Hockey

Rules:

- All players on the pitch must have a hockey stick.
- Players may only use one side of the stick to hit the ball (the flat side). Players cannot use the rounded side of their hockey stick to hit the ball.
- The ball can only be passed or dribbled using the stick.
- A hockey player (goalkeeper excluded) cannot intentionally play the ball with other body parts.
- A foul is awarded to the opposition if a player purposely tries to hit the ball off another player with the intent of causing harm.
- Players must not raise the hockey stick above waist height.
- Spread out and keep distance between other players to improve your chances of scoring and intercepting.

The School Games Values:

The main values we will be focusing on (even though they are all important!) will be:

- Respect
- Teamwork
- Determination

Key vocabulary:

Assist - a pass of the hockey ball that leads directly to another player scoring a goal.

Grip – how you hold the hockey stick

Block - Using the flat part of the stick to contact the ball and block the tackle without swinging the stick.

Shooting - Hitting the ball and striking it towards the opposing goal.

Key Questions:

- How does exercise make you feel physically?

- How does exercise make you feel mentally?

- What was your favourite pass? Why?

- What are the 3 main rules of hockey?

- Which value do you think you demonstrated? How?

Positions:

Goalkeeper - the goalkeeper is responsible for the defensive circle. Their role is to support the defenders and guard the goal.

Defenders – these players must work as a team to limit the opposition's chances of scoring. It is important that they spread out and mark different 'attackers' from the other team.

Midfielders - the midfielders are positioned in the middle of the pitch. They must try to prevent the other team from getting the ball near the goal and try to pass the ball to the attackers.

Attackers - the attackers are responsible for generating and scoring opportunities.

The School Games Values

DETERMINATION　PASSION　RESPECT　HONESTY　SELF BELIEF　TEAMWORK