

# KS2 Hockey

Keyword	Definition
Space	An area that is free and where there is nobody else.
Interception *	Catching a pass made by a player on the opposite team.
Defending	Guarding a player to stop or reduce the chance of the other team scoring
Attacking	Creating space to create scoring opportunities

## Passing the ball – A push pass

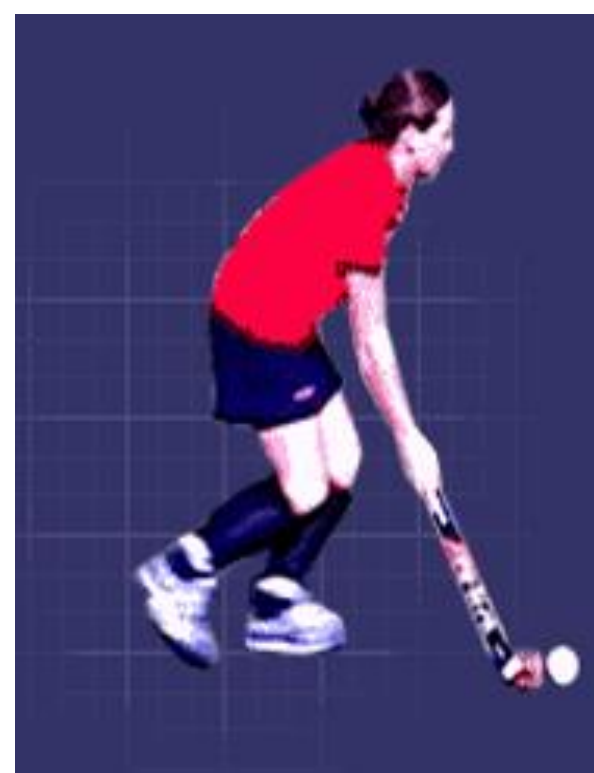
- Your hands should be approximately 30cm apart with the left hand near the top of the stick and the right hand further down.
- Keep your eyes on the ball, with your feet apart and knees bent.
- Follow through keeping your stick in contact with the ball for as long as possible, increasing the speed of your stick head as you near your front foot.
- To gain more power and pace, make sure you are nice and low and side on to the target and follow through strongly with your stick - it should finish pointing towards the direction of the pass.



## Basic Dribbling in Hockey

Controlling the ball with your stick is a vital skill to learn in Hockey. Here are some tips on dribbling the ball.

- Keep the ball out in front of the right side of your body and away from your feet, at about 2 o'clock.
- Keep the stick in contact with the ball as much as possible
- Your hands should be apart, with your knees bent and your back horizontal to the ground.
- Try and practice dribbling so you are confident enough not to need to look down at the ball - keeping your eyes on what's going on in front of you will make you a much more threatening player.



## Receiving the Ball - Get low, get low & get low!

- Get your stick down early, keeping it low to the ground with a nice firm but relaxed grip.
- Bend from the knees, not just the waist. Your hands should be approximately 30cms apart.
- The left hand should be near the top of the stick and the right hand further down
- It should feel as though you are allowing your stick to "give" a little on contact.
- Keeping your hands relaxed at the point of contact will help. This is sometimes called "soft" hands.

## Attacking in Games activities

When attacking in Games activities we need to create space to be successful. We create space by:

- Changing speed
- Changing direction
- Driving (sprint) into the space

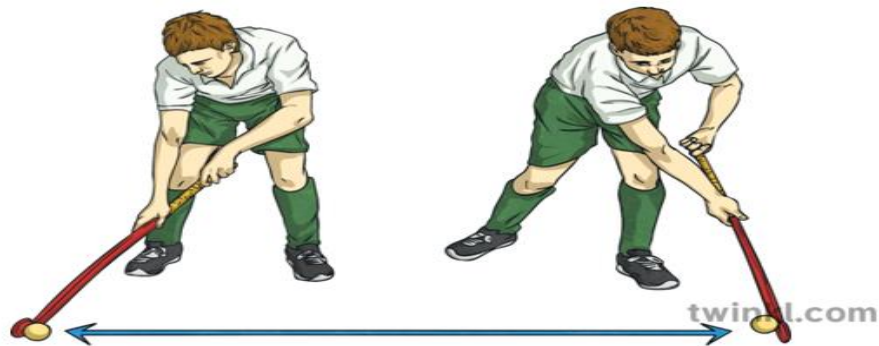
## Basic Hockey Rules

1. You can only hit the ball with the flat side of the stick
2. 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.
3. If the hockey ball is hit from outside the circle and goes into the goal, it does not count as a goal.
4. Hockey is a non-contact sport. Hockey players may not trip, push, charge, interfere with, or physically handle an opponent in any way.

## Indian Dribble

You can use the Indian dribble to change the direction of the ball to beat an opponent, and it's particularly difficult to defend against.

- Keep your knees bent and grip your stick in the dribbling position with hands around 30cms apart.
- The hand at the top of the stick (usually left) is the hand that rotates the stick
- The aim is to move the ball from the forehand to the backhand and back again.
- Use your left hand to rotate the stick fully over the ball and use your right hand to guide the stick.
- Holding your right hand a little looser around the stick should help.
- The ball should be out in front of the body and moved in a zig-zag pattern across the ground.



Keyword	Definition
<b>Opponent</b>	The opponent is your competition e.g. a player you are marking or trying to outwit
<b>Interception</b>	Catching a pass made by a player on the opposite team.
<b>Tactic</b>	An action or strategy carefully planned to achieve a specific end

## KS3 Hockey

**“Choose and use” Make decisions about when to pass, keep or move with the ball in competitive situations.**

- When you receive the ball to should look to see the best option of where to pass to.
- Listen to players who are calling for the ball – are they still free?
- Pass the ball to a team mate who driving in a space and is away from their marking player.
- Always pass the ball in in the space in front of the player.

## Creating Space in Games

**Change Speed**

- If you keep running at the same pace throughout a match you will become very tired or find it difficult to get away from defending players.
- Choose wisely when you should offer an option. When you see a space, call for the ball, signal and drive (sprint) into that space.

## Defending & Tackling

### Job tackle

- Hold your stick with both hands, with the handle pointing towards your waist area.
- Put your left foot forward. Jab the stick forward with your left hand.



### Block Tackle

- Put your left foot forward with your knee bent and your back leg stretched behind you.
- You can reach for the ball with one or both hands.
- Don't swing for the ball with your stick - keep it low on the ground.

