

Lesson Objective To control the ball by dribbling and using a stick **Lesson 1/6**

Equipment Needed Hockey sticks (One each), hockey balls, cones, bibs.

Success Criteria Children can:

- Know how to hold a hockey stick correctly
- Dribble the ball at various speeds
- Know how to move a hockey stick and are able to adjust it to where the ball is placed

Adapted Learning (Differentiation) (Challenge) Group children in similar abilities.

Key Questions When and where do we dribble? – When they have open space and where they can see most of the pitch.

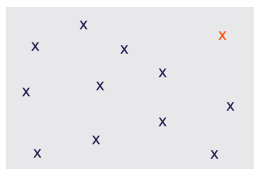
Warm Up Children move around the area, side-stepping, joggings, forwards and backwards.

Main Activity **Skill Acquisition:**
Set up cones randomly around a netball court. The children will move around the court, being spatially aware and dribble the ball with control around the obstacles. Remind children to keep head up to see where they are going and to keep the ball under as much control as possible. Allow some children to demonstrate their technique to the others. Make sure they are holding the stick correctly.



Dribbling Races:

Children get into groups of three and stand at one end of the netball court in a line. They will each have a stick and one ball per group. They will number themselves 1-3. Set up some cones in front of each group along the length of the court. Number 1s will go first and dribble the ball in and out of the cones until they reach the end of the court. They will then return the ball to their lines as quickly and as controlled as possible. When each member has had a turn, that group must raise their hands and the winners are the first to finish.



Champion Of The Ring:

Children dribble around the area trying to keep their ball under control, one catcher is then asked to go into area and try to win the ball. If player losses their ball they them also become the catcher.

Cooldown Recap and discuss Success Criteria.

Key Technical Points

Basic Grip:

- Hands apart
- Left hand at the top of the stick
- Both 'V's formed by thumb and index finger are in line with the toe edge of the stick
- To rotate the stick the left hand moves to the right and the stick turns through the right hand

Dribbling:

- Dribble the ball in front of the body and to the right, at about 2 o'clock
- Keep the stick in contact with the ball so that a pass can be made immediately

Lesson Objective	To use a variety of passes whilst stationary and travelling	Lesson 2/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know how to pass the ball by sliding the ball towards a teammate – Push Pass • Use the 'slap pass' for passing over a longer distance • Use the stick to pass short and long and know where to place their hands on the grip • Know when to dribble and when to look to pass the ball 	
Adapted Learning (Differentiation) (Challenge)	Group children in similar abilities.	
Key Questions	<p>How do you perform a push pass?</p> <p>Where our body should be positioned when passing?</p>	
Warm Up	<p>Each child has a stick in their hands and holds it correctly while moving around the area. Children are encouraged to keep head up and look for space on the field.</p> <p>Half the children then have a ball, and dribble around the area, they then pass to a child who is open and doesn't have a ball.</p>	
Main Activity	<p>Passing In Pairs:</p> <p>Children will partner up and then stand a set distance apart from each other. The children will slide the ball to each other using the technique shown.</p> <p>Prepare It, Pass It:</p> <p>In 4's the group make a triangle, two people at the point. Children at the point of the triangle are the ones doing the work. They receive a pass from either side of the triangle and pass straight back. They then change positions in order for them to pass in the opposite direction.</p> <p>Champion Of The Ring:</p> <p>In groups of eight with markers set out in a 'Y' shape, Player 1 dribbles out to the first marker, where they pass left, and follows pass. Player 2 then dribbles out and passes right and follows pass. This is repeated for rest of group. When players at top of 'Y' receive the ball, they dribble back to the start.</p> <p>3v1 Keep Away:</p> <p>Children play 3 V 1 keep away in a small area.</p>	
Cooldown	Recap and discuss Success Criteria.	

Key Technical Points

Push Pass:

- All forehand passes should begin with the ball to the right of your body
- Position your body (Shoulders and feet) to face your target
- Place the ball behind your back foot. This will give you more power
- To pass, sweep your stick forward (From the back to the front) in one fluid motion
- As you move the stick forward, shift your bodyweight from the back foot to your front
- Follow-through towards the target after having released the ball

Receiving:

- Attack the ball
- Stick low to ground and let it 'give' a little on contact
- Contact just outside right foot
- Angle the stick to control the ball

Lesson Objective

To shoot the ball under control

Lesson 3/6

Equipment Needed

Hockey sticks (One each), hockey balls, cones, bibs.

Success Criteria

Children can:

- Know where to hold the stick to get power in their shots
- Understand they can only score inside the opponent's circle
- Use correct technique when aiming at a target in a game situation

Adapted Learning (Differentiation) (Challenge)

Group children in similar abilities. Set a time limit, how many gates can you go through in one minute. Go! M/A can only use yellow gates. L/A take aim from closer together, replace cones with larger targets if you need to. M/A take aim from further away.

Key Questions

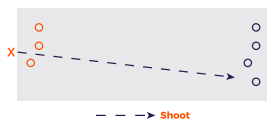
What is the technique for shooting?
Where does the stick need to be?

Warm Up

Dribbling Gates:

Lay out 'gates' using cones around your playing area. Use three colours to so, Red = Large space between cones. Blue = Medium space between cones. Yellow = Small space. Let the children practice dribbling through the gates, ensuring they keep the ball close to them.

Main Activity



Battleships (Passing Accuracy):

For battleships the children will work in pairs. They will need five cones for each working group, one to mark out the passing mark, this the where the ball must be placed. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their pass, they sink the ship! It is then 'child number 2's' turn to try and sink a ship. The child that sinks all four ships first wins!



Open & Fire:

Using the same equipment and organisation as battleships, modify the activity so it becomes 'Open & Fire'!

This time one player takes the role of the feeder, they pass the ball to the other player who controls the ball, dribbles around the cones, and then shoots at the targets! Let the shooters have 3/4 shots before asking them to swap roles. Ask your M/A to shoot from further away!

Conditioned Games:

Play 3v3 no more than 4v4 small matches. Group teams by ability. Set up the target similar to 'Battleships/Open & Fire' on the end line of each pitch. The aim of the game is to hit each. Team wins once all cones are hit.

Cooldown

Recap and discuss Success Criteria.

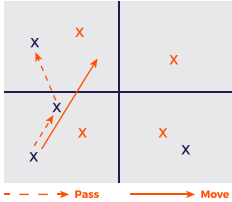

Key Technical Points


Shooting:

- Push the ball on the ground instead of trying to hit it with power
- Remember that you can only shoot the ball by hitting it with the flat part of your stick while inside the scoring circle

Lesson Objective	To select the correct tactics within a game situation	Lesson 4/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Perform a range of passes in a game situation (Small sided games, for example 2v2 or 3v3, etc.) • Dribble/run with a ball confidently in a game situation • Use the correct technique when aiming at a target in a game situation 	
Adapted Learning (Differentiation) (Challenge)	<p>Ensure that M/A play with children of a similar ability, likewise for L/A.</p> <p>L/A players will play in bigger areas, M/A players play the game in smaller areas.</p>	
Key Questions	What tactics do I need to play hockey?	
Warm Up	Each child has a stick in their hands and holds it correctly while moving around the area. Children are encouraged to keep head up and look for space on the field. Half the children then have a ball, and dribble around the area, they then pass to a child who is open and doesn't have a ball.	
Main Activity	<p>Evaluate & Improve:</p> <p>Ask children to think about their own performance and decide on which area of their game they want to work on – then get children to get in to groups of four with children who want to improve the same skill:</p> <ul style="list-style-type: none"> • Children in their small groups to discuss and decide on a drill to develop chosen skill • Children then set up drill and take it in turns to carry out • Four minutes ask children to change their drill to another one <p>Tactics:</p> <p>Children in groups of five – set up a square playing area:</p> <ul style="list-style-type: none"> • Three children are attackers and two are defenders • Allow attackers and defenders time to discuss the tactics they are going to use • Then let children play for three minutes • Let groups discuss the tactics they have used and then rotate roles and discuss new set of tactics <p>Keepball:</p> <p>Mark out some large grids (we want to set up these exercises to favour the 'passers' not the 'defender'), within which we want a team of five or six to keep the ball away from the defender who tries to intercept it.</p> <p>Conditioned Games:</p> <p>Play 3v3 no more than 4v4 small matches. Group teams by ability. Set up the target similar to 'Battleships/Open & Fire' on the end line of each pitch. The aim of the game is to hit each. Team wins once all cones are hit.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none"> • Hockey is a non-contact sport. This means that players are not allowed to push, trip, or physically touch an opponent • Hockey players (Other than the goalkeeper) are not allowed to use their feet, or any other parts of the body, to control the ball at any time • The left hand does all the work in turning the stick, the right hand does not rotate the stick, and only the flat side of the stick is used to play the ball 	



Lesson Objective	To play a small modified game of hockey	Lesson 5/6
Equipment Needed	Hockey sticks, hockey balls, cones, markers.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Understand they cannot kick the ball on purpose • Understand they cannot use the back of their stick • Understand they cannot lift their stick up to play the ball in the air • Understand they cannot hit another player's stick with theirs 	
Adapted Learning (Differentiation) (Challenge)	Select teams in ability levels.	
Key Questions	What the basic rules of hockey?	
Warm Up	<p>Battleships (Passing Accuracy):</p> <p>For battleships the children will work in pairs. They will need five cones for each working group, one to mark out the passing mark, this the where the ball must be placed. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their pass, they sink the ship! It is then 'child number 2's' turn to try and sink a ship. The child that sinks all four ships first wins!</p>	
Main Activity	<p>Four Squares:</p> <p>The area is made up of four quarters. Each team consists of four players. The team with the ball has to attempt to pass the ball into every quarter, attacking team may move into any quarter. Defenders have to stay in their quarter. When one player receives a pass, the opposition player in that quarter tries to stop the pass. The opposition stay in the remaining quarters and attempt to intercept the pass. Teams must complete six passes to win.</p>  <p>Conditioned Games:</p> <p>Play 3v3 no more than 4v4 small matches. Group teams by ability. Set up the target similar to 'Battleships/Open & Fire' on the end line of each pitch. The aim of the game is to hit each. Team wins once all cones are hit.</p> 	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none"> • In general in hockey passes should be made to 12, 3, 6 & 9 o'clock, players run diagonally • No tackling, but passes can be intercepted • You can only score a goal from inside the 'striking circle' in front of the opponent's goal. If the hockey ball is hit from outside the circle and goes into the goal, it doesn't count 	

Lesson Objective	To play a game of hockey	Lesson 6/6
Equipment Needed	Hockey sticks, hockey balls, cones, markers.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Officiate and run small games of hockey and are able to follow the rules they have learnt throughout the term • Consistently demonstrate an understanding of spatial awareness • Effectively apply some elements of strategy and tactics 	
Adapted Learning (Differentiation) (Challenge)	Group by similar abilities.	
Key Questions	What tactics do I need to play 4v4 hockey?	
Warm Up	<p>Four Squares:</p> <p>In the game of 'Four Square' a pitch is made up of quarters. Each team consists of four players (One in each quarter). The team with the ball has to attempt to pass the ball into every quarter in order they wish. When one player receives a pass, the opposition player in that quarter must step out to allow him to attempt to make a pass to a teammate. The opposition stay in the remaining quarters and attempt to intercept the pass.</p>	
Main Activity	<div>  </div> <p>Small Sided Games:</p> <p>Have four small pitches set up – with goals at either end (If you don't have enough goals, use three large cones in which the children have to hit (Similar to Battleships)</p> <ul style="list-style-type: none"> • Divide children in to teams of four (Mixed ability/gender teams) • Allow all teams to go away and practice all skills learnt • Play five minute games and rotate the bib teams down to next pitch <p>Rules:</p> <ul style="list-style-type: none"> • There are NO Goalkeepers in 4-a-side hockey • A goal is scored when the ball has been struck or deflected off a player's stick (Either an attacker's or a defender's) from within the shooting area • A penalty goal will be awarded if a defending player deliberately stops a ball from crossing the goal-line with their feet or body • A free-pass is given when an offence occurs. The offences are if: <ul style="list-style-type: none"> – The ball goes out of bounds – A player intentionally uses their body to play the ball – A player uses the back of their stick – A player raises their stick in a dangerous manner • For all free passes the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be three metres away from the ball 	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none"> • In general in hockey passes should be made to 12, 3, 6 & 9 o'clock, players run diagonally • No tackling, but passes can be intercepted • You can only score a goal from inside the 'striking circle' in front of the opponent's goal. If the hockey ball is hit from outside the circle and goes into the goal, it doesn't count 	