



# HOCKEY UNPLUGGED

**Information  
Pack**


**2023**

# Overview

- Pilot programme to help get girls active by.....
  - Giving them a choice
  - Allowing them to become accustomed to using gym equipment
  - Giving them access to an open, non-judgemental space
  - Allowing them to play hockey in a non-competitive environment with their friends
- New participants / those starting to dis-engage and might not be interested in senior competitive hockey
- 15 – 17 year old females
- Focus on them taking the lead - giving them a choice

# What really matters to teenage girls – 5 anchors

**1**



**Support network**  
A sense of place in the world

**2**



**Independence & opportunity**  
Desire to grow up and find themselves

**3**



**Socially connected**  
Connection, validation and inspiration

**4**



**Moments of pride**  
Fuelling confidence and self-worth

**5**



**Keeping on top of it all**  
Managing teenage pressures



Original Framework - adapted from Reframing Sport for Teenage Girls

\*Imagery shared by girls in the online ethnography

## 8 Principles for Success



### No judgement

Take pressure off performance and give freedom simply to play.



### Invoke excitement

Bring a sense of adventure and discovery.



### Clear emotional reward

Reframe achievement as 'moments of pride', not winning.



### Open eyes to what's there

Redefine sport as more than traditional, competitive sport.



### Build into existing habits

Tap into existing behaviours in other spheres.



### Give girls a voice & choice

Allow girls choice and control to feel empowered.



### Champion what's in it for them

Make it much more than just about health.



### Expand image of what 'sporty' looks like

Create truly relatable role models who inspire.



# Requirements

- To be open and willing to work with this cohort
- At least 2 volunteers to take on the project
- Run during the summer / during the season
- Access to a Bluetooth speaker
- Access to a hall / appropriate venue
- Access to gym equipment
- Open to attending training workshops
- Insurance covered under Hockey Ireland



# Steps / Elements of Programme

1. First session – set the tone
2. ‘The Project’ – girls can do group projects / 1 big project over the course of the programme
3. Social Media takeover / promo video – girls record what they are doing as they go / create a promo video to tie it all together
4. Learn basics of strength and conditioning (optional)
5. Pick up a Stick - non-competitive ‘pick up’ hockey



# 1. Set the tone – the 1<sup>st</sup> Session

- Introduce the format and core principles
  - What principles / rules would they like to set for the group?
- Allow them to pick their playlist – they will have the opportunity to do this each week
- Introduce them to the concept of ‘The Project’
- Introduce them to the social media ‘TakeOver’ element of the programme



## 2. 'The Project'

- Over the course of the programme, the girls will do a project together / in groups. This project should be something the girls are passionate about – see some examples below:
- Social Hockey Charity Tournament
- Setting up a multi-sports tournament
- Planting wildflowers / trees around your pitch / locally
- Graffiti / Mural – does your cabin / clubhouse need a makeover?
- Initiate a 'clothes swap' within the club
- Old Sticks collection and refurb
- Litter pick event
- A promotional event for girls to try sport
- How to make your club more inclusive / accessible / policy change





### 3. Social media takeover

- Girls take over club / Hockey Ireland socials to give the experience of GirlsTakeOver from their Point of View



## 4. Strength Programme (optional)

- Organisations will be given session plans for basic S and C sessions
- Focus on form and technique
- Ideally delivered by someone with experience in S and C coaching



## 5. Pick-up Hockey

- Indoor (winter?) or outdoor (summer?)
- Mouth guards and shin guards are a must for safety
- No bibs
- No PC's
- No GK's
- No keeping score
- No judgement for sitting out (don't even ask them why / if they are OK)
- Basic rules
  
- Training course on offer for activators 'Teenage Girls in Sport' workshop