



# Hockey

## Key Skills

- Ball Control** – A variety of skills to control the ball including dribbling, stopping and striking.
- Defending** – This includes the physical act of dispossessing the opponent or otherwise preventing them from passing, dribbling or scoring. Equally, a player must be aware of what position to take up in order to be effective in the passage of play.
- Attacking** – This includes the physical act of dribbling or passing the ball in order to create the opportunity to score. Equally, a player must be aware of what position to take up in order to be effective in the passage of play.
- Shooting** – A skill used by players within the game to score a goal.
- Match Play** - Used to describe the overall game. A combination of tactics and physical actions.

## The Game

- The aim of the game is to score goals past the opposition's goalkeeper.
- The game begins with a pass from the very centre, on the halfway line. This also happens after half time and when a goal is scored.
- The competitive game is usually 70 minutes, in two halves.
- The team with the most goals wins the game.

## The Pitch

- The pitch is approximately 100 yards in length and 60 yards in width.
- It has three lines running horizontally: two 25-yard lines and a centre, or halfway, line.
- At each end of the pitch is a goal and a shooting circle – which players must be inside of in order to shoot at a goal.

## Equipment

- Each player has a wooden stick which is used to move a hard ball.
- Only the flat side of the stick can be used.
- For protection, players wear shin pads and a gum shield (when playing competitively).
- Goalkeepers are usually heavily padded to allow them to block the ball with their body if the need to.

## Scoring

- A goal is scored when a player hits the ball in between the goalposts and over the line from within the shooting circle.
- The ball must be hit with the flat side of the player's stick.
- Goals can also be scored from penalty corners.

## School Games Values



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

## Common Fouls

- Hitting the ball off another player with the intent of causing harm.
- Deliberately using the body to assist in moving or stopping the ball.
- Hitting the ball with the rounded side of the hockey stick.
- The stick being raised above waist height.
- Striking the opponent with the stick (or striking their stick, if deemed excessive force).

## Teams

There are two teams, which both consist of 11 players including a goalkeeper. The teams also consist of forwards, midfielders, defenders, and may have a sweeper, depending on the formation chosen. However, in school, we will play using different positions a team numbers.

## Key Terms

### Tactical Skills

- Attack and defence
- Free space
- Losing an opponent
- Change of speed
- Timing
- Decision Making

### Physical Fitness

- Coordination
- Agility
- Reaction time
- Power
- Stamina
- Strength



## The Impact of Physical Activity

- Physical activity keeps the body strong and healthy and improves mental health by decreasing depression, anxiety, pain and loneliness.
- Physical activity also improves focus, school performance, sleep and energy levels.
- Those who undertake regular physical activity enjoy improved relationships and a more positive body image.