

Knowledge

Organiser

Physical Education

Year 10 Hockey

Name:

Form:



What PE kit do I need?

Black school PE leggings/shorts, blue school PE t-shirt, trainers, school blue PE football socks and shin pads. School rugby/tracksuit top and school tracksuit bottoms dependent on weather.

****Students are advised to wear a gum shield.****

Assessment Criteria

3	Can bring the ball under control whilst stationary. Can dribble, but body position is poor with head down.
4	Control whilst on the move. Able to pass and receive in a game but consistency and accuracy lacking.
5	Controls the ball using reverse, but not under pressure. Tackles using basic block tackle and jockeying.
6	Pass and receive with good accuracy. Can pass, dribble and tackle in a game to good effect.
7	Can use jab tackle and often wins the ball. Indian dribble is evident in a game situation.
8	Dribbling skills developed and used to beat the defender. Slap hit used. Likely to have played at a club.
9	Confident and competent player with a wide repertoire of skills. Club player or above.

T7	Thinking	Adapt to changing situations in a game or performance. I am able to review, analyse and evaluate performance effectively.
T8	Thinking	Critically analyse and evaluate all aspects of individual and team performance and have the ability to solve complex problems.

Big Questions

1. How do we hold the stick and how do we travel with the ball?
2. How do we pass and receive in hockey?
3. How do I use the reverse side of my stick effectively?
4. How do we tackle the ball effectively?
5. How do we pressure an opponent with the ball?
6. How do we restart play following a foul in the D?

Web Links:

USA v England World Cup hockey:

<https://www.youtube.com/watch?v=au1wPAbJruw>

Best hockey skills ever:

<https://www.youtube.com/watch?v=wzoLri5rLas>



Hockey Push Pass Technique Card

Head: keep your eyes on the ball until you have it under control. Look to where you intend to push the ball (and not directly at the ball) and track the ball as it leaves your stick.

Hands: these should be apart, with the left hand at the top of the stick and the right hand midway down the stick. Both hands should grip firmly throughout.

Body: the power for this shot comes from the transfer of weight from the back foot to the front foot – keep nice and low to make this more powerful. You should not be facing your target directly, but turned slightly to the right, allowing you to 'sweep' the ball partially around your body.

Stick: this should remain in contact with the ball throughout – there is no backward swing in a push pass. Sweep the stick forward, slightly around the body, and follow through beyond the ball in the direction of the pass.

Ball: this should stay in contact with the stick at all times, starting slightly in front and to the right of your body. Once pushed, it should remain along the ground (not lifted).



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Hockey Dribbling Technique Card

Head: This should switch between looking at the ball and looking around you to see the direction you want to travel and to see other players.

Hands: These should remain apart and strong with the left-hand firm at the top of the stick and the right-hand loosely holding midway down the stick.

Stick: This should always remain in contact with, or very close to, the ball for more control and to keep possession.

Ball: Keep this out to the right-hand side of your body, slightly ahead of you and away from your feet.



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Hockey Jab Tackle Technique Card

Head: keep an eye on the ball, but also be aware of your opponent's position.

Hands: should remain apart, with the left hand firm at the top of the stick and the right hand loosely holding midway down the stick. On the jab action, remove your right hand and hold the stick firm with the left as you knock the ball away.

Stick: should always remain in both hands until the jab – then it should be jabbed at the ball only.

Ball: will be in the possession of your opponent to begin with. Allow the opponent to get close enough so that you can reach the ball without overstretching. Always aim for the ball and not the opponent's stick.



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Hockey Block Tackle Technique Card

Head: as the defender, you should keep your focus mainly on the ball, but also be aware of the positioning of the attacker.

Body: you should have your knees bent so that you are low to the ground as the attacker gets close to you. Your left knee should be in front as you lunge forward into the tackle.

Hands: keep your hands apart on the stick, but take a firm grip. Be prepared to move your stick either way to meet the ball (you can release one hand at the moment of the tackle to allow you to move your stick more freely). Once you have contact with the ball, both hands should be placed back onto the stick to gain full control of the ball.

Stick: as you move into the tackle, the stick should be parallel with the ground and form a 'block' to prevent the ball passing. You do not need to lay your stick on the floor, but it should be close enough to prevent the ball from passing underneath. There is no need to swing the stick – just lower it and move it left or right as necessary to meet the ball.

Ball: do not try to strike the ball. You simply need to block its path until you have possession of it. The ball should be on the ground when you attempt this tackle.



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Hockey Push Pass

Used as a quick and accurate way of getting the ball to your team mate. Used over short distances with no contact noise.



START

- Hands apart on stick
- Feet apart and knees bent
- Keep eyes on the ball
- Stick onto ball



CONTACT

- Step forward
- Keep stick in contact with ball
- No contact noise when ball is released
- Shift weight from back to front foot
- Low body position



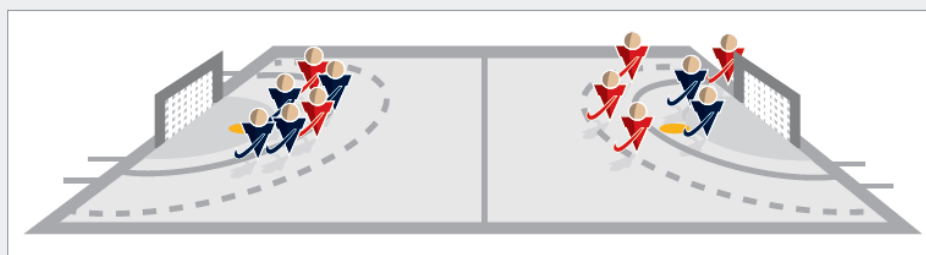
FINISH

- Release ball when stick reaches front foot
- Follow through with stick pointing towards direction of pass



Penalty Corners amended to 4v2 Power Play.

The starting positions of attacking and defending players at a penalty corner:



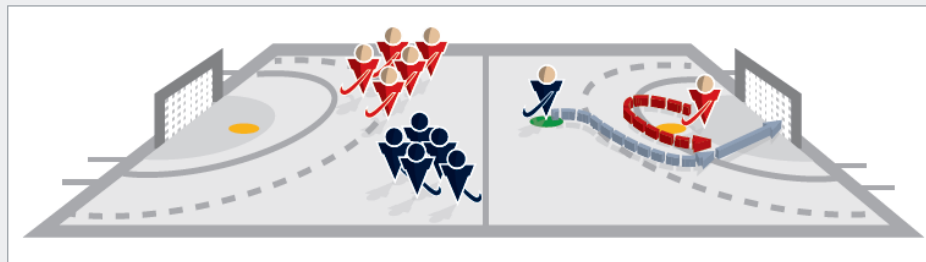
PENALTY CORNERS

Diagram key

- Attacking players
- Defending players

Penalty Stroke amended to penalty 1v1 shot.

The attacking player has 8 seconds from when they first move the ball to beat the defending player and score a goal:



PENALTY STROKES

Diagram key

- Defending players
- Attacking players

When is a penalty stroke awarded?

When is a penalty corner awarded?

How is a penalty corner taken and what rules apply?

What tactics/set plays may you use at a penalty corner?