

Learning Objectives

- Travel with the ball keeping it under control when dribbling with increased consistency.
- Link movements such as dribbling, passing and shooting together fluently while on the move.
- Receive and stop the ball using different parts of the hockey stick.
- Make shots and passes with reasonable accuracy and consistency.
- Make tactical decisions within their performances and as a team.

Key Skills

- Make sure you have good control of the ball.
- Keep the ball close to your stick at all times.
- Think about the position of your hands on the stick when dribbling, shooting and passing.

Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspiring Athlete: Alex Danson



Key Vocabulary

Accuracy	Being able to make passes and shots making sure they get to the location the player is aiming for.
Attack	Movement made towards the oppositions goal within a game to score points.
Balance	To stay still and steady in a position or shape.
Control	To perform movements and skills without losing your balance, change the speed and direction you move.
Defence	The positions, whose job it is to stop the opposition from scoring.
Defend	Movements made to protect the home team's goal, preventing the opposition from scoring.
Dribbling	Travelling within a game, keeping the ball close to your stick.
Passing	Sending the ball to another member of your team.
Receive	When the ball is passed to a player. They are able to stop it and move on with it.
Send	When you hit the ball to a location through shooting and passing.
Stamina	The ability to perform physical activity for a sustained period of time.
Travelling	Movement across the pitch during game situations.
Weave	When dribbling be able to move in a side-to-side motion.

Kit and Equipment

- Hockey stick
- Hockey ball
- Gum shield
- Shin pads

Basic Rules

- The main aim is to use the hockey stick to hit the ball into the opponents' goal to score.
- 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.
- A goal can only be scored either from a field goal, a penalty corner, or from a penalty stroke. A field goal is a goal scored from open play, and can only be scored from inside the 'striking circle', in front of the opponent's goal. If the hockey ball is hit from outside the circle and goes into the goal, it does not count as a goal.
- Hockey players may not trip, push, charge, interfere with, or physically handle an opponent in any way. Hockey is a non-contact sport and all fouls result in a free hit or a 'penalty corner' for the non-offending team depending on where the infringement took place and the severity of the foul.

Notable Players / Teams

Pitch / Playing Area

