

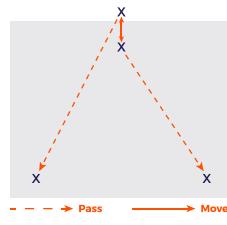
Year 5 - Hockey Lesson Plan

COMPETING
EDSTART

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: <ul style="list-style-type: none">Keep their arms pointing towards the ball and move towards as the ball travelsConnect the end of the thumbs together and first finger to make a 'W' above the headHave their thumbs are behind the ball and then wrap fingers around the ball and bring it into the chest	
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: <p>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.</p> <p>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.</p> <p>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.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Basic Grip: <ul style="list-style-type: none">Hands apartLeft hand at the top of the stickBoth 'V's formed by thumb and index finger are in line with the toe edge of the stickTo rotate the stick the left hand moves to the right and the stick turns through the right hand	

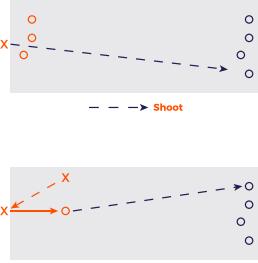
Year 5 - Hockey Lesson Plan

COMPETING
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Lesson Objective	To pass the ball whilst stationary and travelling	Lesson 2/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Know how to pass the ball by sliding the ball towards a teammate – Push PassUse the stick to pass short and long and know where to place their hands on the gripKnow when to dribble and when to look to pass the ball	
Adapted Learning (Differentiation) (Challenge)	Group children in similar abilities.	
Key Questions	How do you perform a push pass? Where our body should be positioned when passing?	
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>Passing In Pairs: 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>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 is 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>  <p>Prepare It, Pass It: 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>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Push Pass:</p> <ul style="list-style-type: none">All forehand passes should begin with the ball to the right of your bodyPosition your body (Shoulders and feet) to face your targetPlace the ball behind your back foot. This will give you more powerTo pass, sweep your stick forward (From the back to the front) in one fluid motionAs you move the stick forward, shift your bodyweight from the back foot to your frontFollow-through towards the target after having released the ball	

Year 5 - Hockey Lesson Plan

COMPETING
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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: <ul style="list-style-type: none">• Know where to hold the stick to get power in their shots• Understand they can only score inside the opponent's circle	
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 do, 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 (Shooting 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 is 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: <ul style="list-style-type: none">• Push the ball on the ground instead of trying to hit it with power	

Year 5 - Hockey

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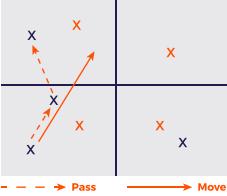
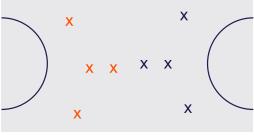
COMPETING
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Lesson Objective	To understand the basic rules of hockey	Lesson 4/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Understand they cannot kick the ball on purposeUnderstand they cannot use the back of their stickUnderstand they cannot lift their stick up to play the ball in the airUnderstand they cannot hit another player's stick with theirs	
Adapted Learning (Differentiation) (Challenge)	Ensure that M/A play with children of a similar ability, likewise for L/A. L/A players will play in bigger areas, M/A players play the game in smaller areas.	
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>Tactics: 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 defendersAllow attackers and defenders time to discuss the tactics they are going to useThen let children play for three minutesLet groups discuss the tactics they have used and then rotate roles and discuss new set of tactics <p>Keepball: 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: 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 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	

Year 5 - Hockey

Lesson Plan

COMPETING
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Lesson Objective	To play a game of hockey	Lesson 5/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Know how to start and restart the games, and where the defending teams needs to beIdentify and use tactics to help the team keep the ball and advance it forwardPass, dribble and shoot with control	
Adapted Learning (Differentiation) (Challenge)	Select teams in ability levels.	
Key Questions	What the basic rules of hockey?	
Warm Up	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 is 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!	
Main Activity	Four Squares: 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.  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	<ul style="list-style-type: none">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	

Year 5 - Hockey

Lesson Plan

COMPETING
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Lesson Objective	To play a game of hockey	Lesson 6/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">Know how to start and restart the games, and where the defending teams needs to beIdentify and use tactics to help the team keep the ball and advance it forwardPass, dribble and shoot with controlOfficiate and run small games of hockey and are able to follow the rules they have learnt throughout the term	
Adapted Learning (Differentiation) (Challenge)	Group by similar abilities.	
Key Questions	What tactics do I need to play 4v4 hockey?	
Warm Up	Four Squares: 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.	
Main Activity	Small Sided Games: 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)) <ul style="list-style-type: none">Divide children into teams of four (Mixed ability/gender teams)Allow all teams to go away and practice all skills learntPlay five minute games and rotate the bib teams down to next pitch Rules: <ul style="list-style-type: none">There are NO Goalkeepers in 4-a-side hockeyA 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 areaA free-pass is given when an offence occurs. The offences are if:<ul style="list-style-type: none">The ball goes out of boundsA player intentionally uses their body to play the ballA player uses the back of their stickA player raises their stick in a dangerous mannerFor 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">No tackling, but passes can be intercepted	