



YEAR 5/6

## Hockey

### Lesson 7

#### Learning Objective

To be able to use space effectively in game situations.

#### Success Criteria

##### Year 5

- I can dribble, pass and receive the ball with some control under pressure.
- I know what position I am playing in and how to contribute when attacking and defending.
- I understand the rules of the game and I can use them most of the time.

##### Year 6

- I can select the appropriate action for the situation.
- I can use the rules of the game consistently.
- I can create and use space to help my team.
- I can dribble, pass and receive the ball with increasing control under pressure.

## Handy Hints

Move to space away from defenders.

Think about when to pass and when to dribble.

## Equipment

- Cones x 24
- Hockey Stick x 30
- Team bands x 15
- Tennis Balls x 6

**10 Mins**

## Warm Up and Introduction

### 2 minute jog:

Pupils jog around the teaching space for a timed two minutes.

Encourage the pupils to jog at a steady pace that they can maintain.

Make this harder by increasing the time to three minutes.

Make this easier by allowing the pupils to jog for 20 seconds and walk for 10 seconds.

**45 Mins**

## **Skill Development**

### **Pass and move:**

In groups of five with one hockey stick each and one ball between them. Using an area approx. 10m x 10m pupils practise passing and moving in their space.

After a few minutes, ask the pupils to spend a few minutes passing and moving their ball but keeping to the following conditions:

1. Pass to the furthest person on their team.
2. Pass to the closest person on their team.
3. Cannot pass to the pupil who passed to them.

[Encourage the pupils to spread out within their playing space.](#)

Challenge the pupils by asking them as a team to pass a short and then a long pass e.g. someone far away from the ball carrier, and then someone close to the ball carrier.

### **Keep possession:**

In groups of five with one ball between them and using the same space as before.

In each group, assign two pupils as defenders and three as attackers. The aim of the game is for the attackers to try to keep possession of the ball, by moving with the ball and accurately passing when defenders come to tackle. Attackers try to complete as many passes as possible without a defender gaining possession.

Pupils rotate in and out of attacking and defensive roles.

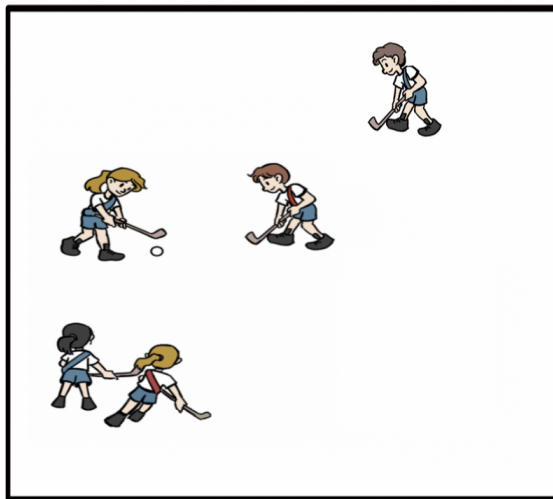
[Encourage quick and accurate passing from the attackers.](#)

[Be aware of where the other attackers are.](#)

[Dribble when you have space from a defender to do so, pass when an attacker is free.](#)

[Move to space away from defenders to support your teammates.](#)

Make this easier by decreasing the number of defenders.

**Four goal hockey:**

In groups of ten with one ball. Pupils play five against five in an area approx. 10m x 15m.

Each team creates two goals approx. 2m apart at either side of the playing area. With one goal keeper from their team in each of their goals. Teams can score into either of their two goals.

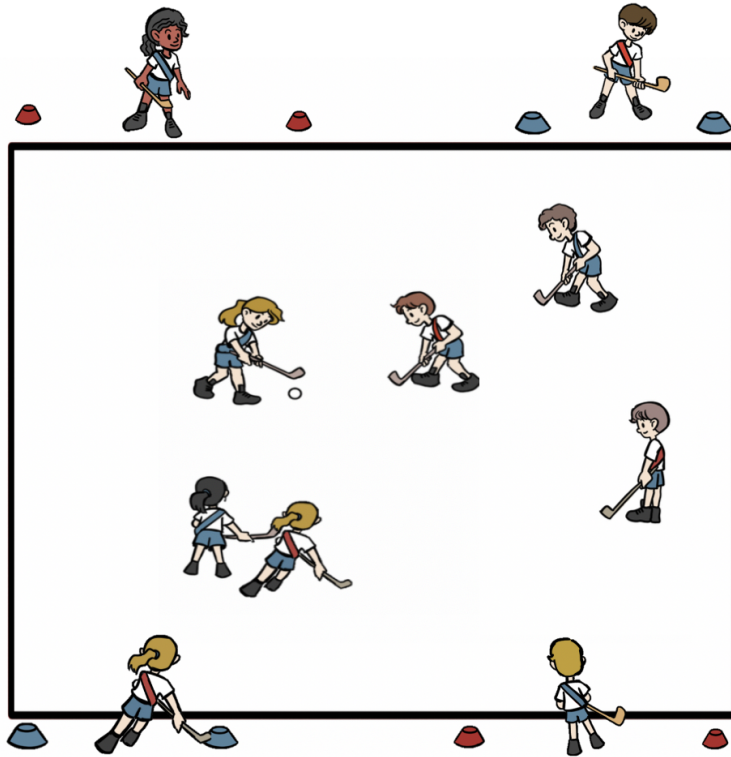
Once a goal has been scored, the conceding team begins with the ball from that goal. Each goal cannot be scored in twice in a row.

Move to space towards a goal.

If one goal is covered by defenders take the ball to your other goal.

Spread out within your playing area.

Make this harder by asking the pupils to complete a certain number of passes before being allowed to score.



5 Mins

## Plenary

Who was effective at using space in your team? Why, how?

When was it hardest to pass to a teammate? Why?