



YEAR 5/6

Hockey

Lesson 1

Learning Objective

To develop dribbling and ball control.

Success Criteria

Year 5

- I can dribble the ball with some control under pressure.
- I understand the rules of the game and I can use them most of the time.

Year 6

- I can dribble the ball with increasing control under pressure.
- I can select the appropriate action for the situation.
- I can use the rules of the game consistently.

Handy Hints

Bend your knees.

Only use one side of the stick.

Turn your stick using your top hand.

Equipment

- Cones x 40
- Hockey Stick x 30
- Tennis Balls x 30
- Stretches for Games Document

10 Mins

Warm Up and Introduction

Let's get moving:

Pupils jog around the teaching area showing an awareness of space and each other.

Change the movement action e.g. side steps, skips, heel flicks etc.

[Move into space away from others.](#)

Make this harder by playing in a smaller space where pupils have to negotiate space.

Stretches:

Lead the pupils through some stretches.

Teacher note: use the resource card to help you.

30 Mins

Skill Development

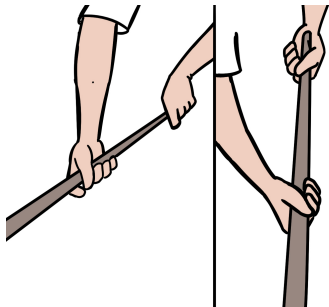
Open stick dribbling:

Pupils collect one hockey stick and one ball each.

- A Teach the pupils the correct way to hold the stick.

Right hand half way down the stick, left hand at the top of the stick. Left hand controls the rotation, right hand provides control and stability.

Teacher note: the hockey stick must not be lifted above waist height.



- B Ask the pupils to move the ball around the teaching area using one side of their stick (open stick dribbling). Then progress to dribbling the ball at a jogging pace. *Teacher note: players are not allowed to use the back of the stick.*

Keep the ball slightly in front and to the right of you to dribble using an open stick.

Reverse stick (Indian) dribbling:

Teach the pupils the flat-side rule, (players may only use one side of the stick) and how to turn the stick over to use the reverse side.

On the spot, pupils practise pulling the ball from side to side as shown. This is known as an Indian dribble. After a couple of minutes progress to dribbling around the area, avoiding others and using both open stick and reverse stick dribbling.

Firm left hand grip at the top of the stick.

Right hand in the middle of the stick.

Forefinger and thumb form a 'V'.

Relaxed right hand acts as a guide.



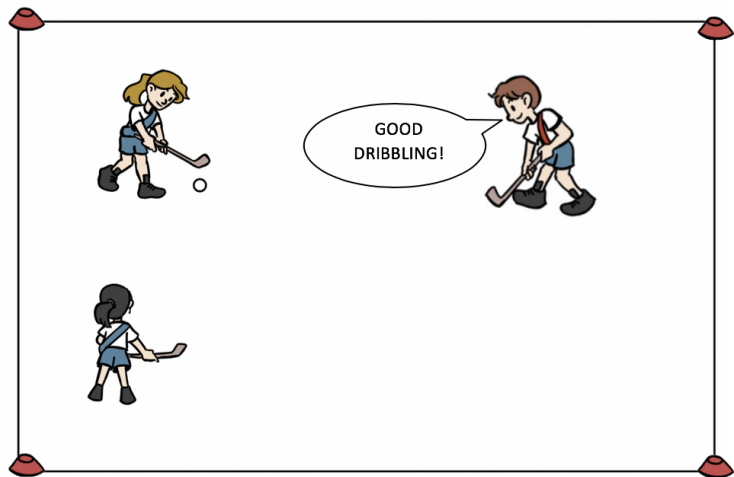
Dribble, pass and move:

In groups of three with one ball and four cones between them. Pupils use the cones to mark out an 8m x 8m area.

A Pupils move around in their space, dribbling the ball and passing between them. Pupils must share the ball, dribbling for a little while before passing it to someone else in their group.

Use open stick and reverse stick dribbling to help you control the ball.

Make this harder by decreasing the size of their playng area.



A Repeat the activity in A, this time when pupils receive the ball they must dribble around one of the cones marking their area. They need to dribble to a different cone each time and take turns with their group.

Encourage your teammates when they are dribbling by using supportive words.

2v1:

In groups of three, use the same rectangular formation as before. Two attackers play against one defender.

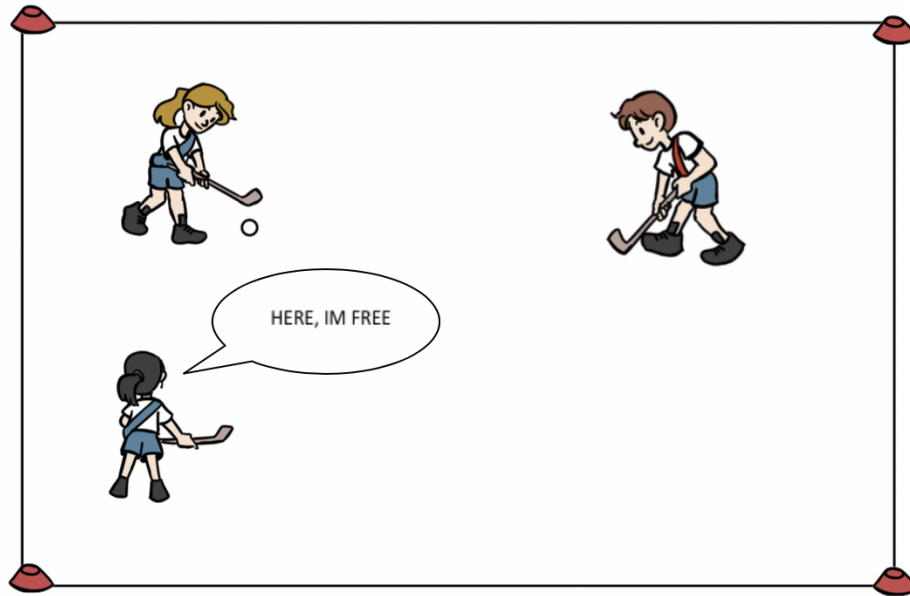
Attackers score by dribbling the ball around one of the four cones. They can choose to dribble or pass the ball and cannot use the same cone twice in a row.

Once the attackers reach four points pupils change roles. If the defender wins the ball the attackers start again from zero.

Encourage the attackers to look up and recognise when to pass and when to dribble the ball.

Make this harder by playing 1v1 with the third pupil acting as a referee and changing in after three goals.

Make this easier by specifying that the defender has to walk.



4v2:

Using a 10m x 8m area. Four attackers play against two defenders.

Attackers begin at one end of the playing area. To score they must dribble the ball and stop it on their scoring line. They then begin the game again scoring on the opposite line. Defenders can tackle but only one on one. If a defender wins the ball defenders go back to zero.

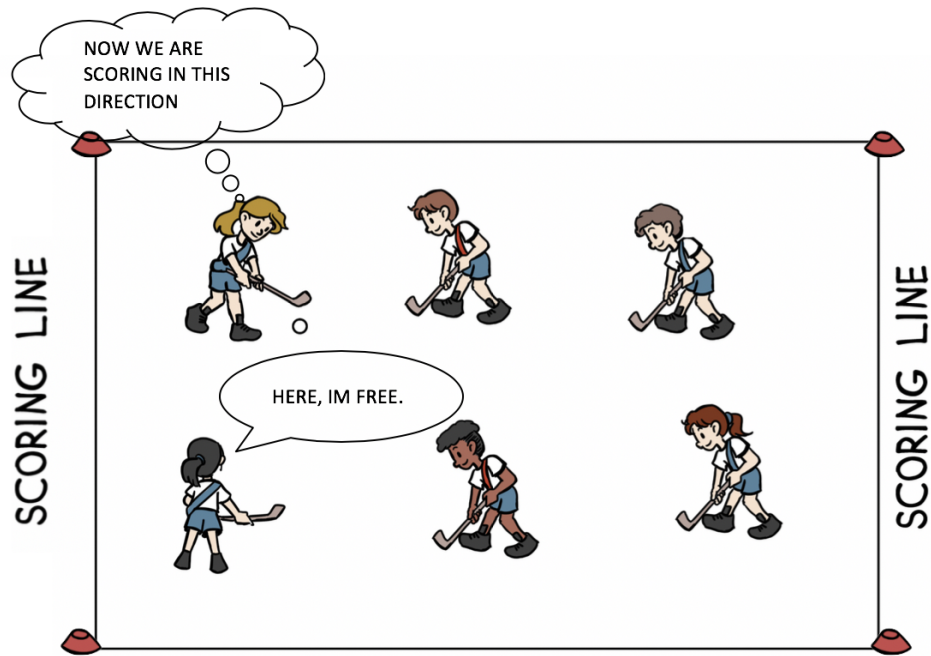
Introduce the rule that the ball cannot touch their feet. Rotate the defenders every three goals.

Encourage the attackers to keep the ball close for good control.

Encourage the pupils to use reverse stick dribbling to change direction.

Make this harder by playing three attackers against three defenders.

Make this easier for the attackers by increasing the size of the playing area.



5 Mins

Plenary

Question the pupils on the correct technique for dribbling.

Ask them to explain the rules for dribbling. What is the flat - side rule?

Did they use an open and reverse stick dribble in their game? When and why?

Ask the pupils to recognise if anyone in their group was supportive of others today? Did anyone praise other people efforts or performance and what was the impact of this on the game?