

**Recap: What do we know about hockey?**

**Lesson 1/6**

# **To introduce holding the hockey stick correctly and move around with and without the ball**

## **Success Criteria**

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**To be able to:**

- **Know how to hold a hockey stick when they haven't got the ball**
- **Know how to hold a hockey stick when they have got the ball**
- **Move the stick and adjust it to where the ball is placed**

**Recap: To introduce holding the hockey stick correctly and move around with and without the ball**

## **Lesson 2/6**

# **To introduce dribbling the ball at a variety of speeds and can change direction whilst under control in hockey**

### **Success Criteria**

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**To be able to:**

- **Travel at varied speeds with the ball under control**
- **Get used to moving their stick according to where the ball is going**
- **Know that they cannot use the back of their stick when dribbling with the ball**

**Recap: To introduce dribbling the ball at a variety of speeds and can change direction whilst under control in hockey**

**Lesson 3/6**

# **To introduce passing the ball whilst stationary in hockey**

## **Success Criteria**

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**To be able to:**

- **Know how to pass the ball by sliding the ball towards a teammate – push pass**
- **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**

**Recap: What do we know about tag rugby?**

**Lesson 4/6**

**To introduce dodging  
a defender when  
running toward  
a target area  
in tag rugby**

**Success Criteria**

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**To be able to:**

- **Tag other players**
- **Dodge a tagger successfully**
- **Run whilst holding a rugby ball securely**

**Recap: To introduce dodging a defender when running toward a target area in tag rugby**

## **Lesson 5/6**

# **To introduce defending and 'tagging' an opponent**

### **Success Criteria**

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**To be able to:**

- **Understand the role of the defending team is trying to stop the opposition**
- **Understand the dangerous attacking player is the one who is carrying the ball**

**Recap: To introduce defending and 'tagging' an opponent**

**Lesson 6/6**

# **To introduce passing the ball accurately and with speed**

## **Success Criteria**

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**To be able to:**

- **Pass the ball correctly**
- **Move their feet to be ready to catch the ball**
- **Start to pass the ball in both directions with some accuracy**