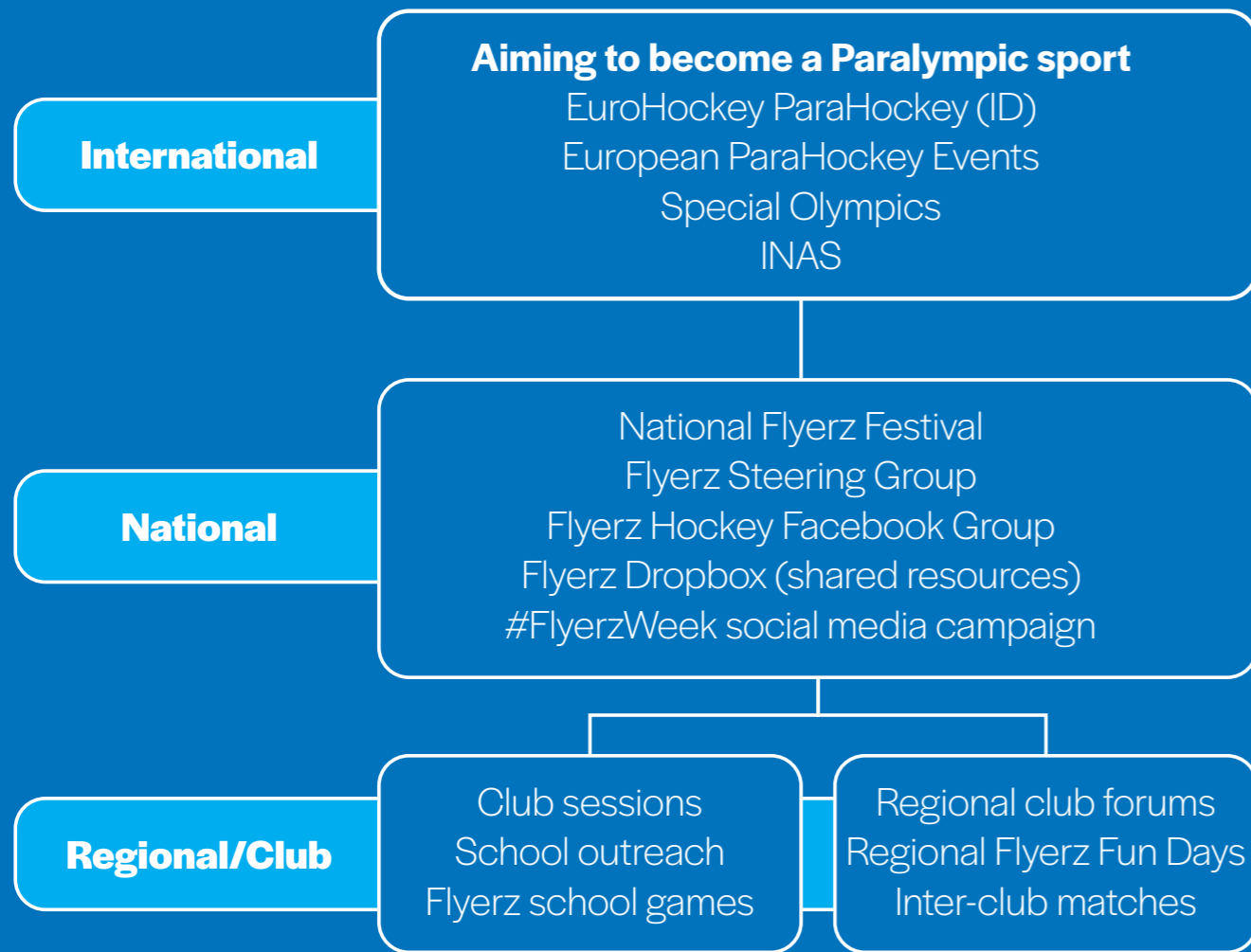
Access Sport's Ignite Disability Inclusion Programme was launched to support local community sports clubs become more inclusive of young disabled people. Access Sport partnered with Waltham Forest Hockey Club in 2011 to create the first fully inclusive hockey section in England, 'Forest Flyerz'. From the initial pilot, Forest Flyerz has inspired other clubs to introduce 'Flyerz' hockey to their own clubs across the country.

WHAT THIS GUIDE OFFERS

This guide provides expert practical advice on how to start a Flyerz session at your club. Using the learnings from existing Flyerz clubs this handbook shares top equipment tips, session plans, playing formats, training, information about additional resources available and access to the national Flyerz family to receive continued support.

FLYERZ NETWORK

Correct as of August 2018



EQUIPMENT, FORMAT AND RULES



TRADITIONAL EQUIPMENT

QUICKSTICKS

AGE: 4-11 years

WHO: Players with learning disability (LD) or autism spectrum disorder (ASD) or anyone new to Flyerz

USEFUL INFO: Lightweight, colour coded



IN2HOCKEY STICKS

AGE: 10-14 years

WHO: Players with LD or ASD or anyone new to Flyerz

USEFUL INFO: Grip is colour coded to aid technique



RUSH HOCKEY STICKS

AGE: 14 years+

WHO: Players with LD or ASD or anyone new to Flyerz

USEFUL INFO: Sticks are colour coded so can be used as an alternative to bibs for teams



QUICKSTICKS BALL

AGE: 4+ years

WHO: Players of all abilities, particularly suitable for those who are new to hockey

USEFUL INFO: Larger and lighter than the tradition ball, durable so can be used on a variety of surfaces

IN2HOCKEY BALL

AGE: 11+ years

WHO: Players of all abilities, particularly suitable for those who have some hockey experience

USEFUL INFO: Same size as the traditional ball but more lightweight and can be used on a variety of surfaces



“

IT'S A HAPPY TIME FOR MY CHILD WHERE IT'S OK TO BE DIFFERENT AND IT GIVES ME A LITTLE BREAK KNOWING SHE IS IN GOOD HANDS.”

FLYERZ PARENT

ADAPTED EQUIPMENT

We want to keep Flyerz hockey as close to the traditional game as possible. However, sometimes adapted hockey equipment can be used to improve a player's experience. Below are some suggestions of adapted equipment and how to use them in a session.



UNI HOC STICK

AGE: 4+ years

WHO: Players with LD or ASD or anyone new to Flyerz

USEFUL INFO: The double-sided head of the stick, and being lightweight, means it is great for chair users or players with a physical disability (PD)



FLOOR BALL STICK

AGE: 12+ years

WHO: Used as an adult version of the Uni Hoc stick for those who Uni Hoc sticks are too small for



FLOOR LACROSSE STICK

AGE: 6+ years

WHO: Ideal for players who are chair/frame users or have impaired balance or coordination

USEFUL INFO: Adjustable handle to suit any height. Great stick for introducing dribbling or push passing. The cage can be used to trap the ball and move it under control.



GOALKEEPER STICK

AGE: 4+ years

WHO: Ideal for players who are chair users, or who have one sided weakness/paralysis.

USEFUL INFO: The stick can be used just in one hand comfortably. Comes in varied sizes so it is adaptable for chair users and those who require walking aids/frames



FOAM MOULDED STICKS

AGE: 4-12 years

WHO: Can be used for any players new to hockey.

USEFUL INFO: The stick is light weight and double-sided, which can be useful for some chair users. Great for indoor and outdoor use



FANTASTICKS

AGE: 3-7 years

WHO: Used for players new to hockey and learning how to grip the stick and dribble

USEFUL INFO: The indented head means players have greater control over the ball when dribbling, you can purchase a 'click-on' grip to help teach the Indian dribble

RUBBER HEADED STICK

AGE: 4+ years

WHO: Great for players with LD or ASD or those who are new to hockey

USEFUL INFO: Great for using indoors as will not damage flooring



POOL NOODLES

AGE: 4+ years

WHO: Can be used by anyone but ideal for younger players, chair users or for those who lack upper body strength and/or coordination

USEFUL INFO: Although not a traditional piece of equipment, it is a great stepping stone towards a stick. As they are made of foam, they are light weight, and can be cut down to size or sculpted to the anthropometrics to suit the player. Due to the flexibility of the noodle, it encourages players to get lower to the ground to gain control over the float; replicating the position needed for hockey. Use with a larger light weight ball such as inflatable beach ball or even a balloon.

BALLS



AUDIBLE CRICKET BALL

WHO: Produced for players with visual impairment (VI), but also great for any player who requires sensory input

USEFUL INFO: There is not currently an audible hockey ball but this is an excellent alternative



AIRFLOW BELL BALL

WHO: Ideal for VI players

USEFUL INFO: Lighter than the previous audible cricket ball, to be used indoors, advised to be used with adapted sticks such as uni hoc, floor lacrosse etc.



BUZZ BALL

WHO: Ideal for VI or players who require sensory input. Also good for young children new to the sport

USEFUL INFO: A foam audible ball, to be used indoors, the audible bell within is not as loud as the previous balls



SLAZENGER SHORTEX BALL

WHO: Any player new to hockey

USEFUL INFO: Great for indoor and outdoor use. Again, although designed for tennis is a great adaptation for Flyerz



SHIELD® HEXAGON HOCKEY BALL

WHO: Great for players who have difficulties with coordination which would affect their control of the ball; this includes players with LD/ASD, chair users or those with physical disabilities.

USEFUL INFO: Due to the design, the ball will roll slower compared to a traditional ball and therefore gives a player more control to dribble, or more time to react if it is passed to them



BOBBLE TRAINING BALL

WHO: Can be used for any Flyerz player, but may be suitable for LD/ASD players or players who have been playing Flyerz for a while

USEFUL INFO: Great for developing goalkeeping skills and defensive players. The shape of the ball means the ball will roll randomly and so requires a player to react. Great to use with Flyerz players who are more experienced

OTHER EQUIPMENT

Access Sport pride themselves on thinking outside the box to ensure that sport is accessible to all. Flyerz Hockey is a great example of this innovative thinking. By not sticking with the traditional stick and ball Access Sport and Flyerz clubs has pushed the boundaries for hockey to be inclusive for all using a plethora of adapted equipment.



TARGET HOCKEY GOAL

WHO: Can be used for all games formats of hockey and ParaHockey

USEFUL INFO: Ideal for shooting practice and improving accuracy. The target sheet can be removed to be used as a normal goal.



RUSH HOCKEY GOAL

WHO: Can be used for all games formats. Great for smaller sided games and games without a keeper.

USEFUL INFO: Lightweight



TRIGOAL

WHO: Ideal for smaller sided games with 3-5 players

USEFUL INFO: Can be used to work on defensive Flyerz games. Can be used indoors and outside.



OBO DEFLECTA MAT

WHO: Better for more experienced Flyerz players looking to improve their reaction and hand-eye coordination

USEFUL INFO: Requires a volunteer to simulate a deflected shot for a goalkeeper/defender to defend. Can be used 1:1 or within team drills



POP UP GOALS

WHO: Great for small sided games or for 1:1 activities

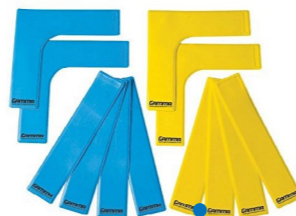
USEFUL INFO: Lightweight and portable so can be put anywhere within a session



CRAZY CATCH NETS

WHO: All players of all ages

USEFUL INFO: Handheld and standalone, fun alternative for reaction games or goalkeeper drills.



GROUND MARKERS

WHO: Can be used for all game formats of hockey and ParaHockey

USEFUL INFO: Great alternative to cones, can be used as tactile markers for VI players



OBO FLIKA STICK

WHO: Used by the coach for more advanced goalkeeping or aerial drills.

USEFUL INFO: Coach controls the speed. Softly for beginners more power for advanced keepers simulating top level drag flicks speeds and aerals. The curve and colour of the stick have been designed to help disguise where the ball is.



TIPS FOR ADAPTING EXISTING EQUIPMENT

Use coloured tape and wrist bands to colour code where each hand should be positioned on a stick. This is a great visual tool for players with autism and learning disabilities to see where their hands should be when playing.

Wooden sticks painted to match above hand placement, plus front of stick head painted green and red on the back to reiterate the correct side to hit the ball with.

Throw down markers (feet-shaped) are a useful visual to help individuals learn the correct foot placement.

You can purchase gripping aids for hockey sticks to aid players who have difficulties gripping the sticks:

- [Multi-purpose glove](#)
- [Wrist and Grip Support](#)
- [Gripmits](#)
- [LD Aids](#) - for players who have a limb difference

There are lots of gripping aid products out there so do your research and find what would work best for your players.

You can use string and tape to mark out a hockey pitch or a playing area. This is a really cheap and adaptable way of marking out a space for players with a visual impairment.

All goals described below can be adapted for VI players by attaching bells to the netting to enable audible scoring.

GAME FORMATS

Game formats should only be adapted when needed and not as a default. Many Flyerz clubs are able to follow traditional hockey sessions and game formats with minor adaptations. For example, to include a wheelchair user they would be allowed space to play (without being tackled or with a time-limit before being tackled) to allow all other players to follow traditional rules.

It is important that you consider the abilities of all players and ensure that all players are being pushed in line with their own ability levels. This is no different to youth or adult hockey where abilities and experience levels vary.

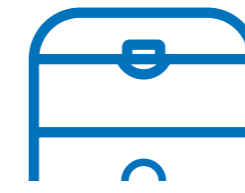
TRADITIONAL FORMATS



QUICKSTICKS
7-11 YEARS

8 PLAYERS
4-A-SIDE

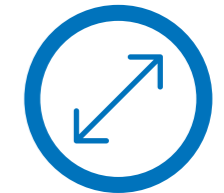
An introductory game to hockey
Played using Quicksticks equipment and a larger and lighter ball
Inclusive, fun, fast and safe



IN2HOCKEY
10-14 YEARS

12-14 PLAYERS
6/7-A-SIDE

Stepping stone from Quicksticks
Can include goalkeeper (6 + GK, or 7 without a GK)
Played on half a hockey pitch



RUSH HOCKEY
7+ YEARS

10 PLAYERS
5-A-SIDE

Can be played indoors or outside
Played in a smaller space with smaller goals
Played with a larger lighter ball

GAME FORMATS



FLYERZ IS IMPORTANT TO ME BECAUSE IT GIVES OUR PLAYERS THE OPPORTUNITY TO BE PART OF A CLUB, MAKE FRIENDS, LEARN NEW SKILLS AND DEVELOP THEIR CONFIDENCE. I'VE ALWAYS PLAYED HOCKEY AND I LOVE SEEING OTHERS ENJOY THE GAME AS MUCH AS I DO."

FLYERZ VOLUNTEER

ADAPTED FORMATS



ZONE HOCKEY
7+ YEARS

 **8-12 PLAYERS**
4/6-A-SIDE

Inclusive format for disabled & non-disabled players

The format is inclusive to all disabilities as zones make it fair and inclusive



WALKING HOCKEY
7+ YEARS

 **10 PLAYERS**
5-A-SIDE

Great for players who use frames/walkers or have difficulties with balance and coordination

When in play, must have a foot on the floor – hence always walking never running!

Does not require a goalkeeper
Inclusive to all – brings all players on to the same level/playing field



POWER HOCKEY
7+ YEARS

 **10 PLAYERS**
5-A-SIDE

Played using electric wheelchair users

Use light-weight sticks or specialist adapted chairs

Has contact and non-contact forms

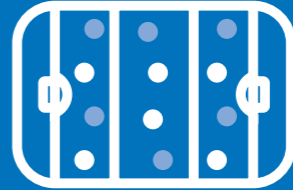


FLOORBALL
7+ YEARS

 **10-12 PLAYERS**
5/6-A-SIDE

Played with 5 players and GK or 6 players and no GK

Can be played using Uni-hock
Played indoors, or on astro-turf



J-BALL
7+ YEARS

 **12 PLAYERS**
6-A-SIDE

Played across 3 zones, with 2 players in each zone

No goalkeeper

Great as a game to include all and match players on ability in each zone, can be played with disabled & non-disabled players in same game



GAME FORMATS

COMPETITIVE FORMATS



HOCKEY SCHOOL GAMES

11+ YEARS



10 PLAYERS
5-A-SIDE

Inter-school competition

Pan-disability

5-minute games

No goalkeepers

Rules of Game vary to PRO or EXPERT category



EUROPEAN PARAHOCKEY

11+ YEARS



14 PLAYERS
7-A-SIDE

International competition for players with an intellectual disability (ID)

Three tiers of competition; Championships, Trophy & Challenger

Played on a half pitch

Does include a goalkeeper (G+GK)



FURTHER INFORMATION ON PARAHOCKEY ID

Further information from the Netherlands, European Hockey Federation (EHF) and International Hockey Federation (FIH), including development, governance, regulation, strategies, the establishment of classification criteria and programmes can be found below.

KNHB

Official governing body of field hockey in the Netherlands

G-hockey

For players with intellectual disabilities

LG hockey

For players with a disability (not including wheelchair users)

E hockey

Electric wheelchair hockey

H hockey

Manual wheelchair hockey (H = Hand-held wheelchair)

EHF

Intellectual Disability Hockey (ID) officially forms part of the EuroHockey Championships every 2 years, EHF also support wheelchair and beach hockey.

EHF

Hockey 4 All + Guide to ParaHockey

FIH

[International Hockey Federation signs long-term agreement to develop Para-Hockey](#)



HUMAN RESOURCE & TRAINING



RECRUITING COACHES, VOLUNTEERS AND YOUNG LEADERS

The main people leading your sessions should be energetic, positive, adaptable, and enthusiastic about Flyerz hockey. No prior experience of disability sport or even hockey is required, just a positive and committed attitude to inclusion.

See below a list of roles that volunteers can take on. Remember that many hands make light work and your Flyerz team is a family, you should all be pulling in the same direction and the workload can be spread across a committee of people.



FLYERZ COORDINATOR

The key individual for Flyerz hockey within a club, coordinating club sessions and any event attendances. This person will be responsible for bringing together a group of coaches/volunteers to run Flyerz sessions. They will also be the main point of contact for Flyerz players, parents and carers.



LEAD COACHES

Plans & delivers Flyerz sessions at the club and/or for outreach in the community. Lead coach rotates through coaching team.

Training Suggested: Relevant England Hockey coaching qualification. General and specific disability awareness.



ASSISTANT COACH(ES) /VOLUNTEERS

Supports lead coach(es) to deliver Flyerz sessions. These individuals are key to Flyerz players experience, particularly for players who require additional 1:1 support.

Flyerz sections will help clubs engage new volunteers so it does not need to be demanding on your existing volunteers time.

Training Suggested: General and specific disability awareness.



COMMUNICATIONS LEAD

An individual responsible for promoting your Flyerz section on Facebook, Twitter and sharing good news stories.



YOUNG LEADER

Young individuals who provide support to the coaching and volunteer team for Flyerz sessions.

Training Suggested: Sports Leaders award – delivered by Access Sport disability awareness.



RECRUITMENT

Before starting you need to consider your own circumstances.

Have you thought about these points below?

Do any of your club members have a connection or experience with individuals with disabilities? (e.g. teachers, physiotherapists, family members with a disability?)

Are they willing to contribute to setting up the sessions?

Are there enough volunteers in the club or do you need to advertise for new volunteers?

Do you have any young leaders in your youth teams who could help out and at the same time develop their own personal skills?

EH has produced a recruiting volunteer's document as part of the Grow Your Own Club Support Documents, this is available from www.englandhockey.co.uk.

TRAINING AND OTHER QUALIFICATIONS

Coaches and volunteers can undertake general and specific disability awareness training or more specific Flyerz training via Access Sport. It will help with the delivery of sessions and to instil confidence in the volunteers.

Access Sport training

Inclusive training opportunities for adult and youth development.

Adult coaches/volunteers (16+) – Our expert Ignite team can deliver a bespoke practical inclusive training workshop. The workshop is suitable for all adult volunteers and coaches, no prior experience is required. The aim of the workshop is to give coaches and volunteers knowledge, confidence and skills to deliver quality sport sessions to disabled people. Digital and physical resources available.

Young leaders/youth team (U16) – Access Sport have an adapted Inclusive Sports Leaders award, aimed at your club's youth teams. The practical course takes place over 3 to 5 hours, instilling confidence, experience and expanding their knowledge of inclusive sport/Flyerz. All participants receive a certificate upon completion.

For more information on any Access Sport training please email: ignite@accesssport.co.uk

England Hockey training

EH Hockey hub offers Inclusive Quicksticks and In2Hockey courses, these are based on the mainstream courses but are delivered with an inclusive angle by a specifically trained tutor.

You can also take an online short course in both Quicksticks and In2Hockey formats, certified upon completion, for youth players, teachers, coaches or volunteers.

More info on the Hockey Hub, how to organise group training or to take the online short course yourself please [click here](#) – you will be asked to sign up with an email/password but this is free.

Online certified courses also include: Officiating/ Umpiring.

Alternatively you can contact your local EH Relationship Manager for more info: www.englandhockey.co.uk/ContactUs

UK Coaching (formally Sports Coach UK)

Offer a number of different disability focused coaching workshops and resources including “How to Coach Disabled People”.

A summary of which can be found on their [website](#), UK Coaching also deliver Safeguarding & Protecting Children courses which we would advise is essential for all Flyerz volunteers.

Activity Alliance (formally The English Federation of Disability Sport)

Launched a new ‘Inclusive Activity Programme’ in 2018, which aims to equip coaches and volunteers to engage disabled people and people with long-term health conditions more effectively in activities. [Click here](#) for more information.

National Disabled People's Organisations

These groups often offer specific training in their field of expertise, for example:

National Deaf Children's Society – [Me2: Making Activities Deaf Friendly](#)

National Autistic Society – [Online training 'Autism, Sport and Physical Activity'](#)

Mind – [Mental Health Awareness for Sport and Physical Activity](#)

AREA ANALYSIS

Is there another club in your area delivering Flyerz hockey or who plan to start? What are their experiences? You can check out the latest Flyerz family [here](#) & club map [here](#). Flyerz clubs are often very happy to share their experiences or hear from local clubs looking to start a Flyerz section. There are also Flyerz Champions who are available to share their personal experiences in Flyerz and provide advice to help start your Flyerz section.

- Have you spoken to members of the other Flyerz clubs who are working in partnership with Access Sport? For more information please email Access Sport on: flyerz@accesssport.co.uk
 - Are there any special schools in your area who work with children with SEN? Are there any mainstream schools with SEN/nurture groups who you could offer taster sessions to/promote your Flyerz session?
 - Are there other organizations in the area that offer activities for people with disabilities? What do they offer, what are their experiences? Could you work together?
 - What is the community policy in respect to disability sports? What support can your local council and/or County Sports Partnership offer to the club?
 - What sporting events, disability specific events, forums, could you promote your Flyerz club session at or demonstrate with a taster session?
 - Google mapping your local area assets – this is a key first task to undertake when starting your Flyerz sessions, mapping your local area assets with your hockey club in the centre is of great benefit for when/where/who you choose to promote your sessions to.
1. Sign up to a Google account www.google.co.uk
 2. From the home page, click Google Apps (9 small squares/top right) and then “Maps”
 3. Click the menu next to the map search bar and click “Your places”
 4. Click “Maps” tab and then “Create Map” – now with postcodes map/pin your local area assets

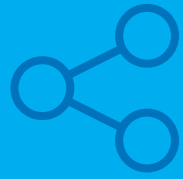
BUILDING RELATIONSHIPS IN YOUR COMMUNITY

To run sustainable Flyerz sessions for disabled people, you will need support from relevant local organisations. You should already be linked in with the relevant sporting organisations such as EH, your Local Authority’s Sport Development Team and the County Sports Partnership in your area. This section focuses more on the organisations that are specific to disability. Organisations that have regular contact with disabled people can be vital for attracting disabled people to your sessions.

These include:

- Educational institutions – schools, special schools, pupil referral units, colleges and universities. This could be those in charge of physical education or the Special Educational Needs Co-ordinators (SENCOs).
- Council services – local authorities will have services for disabled children and adults, this may vary in structure and what they offer. Below are some of the best places to start:
 - Transition Teams – offer support to disabled people aged 14-25 years making the transition from childhood to adulthood. Health is often part of their agenda and they will be able to refer players into your clubs
 - Family Information Services – a great way to get promotional literature out to disabled children and their parents.
 - Sport Development Teams – the officer in overall charge of disability inclusion should be able to give a breakdown of how disability services work in their council, what other inclusive sports are offered in the borough and who the influential people are
- NHS services – a number of local NHS and other services for disabled people can be found by searching [here](#) using your postcode





SOCIAL MEDIA

A great way to promote your Flyerz section, share ideas/stories/photos or interact with your local community and the Flyerz network/hockey family is to use social media.



Clubs have set up their own **Flyerz Facebook group** – a great way to interact with others in the Flyerz network, the best platform for instant messaging. Facebook also offers the opportunity to connect with local groups in your area to spread the message about your Flyerz section.



@FlyerzHockey has been set up by **@AccessSport** to share all of the Flyerz stories from across England.



#FlyerzWeek

A week long social media campaign held annually, to inspire, discuss and create a buzz around Flyerz Hockey.

#Flyerz / #HockeyForAll / #HockeyFamily



A series of resources created by Flyerz clubs, including sessions plans, formats, rules, disability factsheets & club forms – to be added to the dropbox folder please email: flyerz@accesssport.co.uk

PROMOTION

Promoting your new Flyerz sessions can be daunting. However, with our learnings from existing clubs we can help during this period. We have had many clubs launch their Flyerz club and in the first week had no attendees – this is common, do not feel disheartened! We have experience in identifying the most suitable local group and schools to engage with Flyerz hockey and are willing to support all clubs to make this initial first step a success!

The list below are example organisations who can help promote your Flyerz sessions;

- Local special schools/Special Educational Needs departments in mainstream schools
- Parent/carer forums
- Local newspapers and magazines
- Internal club members and contacts
- Places of worship
- Local places of business
- Care homes
- Local carers groups

Get in touch with them, explain what you're doing, and ask their advice for reaching your target group.

To promote your Flyerz sessions, try the following to generate interest;

- Run outreach taster sessions with schools, local groups. Ensure that you speak with parents and carers to inform them about the regular club sessions, or send young people home with a letter/flyer containing more information
- Invite groups to specific taster session
- Run sessions at community events

Don't worry if you only have small numbers of players in your first few weeks. Keep persevering – you don't need huge amounts of members to run successful sessions. Every player is important!



IT'S AMAZING TO THINK WE STARTED WITH A COUPLE OF PLAYERS AND WE'RE STILL GOING STRONG TODAY. THE DEDICATION AND COMMITMENT OF OUR VOLUNTEERS IS ESSENTIAL AND WE'VE BEEN WONDERFULLY SUPPORTED BY ACCESS SPORT AND THEIR IGNITE PROGRAMME."

FLYERZ
VOLUNTEER



COACHING ACTIVITIES AND SESSION PLANS



UNDERSTANDING DISABILITIES

It is encouraged to initially set up pan-disability sessions (i.e. for anyone with any disability, long-term health condition and/or additional need), for any age group that you'd like to target. Your sessions will then evolve naturally from the players you recruit and in time you may decide to have disability-specific sessions or split the group according to ability levels/age.

You may also have players join who are able to play in your youth or mainstream club sections. This should be considered with the player (and family) and coaches. It is important to listen to the player to understand where they want to play and what support they may need if they progress into the youth or mainstream section.

Existing Flyerz clubs engage individuals with a wide-range of disabilities, including but not limited to:

Learning disability/difficulty

A Flyerz player with a learning disability may find it difficult to understand new or complex information, and therefore may find it difficult understanding instructions when it comes to learning new skills or an activity.

When coaching, ensure instructions are short and simple and skills can be broken down into smaller elements.

Physical disability

Physical disabilities can affect a Flyerz player in many different ways. A player with a physical disability could be; a chair/frame user, have cerebral palsy, an amputee, a player who has difficulties with coordination and balance etc.

When coaching consider making small adjustments to activities and games to make them more inclusive; lessening an area, use adapted equipment, slightly changing the rules or using an adapted game format e.g. zone hockey/J-Ball.

Sensory impairments

Flyerz players with a sensory disability will mean their hearing and/or vision will be impaired.

When coaching consider the sensory information that is around your activity; is it noisy? Is there a colour contrast? You can use brightly coloured or audible equipment for those with visual impairment. For Flyerz players with impaired hearing, use lots of visual cues; picture cards, associate coloured cones to an instruction etc.

Brighton & Hove HC have also developed an array of Hockey BSL available by the YouTube playlist [here](#).



Hidden disability

A disability is not always obvious; a Flyerz player may require assistance coping with social situations, or may struggle to understand feelings, which may affect their behaviours. These can include Autistic Spectrum Disorder (ASD), Asperger's, Attention Deficit Hyperactivity Disorder (ADHD), Global Development Delay (GDD)

When coaching, ensure your Flyerz players are involved, understand the activity and feel comfortable completing the task. Consider who that Flyerz player can work with, volunteer or other player, and how they can work together to be successful in their activity. Things like eye contact, being in a close proximity, standing still etc., can be difficult for some Flyerz players.

“**FLYERZ IS IMPORTANT TO WALTHAM FOREST HOCKEY CLUB AS WE STRIVE TO BE AN INCLUSIVE, FRIENDLY, COMMUNITY CLUB THAT PROVIDES OUR PLAYERS WITH A SAFE PLACE TO BE ACTIVE.**”

FLYERZ VOLUNTEER

INCLUSIVE COACHING

It's helpful to have a general awareness of different disabilities and the best way to coach these individuals (see "Training and other qualifications").

Try and remember to focus on the ability, not the disability. **No two people are the same and the best way to tailor your activities to your players needs is to get feedback from them, their parents/ carers and your other volunteers.**

Consider the following points when coaching:



COMMUNICATION

Is the way you talk appropriate? When giving instructions, are they clear and concise? If you have individuals who are deaf or have a hearing impairment, use clear signs, bright colours and if you have access to, a British Sign Language Interpreter. Deaf Friendly hockey BSL playlist available [here](#).



EYE CONTACT

As a coach, you are taught to have eye contact with your participants, but when you coach individuals with learning disabilities and social disorders including Autistic Spectrum Disorder, eye contact is very difficult. Do not force it, it is not the be all and end all.



EQUIPMENT

If you have individuals with physical disabilities, is your equipment appropriate? Consider the size, weight, and type of equipment. Just using different coloured balls and bibs can make an impact.



EXTRA MEDICAL NEEDS

Some individuals may have extra medical needs besides their disabilities. Make sure you, or someone on site is aware of the needs, and what to do in a medical emergency.



PARENT/CARER ASSISTANCE

In some situations it may be necessary to ensure a parent/carer is present at all times depending on the individuals needs/medical condition. Have this conversation with the parent/carer upon joining the club.

Whatever advice we or anyone gives you, adapt to suit your players. These are general guidelines only, there is never a one-size-fits-all.

INTEGRATION

It is important for your community club to fully embrace Flyerz. By engaging your Flyerz members and families in all aspects of your club, you can integrate disabled and non-disabled people together, demonstrating your club is fully inclusive!

Here's how:

- Invite Flyerz members and families to any non-hockey activities; club socials, internal mixed matches inclusive of all club players, quiz nights, Christmas party etc.
- Either before or after training sessions or games; encourage Flyerz players and families to have refreshments within the clubhouse, or somewhere local. This is a great way for members to get to know the club, coaching team etc.
- Encourage Flyerz members to have active roles within the wider club; volunteer at youth section, club events and if they have the confidence; be part of the committee or coaching team
- The costs of raising a disabled child or living with a disability is much higher than those without a disability and families will often have less disposable income. Please consider this when considering club fees for Flyerz players.
- Have 'Inclusive Whole Club' events where youth sections and Flyerz sections play together. This showcases Flyerz but also means players can play together whether they have a disability or not
- During home games, make sure Flyerz members feel they are welcome to support the rest of the club. You can have buddies/volunteers who are there at games days who can support Flyerz members
- Ensure that during holiday camps/sessions there is provision for Flyerz members to take part in these activities too
- Invite Flyerz members to purchase your club kit, or if you can help them design their own Flyerz club kit so they can wear and be proud to be a part of your hockey club!
- If you have social media profiles or website, make sure that Flyerz is included within. This will not only advertise your Flyerz club sessions, but help to make Flyerz members feel included as part of the wider club

Flyerz members can have a huge impact on your club and the community, so include them in everything you do, whether that's hockey events, fundraising or just fun, social events!

SAFETY RULES

Go through session rules with your members at the start of each session. Rules can be anything from keeping the stick down to listening to coaches (call them "safety rules" so it doesn't sound like rules for the sake of rules). It's also useful to print out a visual of the rules and have them handy so you can point to them during the session if you need to; members are more likely to take notice if you refer to "their" rules.

SESSION PLANS

It is important that you plan your Flyerz sessions the same way you plan your mainstream sessions and where necessary incorporate suitable adaptations. Consider splitting the group into abilities, like you would in any session, this allows individuals to train to their ability and play with players of a similar level. Remember it is okay if your session does not go directly to plan, just have an outline of what you wish to achieve.

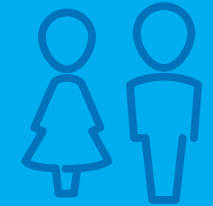
When planning a session consider players goals, abilities and the player to coach ratio required.

Here are some important points to consider when planning your Flyerz sessions:



ABILITY LEVELS

You will have varying abilities within the session. You can divide the session into ability groups or have the group work together with varying adapted activities



NUMBER OF FLYERZ PARTICIPANTS

Consider groupings or working in pairs. It might be an idea to pair someone who is high functioning and experienced with hockey with someone who is new to Flyerz. Where possible we recommend grouping players based on their ability.



EQUIPMENT

Remember not everyone within the group will require adapted equipment, so let your Flyerz members decide what they wish to try, and then suggest adapted equipment from there if you feel it would improve their experience



ACTIVITIES

Consider how your activities are adaptable to make them easier or harder for participants.



VOLUNTEERS ROLE

Make sure your volunteers are not standing around chatting, they should be involved either 1 to 1 for those who need it, or part of the group to give guidance during the activities.

SESSION TIME & LOCATION

The best time for Flyerz sessions to take place is when the club is active and other teams are training / playing e.g.: alongside your youth sessions. As well as the obvious benefit that this will help integrate the Flyerz into the club, other advantages include:

- It will be easier to recruit volunteers for Flyerz sessions if they're training / playing immediately before or after your sessions
- You could save on further pitch hire fees if you share pitch space with other training sessions
- It's easier to integrate Flyerz members into mainstream youth training. Where possible, you should always look to integrate skilled high functioning Flyerz players into mainstream youth team. Discuss this option with the player and their parent/ carer to see what they would like to do before making any changes
- From a parent/carer's point of view, they have somewhere they can take their disabled and non-disabled children at the same time
- Flyerz is a positive addition to a club's structure and will show the club in a good light to everyone else attending





YOU KNOW WHEN TUESDAY COMES AROUND BECAUSE ROSIE GETS REALLY EXCITED. SHE KNOWS IT IS TIME TO GO TO FLYERZ, SHE GRABS ALL THE HOCKEY EQUIPMENT AND GETS INTO HER WHEELCHAIR REALLY QUICKLY. SHE REALLY LOVES SOCIALISING, GOING THERE ON A TUESDAY AND DRAGGING HER BROTHER ALONG.”

FLYERZ PARENT

MAKING ACTIVITIES INCLUSIVE

Here are some examples of how you can adapt activities to be inclusive to all, no matter their disability.

Make sure you focus on what a player can do, rather than their disability, often the best thing to do is try an activity and then adapt it, rather than adapting from the beginning. Remember do not underestimate your players.



DRIBBLING ACTIVITIES

Consider the use of the varied equipment mentioned previously. Some players will not need the adaptation but remember it is there for those players who do e.g the varied sticks and balls

For wheelchair users

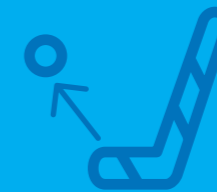
Use lighter shorter hockey sticks or consider attaching the stick in some way to the chair

For players who have a learning disability

To improve hand position using colour coordination through tape or stickers so they have a constant reminder

For players with a visual impairment

Use brightly coloured equipment and bell balls. Ensure that background noise is kept to a low. If you have a player with minimal vision, pair them with a volunteer so they can buddy them and guide them through activities



PASSING ACTIVITIES

Just like mainstream sessions, ensure when grouping for activities players are grouped on ability. For players who require additional assistance, pair up with a volunteer.

The size of the ball can make it easier for players who are struggling, this is a simple adaptation but can make a huge difference. Consider using other sports balls too; tennis balls, inflatable balls or even balloons

For players who are struggling with receiving the ball during passes consider using a pop goal behind them. Not only does this ease the pressure on the player, but also still gives the opposing player something to aim for



LARGER GROUPS/ GAME PLAY ACTIVITIES

For wheelchair users

During games consider zoning areas where chair users are safe from being tackled, or put a 5 second count where they cannot be tackled by other players

For players with a learning disability

Sometimes instructions need to be repeated throughout the activity, or coaching points are needed to remind the players the focus of the activity. As always utilise your volunteers and buddy up where necessary

Ensure that everyone is involved, whether that is playing, umpiring or assisting with the coach.

Taking part does not always mean playing within the activity, there are other possible roles.

The tips for passing and dribbling can be used across all Flyerz activities. Remember think outside of the box!



APPENDICES

THINGS TO REMEMBER

Once you get into the swing of your sessions, the challenge is to keep improving sessions to keep Flyerz engaged.

Use the following as a checklist to keep sessions fun and appropriate:

- Are the sessions appropriately adapted for the needs of the members?
- Are the sessions flexible?
- Do you have a Plan B if the session is not working?
- Are your coaches/volunteers in the right roles?
- Do your coaches/volunteers need disability awareness refresher courses?
- Do you receive regular feedback from your Flyerz members and their parents / carers?
- Are you promoting to the right places? Are you nurturing your local community relationships?
- Do you need any further specialist adapted equipment for any of your members?
- Does your session structure and game format suit your members?
- Do you need more volunteers or coaches?
- Do you from time to time visit other sports clubs who offer similar activities to share best practices?
- Are you promoting participation within the club?
- If some of your members have stopped attending have you found out why? Encourage them to return if possible
- Are your facilities disability-friendly? (e.g.: accessible toilets, signage, ramps and are wheelchairs allowed on your playing surface(s)?)
- Do you need to use a different venue? Outdoor astroturf in spring/summer and indoor sports hall autumn/winter?
- Do you need to split the group into smaller groups (e.g. ability-based, age)? Are all players receiving training that meets their needs?

SAFEGUARDING

Your club should already have a method for recruiting and retaining volunteers that adheres to [SafeD](#) – England Hockey’s Safeguarding Young People Policy and Guidance documents.

SafeD replaces Proud to Protect and has been updated to reflect current legislation and best practice guidance.

SafeD offers advice, support and documents on policy, recognising poor practice and abuse, recruitment, DBS checks, training, best practice and templates.

Training: [England Hockey Online Safeguarding and Protecting Young People in Hockey Course](#)

To report a concern or for any safeguarding queries contact the Safeguarding Team:

Alison Hogg

To report a safeguarding concern
P: 01628 897500
E: alison.hogg@englandhockey.co.uk

Stuart Thomas

Disclosure & Barring Service
(DBS) queries
P: 01628 897516
E: stuart.thomas@englandhockey.co.uk

For general safeguarding enquiries

E: safeguarding@englandhockey.co.uk

If not, then you should talk to your EH Relationship Manager or email childwelfare@englandhockey.org to get advice on this.

In line with England Hockey’s policies, it’s also essential that all coaches and volunteers have a Disclosure and Barring Service (DBS) check done. England Hockey is a Registered Body with the DBS and provide a DBS service to clubs that enables them to carry out checks on people that work (in a paid or voluntary position) with young or disabled people.

INSURANCE

Check your club insurance: does it cover club members or all club activity? If you are not asking participants to become members of the club will your policy cover them?

Coach Insurance is also good practice; this will ensure your coaches are covered in any situation. For more information contact your EH Relationship Manager.

FUNDING

It is important to recruit volunteers and coaches who are willing to be part of the Flyerz club for free, and volunteer their time. If this is not the case there are income streams that can make up for this shortfall.

It is important that the Flyerz section of your hockey club is sustainable, and the best way to achieve this is through volunteers. Access Sport can help with finding initial funding for training and adapted equipment.

One of the greatest expenses to clubs is often venue hire. It is easy to overcome this issue by sharing space with other club sessions that is already paid for. Flyerz sections typically do not require a large amount of space, especially when clubs are in the early stages.

OTHER IDEAS

- [Sport England small grants](#)
- [Boost Charitable Trust](#)
- [National lottery funding finder](#)
- [Funding Central](#)
- [Cash 4 clubs](#)

FINANCIAL ANALYSIS

- Do you have to pay for your venue eg: pitch hire, sports hall renting?
- Do you need to pay coaches or will they volunteer?
- Do you need more equipment? Is it suitable for the Flyerz sessions?
- Do you have money available or do you need funding?
- Can you get sponsorship?
- How much will you charge Flyerz members training/membership fees? Many Flyerz club try to avoid high costs and will typically provide sessions free of charge, or charge a small fee per session making it affordable to all.



GENERATING SUPPORT

It’s important that you have club support for Flyerz so committee and other club members should be notified.

Having support from the whole club provides a great platform to build your Flyerz section. This can be done by putting Flyerz hockey on the agenda of your next meeting, or communicating with members via your usual communication channels (email, website, Facebook, newsletters, twitter etc.).

Outline the benefits to your club. Good information to all members and other key people is very important to avoid uncertainties and remove prejudice. This is key to ensure that Flyerz hockey becomes integrated into your club and does not become a separate entity to the wider club.

If possible, establish a working group of people who are committed to setting up the Flyerz section, and who are responsible for making it happen. Your working group can consist of a Flyerz coordinator, coach, someone who has experience working with special needs and/or disabilities, and a parent or carer of someone with a disability.

“OUR VOLUNTEERS HAVE SHOWN UNBELIEVABLE LEVELS OF COMMITMENT AND DEDICATION TO FLYERZ. FLYERZ HAS HAD A HUGE IMPACT ON OUR WIDER CLUB AND WE HAVE EMBEDDED INCLUSIVE VALUES IN ALL ASPECTS OF OUR CLUB.”

CLUB VOLUNTEER



CONTACTS



Access Sport is a charity dedicated to helping sports clubs to become more effective at engaging young people in sport.

You can find out more at www.accesssport.org.uk.

Contact us at any time. We will support you any way we can.

[**flyerz@accesssport.co.uk**](mailto:flyerz@accesssport.co.uk)

0207 993 9883



**ENGLAND
HOCKEY**

The National Governing Body for hockey in England.

[**www.englishockey.co.uk**](http://www.englishockey.co.uk)

[**info@englishockey.co.uk**](mailto:info@englishockey.co.uk)

01628 897500



**HOCKEY
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The National Governing Body for hockey in Wales.

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