



Rules and skills:

Safety is very important in hockey, as being careless with your hockey stick could cause injury to yourself and others.

Golden rule- space your arms apart when holding the stick. The top hand steers and guides the direction of the stick, the other hand supports it.

Keep both hands on the stick at all times and do not swing it like a golf club! Try not to raise the stick any higher than your elbow. If both hands are on it, it is nearly impossible to do!

Keep knees bent and backs straight.

Heads should be up so that you can see your space, team- mates and opponents.

Use small, light taps of the ball to control it. You can hit harder (called shooting) when you want to score a goal.

Remember to space out on the pitch and think about the position you have been given so that large groups of players do not surround the ball.



Overview and aims of this unit:

This term, children will be introduced to the principles and the skills required to play hockey. They will develop their stick and ball control, use of space and passing over a variety of distances. This is a great sport to develop the following values, whilst improving physical and mental well- being:



Key vocabulary:

Stick- The name of the tool used in hockey to hit the ball. These can be made out of plastic or wood. Wooden sticks are heavier than the plastic version. The end of the stick has a curved side and a flat side when wooden. We hit with the flat side.

Pivot- a way of turning and changing direction with one foot on the floor constantly.

Possession- when a player has the ball, they have possession of it.

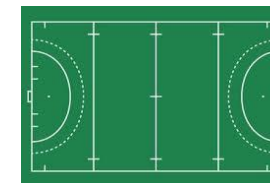
Receiver- The person who is about to receive the ball (receive it when it has been passed by another player).

Kit required:

Hockey is played outside. For this lesson, you may need shorts and t-shirt as we play during Term 3 and at this time of year, we often have good weather. However, you may need joggers and a sweatshirt if it is cold. Always wear trainers- you need strong footwear to sprint, change direction and pivot.

HOCKEY

Layout of the pitch



Inspirational sportsperson

Hannah Macleod (Team GB)

Dr Hannah Macleod is a double Olympic medallist, with the record Breaking Team GB Women's team. She won Gold in Rio 2016!

