

# Hockey



## Passing

Place the stick next to the ball so it is touching.

Stand with a wide stance to the side of the ball.

PUSH the ball in the direction intended

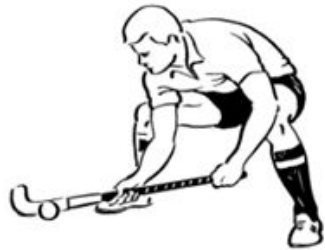


## Control

### Stopping the ball –

Move your body into position to stop the ball from passing.

Place your stick close to the ground.



### Control -

Face the direction of the ball approaching.

Watch the ball all the way onto your stick and bend your knees.

Cushion the ball with your stick.



## Performance

Can strike the ball

Can pass to partner

Use a pass and can receive

a pass

Knows when to pass in a game

## Analysing Performance

Can watch someone perform

Identify movements on performance

Able to compare work with others

Pick out strengths and weaknesses

## Select and Apply

Can pass with some control

Can pass the ball with a partner in own time

Passes the ball under pressure

Can use different passes in a game

## Goal keeper



Keep your weight forwards and try and stay on the balls of your feet.

Keep your hands in a high and open position when facing shots.

Try to stay relaxed and always watch the ball.



## Dribbling

Make sure you have good control of the ball by using the inside of the stick.

Keep the ball close to your stick at all times.

Keep eyes focused on the ball and look up

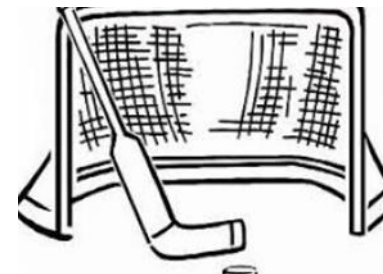


## Shooting

Stand close to the ball.

Draw stick backwards to waist height

HIT ball forward towards target



# Hockey

## Teams

A game is split into two halves lasting 35 minutes each. There is an 5-10 minute interval halfway through

There are 11 players in a hockey team. Every team must have a goalkeeper. The other 10 are field players. The field players can be attackers, defenders or midfielders.

Goalkeepers have special privileges. Unlike their team-mates they are allowed to use their feet and other parts of their body to control the ball.

## Key Vocab/Skills

<b>Ball control (KS1)</b>	A variety of skills to control the ball including dribbling, stopping and striking.
<b>Dribbling (KS1)</b>	Run while controlling the ball with the stick.
<b>Push (KS1)</b>	Move the ball along the ground with a pushing movement of the stick
<b>Shooting Circle (KS1)</b>	Semicircle around each goalmouth from within which all goals must be scored
<b>Centre Pass (KS2)</b>	A pass from the centre of the field used to start or restart the game.
<b>Match Play (KS2)</b>	Used to describe the overall game. A combination of tactics and physical actions.
<b>Flick (KS2)</b>	The movement of the stick that lifts the ball off the ground.
<b>Obstruction (KS2)</b>	Offence of shielding the ball from an opponent with one's body or stick.
<b>Intercept(KS2)</b>	When a player from the defending team gains possession from the ball and stops, seizes or interrupts their progress/attack to the score a goal.

## Rules

Hockey players can only hit the ball with the flat side of their stick  
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.

Each goal is worth one point. A goal can only be scored from inside the shooting circle - a semi-circular area in front of the opponents' goal.  
Hockey is a non-contact sport and all fouls result in a free hit or a 'penalty corner' depending on where the offence took place  
Green card, warning to not break the rules, Yellow, off the pitch for 5 minutes. Red, off the pitch for remainder of the game.

At the beginning of each half play begins with a pass from the centre of the halfway line. After a goal, the game starts the same way.  
Players are generally not allowed to raise their stick above shoulder level.

Goalkeepers have to wear special protective clothes such as leg guards, kickers, hand protectors and head gear.

## Match

- The aim of the match is for one team to pass the ball down the field to their goal area and score into their goal within the shooting circle.
- The game begins with a centre pass, the team that did not score takes the centre pass.

## Key Terms

<u>Tactical</u>	<u>Physical</u>
Attack and defence	Coordination
Free space	Agility
Lose an opponent	Reaction time
Change of speed	Power
Timing	Stamina
Decision making	Strength

## Equipment

- Wooden hockey stick
- Player must wear shin pads
- Goal keeps must wear appropriate protection with padding

## Player Positions

