

Pass

Year 2

Tackle

Save

Goal

Hockey

Turn

Shoot

Hockey Objectives

Hold the hockey stick correctly when passing and dribbling.

Keep control when changing direction.

Show awareness when in control of the ball.

Change speed with control of the ball.

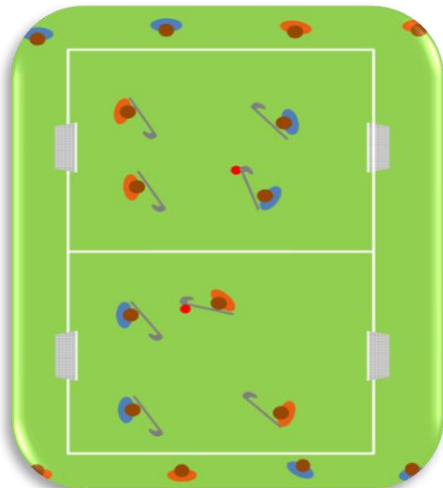
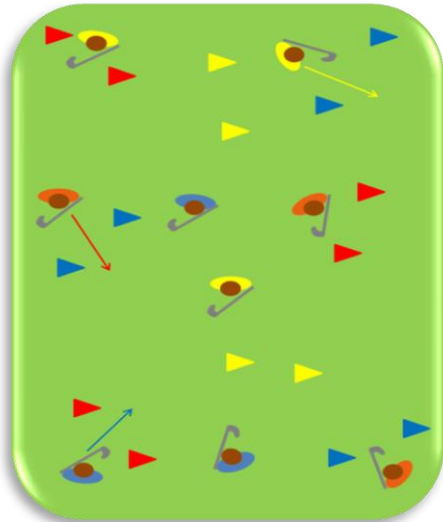
Recognise space on the pitch.

Complete push and hit pass.

Hockey Awareness

Lesson 1

Traffic Cones



Children start by running through the cones. Each time they pass through the cones they receive a point. Check scores after a minute.

Children must now change the way they travel each time they pass through the cones.

Children must show a short sprint each time they travel through the cones.

Each child now receives a ball each. Repeat some of the patterns only this time children complete with the stick and ball.

Children must hold the stick with 2 hands, one in the middle and one at the top with thumbs pointing down.

Encourage children to dribble with the ball in front of them away from their feet.

Children must keep looking where they are going but also keep an eye on the teacher. The teacher holds three cones red, yellow and blue. If the teacher holds up a blue cone up high then all the children must travel through yellow or red cones. Children travel through any other colour of cones except the colour held high by the teacher.

Introduce a white cone. This is to indicate children to stop.

Encourage children to stop the ball with their stick by trapping the ball with a angled stick.

Children play 2v2 matches. Matches last 2 minutes then change the teams around.

Remind children that they can not swing their sticks or lift them above chest.

Change the way children travel through the cones.

Hockey Skills

Lesson 2

Tree Climb

One at a time children start by travelling through the cones without a hockey stick and ball. Once they return the next child can set off.

Change the way children travel through the cones.

When a child reaches the end of the first line the next child can set off. Challenge children to try and catch the child in front.

Introduce a hockey stick and a ball each. Children now dribble through the cones.

Challenge the group to stay as close to the cones without touching them.

Each time they touch the ball they should look forward or behind.

Can children travel faster with the ball when they are returning to the line.

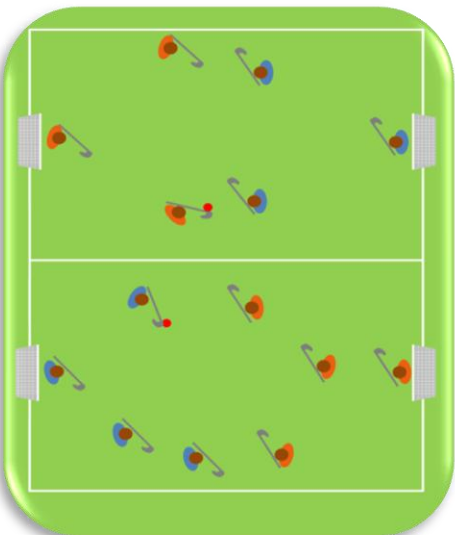
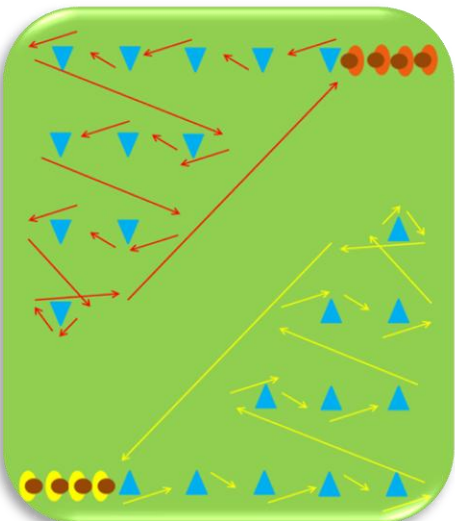
Only the hockey stick and ball should perform the zig-zag motion the body should stay on one side of the cones.

4v4 or 3v3 Match

Split children into teams of four. Teams play for 3-4 minutes then swap teams around to face different opposition.

Set individual challenges. Set someone else up to score or can you be the defender when everyone else is attacking.

Change the goalkeeper after each short match.



Hockey Passing

Lesson 3

Non Stop

Children move around the space provided. On the teacher's whistle children must change the way they travel. Blow the whistle every 30 seconds. Encourage children to look at others for ideas when travelling.

Chose a team to be the taggers. If a child gets tagged they must perform a bridge shape until one of their teammates travel under the bridge. Children tagged can only be set free by someone from their team. The game finishes after 90 seconds or when everyone gets tagged.

Discuss with the taggers what tactics they can use to tag everyone.

Give each child a hockey stick and each team has a ball. Children must travel around the area playing as many passes as possible to their teammates.

Encourage children to be mobile at all times.

When passing can children pull the hockey stick back then swing forward to connect with the ball without the stick going above their chest.

Can children change the length of the passes.

Choose a team to be the defenders. Defenders split into two groups. They must try and win a ball from another group. If successful they must try and keep the ball as long as possible with their partner.

Encourage children to spread out and use all the space provided when in possession of the ball.

Hockey Passing

Lesson 3

Goal 2 Goal

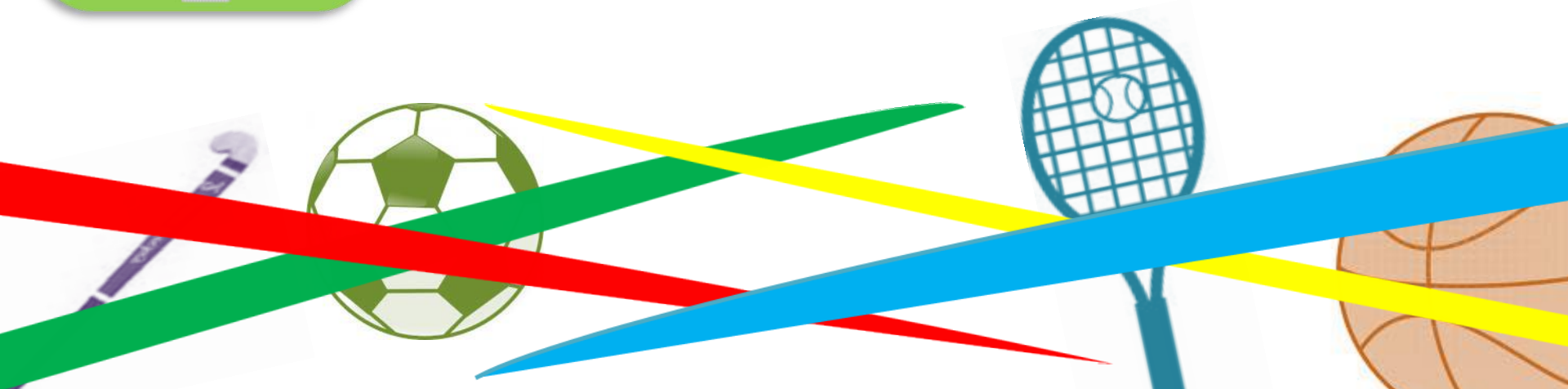
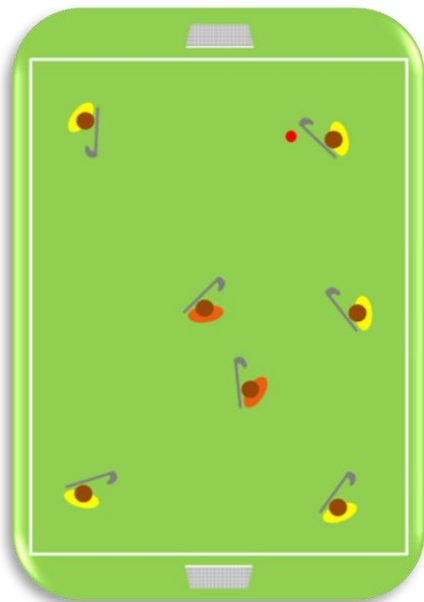
Children play 5v2. Yellow children try to dribble or pass to their teammates. When they have completed four successful passes they can score in either of the goals. If the orange team win the ball they can try and score in either of the goals without making a pass.

Encourage children to work hard to gain possession of the ball.

Change the defenders regularly.

Challenge some children to play with less touches on the ball.

Change the amount of passes children have to complete to challenge the group.



Hockey Dribbling

Lesson 4

Cone Guards

Split children into four teams. One child from each group stands opposite the group in-between the matching cones. This child will be the guard and will tag anyone that tries to pass through their cones. The children in the lines will take turns to try to run past the guards. If a child gets tagged they must return back to their line without a cone. If a child manages to get past a guard they do not need to run back past the guard they can run back around the outside.

Change the guards at the end of each game.

Encourage children to go past the guard which is being occupied by someone else rather than standing in front of one guard and trying changes of direction.

Challenge some guards by making their cones wider.

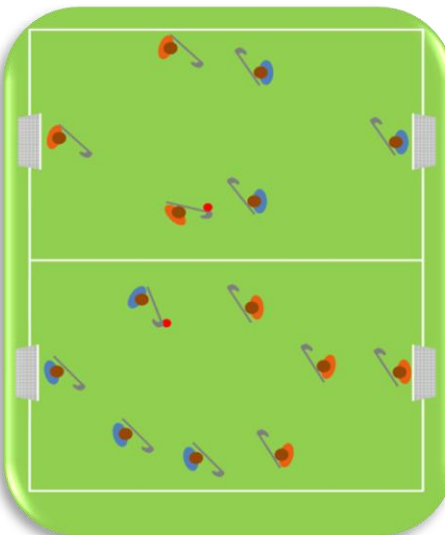
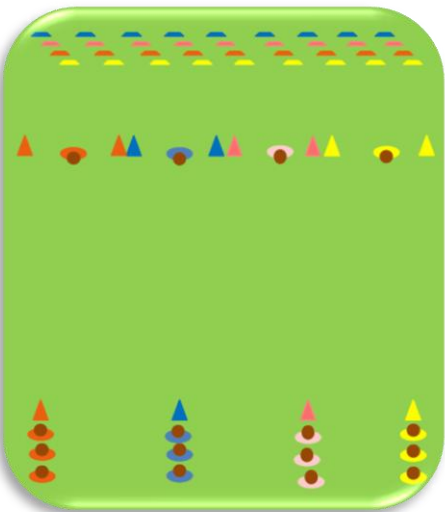
Everyone receives a hockey stick and each line receives a ball. Children can now dribble past the guards to collect a cone. When going past guards children must have the ball under control to receive a cone.

4v4 or 3v3 Match

Split children into teams of four. Teams play for 3-4 minutes then swap teams around to face different opposition.

Set challenges to individuals. Set someone else up to score or can you be the defender when everyone else is attacking.

Change the goalkeeper after each short match.



Hockey Passing and Receiving

Lesson 5

Box 2 Box

Split children into pairs. Children receive a hockey stick each and a ball between two. Children have to pass and move throughout the blue squares. When a child receives the ball they must stop the ball with their stick whilst their partner changes the box to receive.

Encourage children to go for accuracy over power when passing.

Can children push the ball as well as hit the ball when passing.

When a child receives the ball they must dribble through two boxes before they pass it back to their partner.

Ask some children to pass the ball whilst they are still moving.

Encourage children to find empty boxes away from other groups.

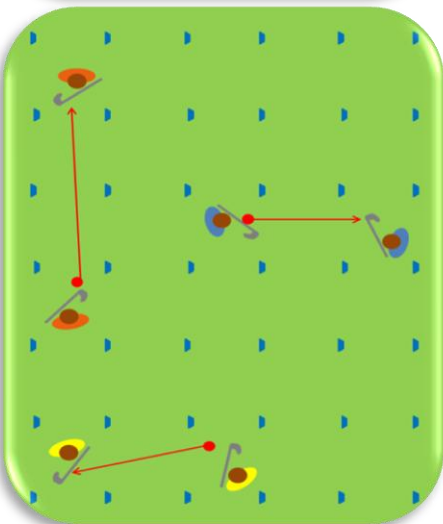
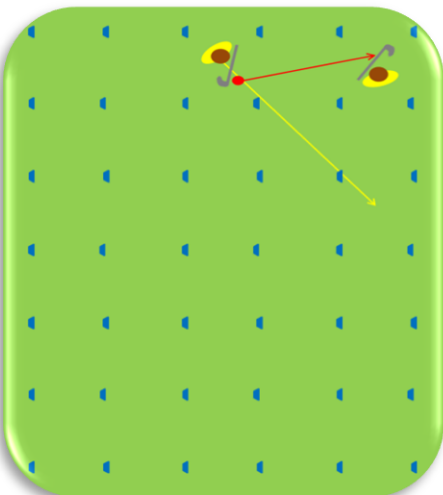
When receiving can some children leave their box with their first touch.

Can children now pass to a empty box near their partner so their partner can run to meet the ball.

4v4 Match

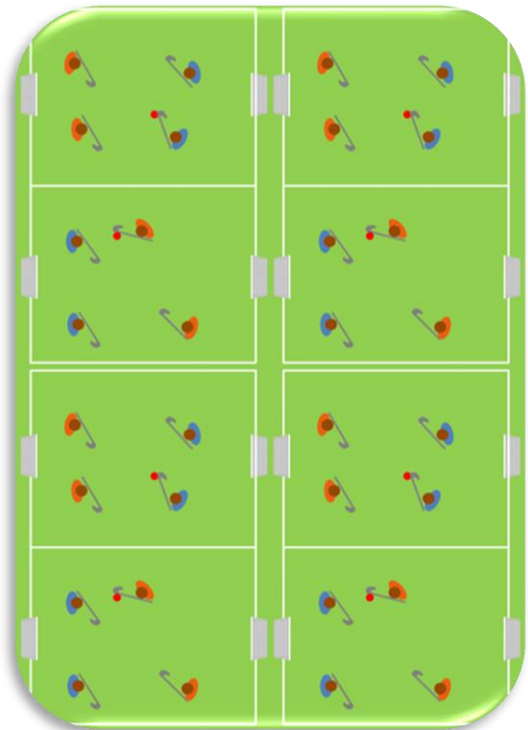
Split children into teams of four. Teams play for 3-4 minutes then swap teams around to face different opposition.

Set a different challenge for each team. Example, all players to score before the end of the lesson or concede less goals than you score by the end of the lesson.



Tournament Day

Lesson 6



2v2 or 3v3

Split children into teams of two or three. Children play on small pitches with small goals. Play matches with or without goalkeepers. When playing with goalkeepers cone out a area around the goal where only the goalkeeper can enter. This should be safer for the goalkeeper and encourage outfield players to shoot more.

If the ball goes off the pitch then a opposition child retrieves the ball and places it on the spot where the ball went out and plays a pass to a teammate.

After 5 minutes change teams around so each team gets to play against a new side.

Set team challenges. Example, win the ball back within 10 seconds, complete two passes before scoring.

Encourage and remind children of any technical parts of the lessons completed in recent weeks.

Set individual challenges. Example, set a teammate up to score, complete five passes during the game, win the ball back in the opponents half or go past a defender with the ball.

Assessment and expectations

Hockey

Can show control when dribbling with the ball.
Can show a change of speed when travelling with the ball.
Can show changes of direction on command when dribbling.
Can hold the stick with one hand at the top and one hand in the middle.
Can complete and demonstrate technical parts of the lesson.
Can follow the rules of the game.

Exceeds
these
expectations

Meets these
expectations

Needs
support to
meet these
expectations

