

Learning intentions	Success criteria
To understand how to perform a push pass correctly	To be able to use the correct technique for a push pass and apply with success in modified games
To perform a hit pass within modified games	To use correct technique and consistently use a hit pass to teammate
To understand how to correctly dribble in hockey	To be able to dribble using correct technique in closed and open skill settings

Skills	
Push Pass	<ul style="list-style-type: none"> ○ Feet shoulder width apart ○ Ball starts outside of right foot ○ Drag ball across body ○ Push motion with stick pointing towards target
Hit Pass	<ul style="list-style-type: none"> ○ Hands apart ○ Backswing short and flat, parallel to the ground ○ Follow through low and stick to the ground
Dribbling	<ul style="list-style-type: none"> ○ Ball slightly in front of body ○ Hands apart ○ Twist top hand to rotate stick ○ Knees bent and eyes watching the ball

RULES:

Ball can't hit back of the stick
 Ball shouldn't hit outfield players foot
 Player can only score inside of the "D"
 Don't raise stick dangerously near opponent
 Stick Tackle

Kit

St Ivo Top
 St Ivo Hoody
 St Ivo Skort
 St Ivo Socks
 Gum shield
 Shin Pads
 Trainers

STRETCH AND CHALLENGE

Join extra curricular Hockey Club
 Peer and Self Assessment

LINKS TO WIDER CURRICULUM

Anatomy and Physiology: Understand different muscles that are used when performing set Hockey Skills
 E.G. Push Pass – bicep, tricep, deltoid, quadriceps, hamstring

KEY WORDS

Push Pass – Pushing motion pass which is used typically as a long distance pass

Hit Pass – Type of pass which is commonly used over a short distance

Stick Tackle – Player makes contact with their stick on opponents stick, preventing them from playing the ball

Back of Stick – When a foul is called for letting the ball hit the back of opponents stick



Learning intentions	Success criteria
To understand how to correctly position body and use the correct technique for tackling	To able skills and technique learnt in isolated activity and apply in modified game
To understand how advanced skills can help overcome an opponent	To apply advanced skills within modified games to overcome opponent
To use correct technique when shooting in Hockey	To conduct the correct technique when shooting and achieve success with consistency in scoring goals

Skills

Tackling	<ul style="list-style-type: none"> Left knee bent with back leg stretched behind you Time your tackle, don't go to early Stick must be kept low, try to move opponent away from goal
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Advanced Stick Skills - Reverse Stick - Sweep	<ul style="list-style-type: none"> Twist stick in hand 180 degree so front of stick is facing in the air Right foot slightly out in front of the body Sweeping action to make contact with the ball
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Shooting	<ul style="list-style-type: none"> Left foot steps into towards the ball Hands at together at top of the stick Slap contact
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STRETCH AND CHALLENGE

Consistently use advanced skills in small sided games

Students to be asked to take part in a umpiring capacity to further the understanding and application of the rules in Hockey.

LINKS TO WIDER CURRICULUM

Understand what training methods and components of fitness would apply for a Hockey Player. E.G Cardiovascular endurance / Co-ordination

KEY WORDS

Hockey Shooting – Hitting the Hockey ball past opponent to score in the goal

Reverse Stick – Swapping over the grip of the hockey stick and performing skills whilst doing so

Co-ordination – Combining movement of 2 or more body parts to perform a skill

Cardiovascular Endurance – The body's ability to meet the demands of exercise for a sustained period of time



Learning intentions	Success criteria
To understand when and how set plays are used during small sided games	To correctly know the rules and skills needed in the different set plays
To know a range of different formations that can be used in small sided games	To apply different formations within games and be able to explain reasoning for using set formation
To use different game tactics when playing against opponent in small sided games	To apply range of tactics within small sided game and be able to explain reason why using tactic

Skills

Set Plays - Short Corners - Long Corners - Hit Outs	<ul style="list-style-type: none"> Know positioning for short corners Ball must travel 5 metres before entering the "D" on long corner Hit out taken by defending team at top of "D" in line where ball went out
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Formations	<ul style="list-style-type: none"> Use range of different formations, both attacking and defending Create overload and wide play situations
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Game Tactics	<ul style="list-style-type: none"> Adapt to game situations and apply tactics when appropriate
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RULES:

Ball can't hit back of the stick
 Ball shouldn't hit outfield players foot
 Player can only score inside of the "D"
 Don't raise stick dangerously near opponent
 Stick Tackle
 Hit out taken from top of the "D"
 Short Corner taken from left of the goal

Kit

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 Gum shield
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 Trainers

STRETCH AND CHALLENGE

Consistently use advanced skills in small sided games

Students to be asked to take part in a umpiring capacity to further the understanding and application of the rules in Hockey.

LINKS TO WIDER CURRICULUM

To be able to use wide range of skills which will be required and graded at GCSE PE

KEY WORDS

Hit Out – Defending team's ball from top of there "D", used when ball crosses defending teams boundary line

Short Corner – Attacking set piece given to attacking team due to infringement by the defence inside the attacking "D"

Long Corner – Set piece given to the attacking team due to accidental infringement by the defensive

Overload – Attacking tactics where there is a greater number of attackers than defenders

