

**Topic: PE – Hockey****Year: 8****NC Strand: analysing performance' and 'competitive sports.'****What should I already know?**

What I should know:

- I should know the basic technique in holding a hockey stick correctly. (stick size must be around waist height for effective use).
- I should know the key terminology for dribbling, possession, control and passing.
- I will be able to demonstrate basic passing and receiving skills. Some pupils will be able to demonstrate the correct stopping technique with a hockey stick.
- I should know the basic rules of hockey to be able to have an effective game situation.

What will I know by the end of the unit?

By the end of this unit, pupils should know:

- I will be able to effectively demonstrate the correct technique in receiving and passing a hockey ball.
- I will know what the positions are in Hockey and understand the importance of each role.
- I will understand the rules of the game for example: foot fault, penalty corner, Flagrant Foul, undercutting and flick.
- I will be able to keep my eyes firmly on the ball so I can guide the ball onto my stick and dribble/ pass the ball to a partner.
- I will be able to keep my feet away from the ball to avoid causing a foot foul.
- I will be able to successfully shoot at a target from a variety of shooting techniques.



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Vocabulary	
Clearing	Hitting the ball away from the goal on defence, usually as a pass up the field.
Dangerous play	Play that could likely result in injury, such as pushing, tripping, or raising the ball at an opponent who is less than five yards away.
Drive	A hard hit made with the swinging motion of the stick.
Flagrant foul	Intentionally rough or dangerous play. Player is issued a red card and ejected from the game.
Free hit	Awarded after most penalties. Defenders must stand five yards from the ball until it is played.
Flick	Pass or shot using the wrists to put force behind the ball to raise it off the ground.
Long hit	Free hit for offense from the corner, following an unintentional hit over the end line by the defence. Also called "long corner" or "corner hit."
Penalty corner	Offensive free hit from the endline, 10 yards from the goal, usually following a foul inside the striking circle. Offensive players must be outside the striking circle until the ball is hit, and the offense must control the ball before it can shoot.
Push	Method of moving or passing the ball in which the stick is in contact with the ball and the ground as the player pushes the ball up the field.
Undercutting	Penalty for a hard swing of the stick under the ball to raise it into the air.

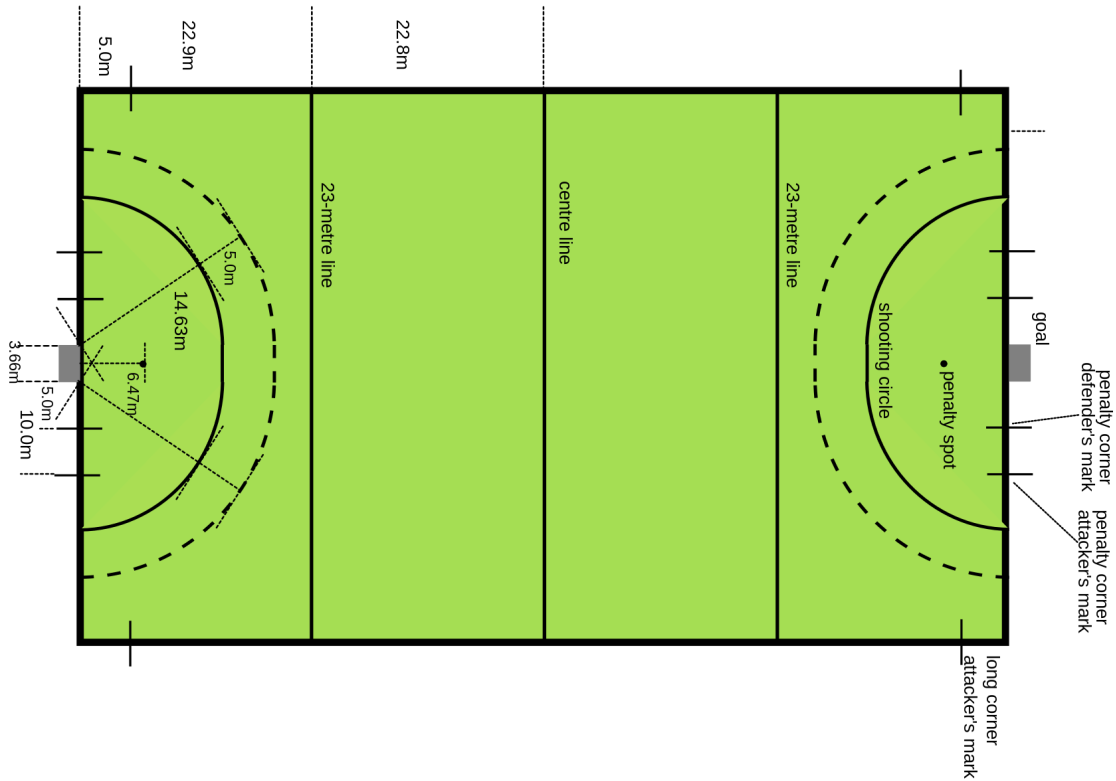


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Dimensions of a Hockey pitch and positions



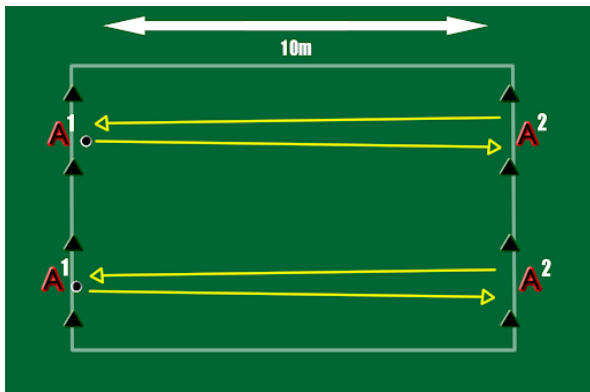


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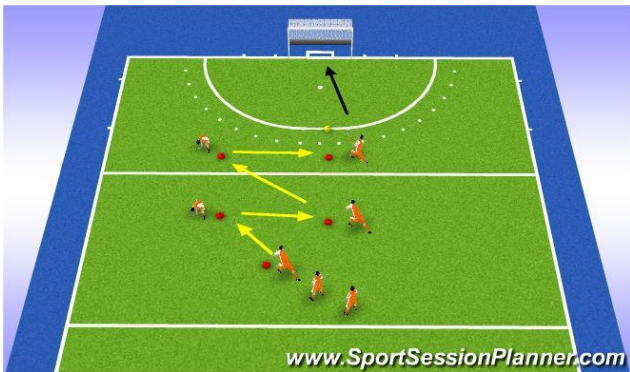
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Teacher Led drills



Dribbling:

Pupils dribbles the ball across 10 metres, making sure the ball is in close contact with the flat side of the hockey stick. Once at the end they reverse the stick and turn the ball around and dribble back. Differentiation – once at the end of the 10M run, pupils can turn and conduct a push pass back. This will allow their partners to practice receiving and stopping a hockey ball.



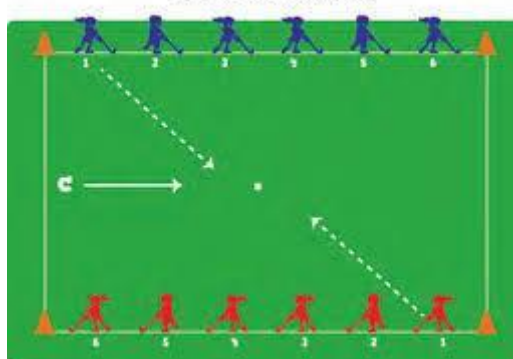
Passing and Shooting:

Pupil A passes the ball to pupil B who is standing on the cone. They then run to the next cone to receive the ball back. Once pupil B has passed the ball back they run onto the next cone to receive the pass again, this creates a zig zag passing strategy. Once pupil B is on their last cone they pass it back to pupil A who receives the ball and sets it up to shoot at the target.

Dog & Bone Game



Steal The Bacon



Tackling:



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Different versions of interception and possession. Pupils can either be in teams and the team that steals the most hockey balls will win, or Have it more one ve one. Pupils dribble a hockey ball around the edge of a grid and when the teacher calls out a number, the pupils who have that number can run out and try and steal possession and eaiter score in a target or take the ball back to their team area.