



YEAR 3/4

## Hockey

### Lesson 7

#### Learning Objective

To be able to use an open stick tackle.

#### Success Criteria

##### Year 3

- I can defend an opponent.
- I can identify when I was successful.

##### Year 4

- I can help prevent the other team from scoring when I play in defence.
- I can identify when I was successful and what I need to do to improve.

## Handy Hints

Be careful not to place the hockey stick on the floor too soon.

## Equipment

- Cones x 60
- Hockey Stick x 30
- Tennis Balls x 15

**10 Mins**

## Warm Up and Introduction

### Let's get moving:

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

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.

### Knee boxing:

In pairs pupils stand opposite one another 2m apart. They try to tag their partner's knee, whilst not letting their partner tag his/her own knee.

Encourage the pupils to bend their knees and use quick small steps to move forwards and backwards.

Make this harder by allowing the pupils to score points by tagging their partner's shoulder or knee.



**30 Mins**

## Skill Development

### Open stick (block) tackle:

Teach the pupils an open stick (block) tackle. In pairs, with one hockey stick each and one ball between them. One pupil begins as the attacker and dribbles towards their partner. The defender adopts a balanced position, placing the stick towards the floor to create a barrier.

Widen grip and place the stick towards the ground in a crouched position, creating a barrier.

Strong and balanced position is needed from the defender.



### 1v1:

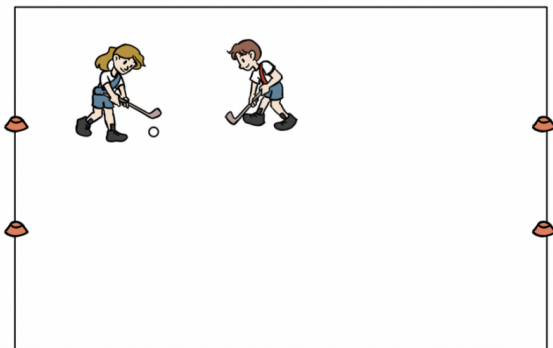
In pairs, pupils collect two cones each and make opposing goals 3m wide. The goals should be at approx 8m apart. The pupils play one against one where pupils try to score in the opposing goal. If a goal is scored the conceding pupil begins with the ball in the centre of the playing area.

Ask the pupils what they could do if their partner is finding it hard to find success at tackling? Share ideas for how they could make it easier so that all pupils can experience success and improve.

Move to stay in line with the attacker.

When you think you can make a tackle, place the stick to the floor to attempt a tackle.

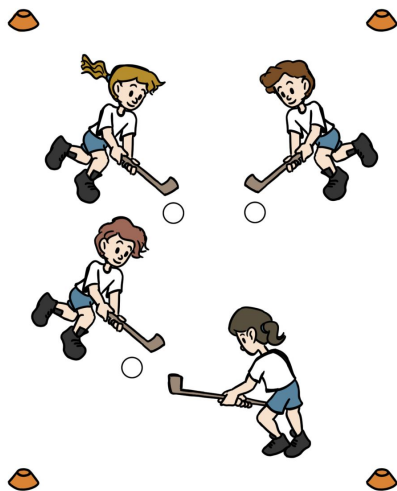
Make this easier for the defenders by playing at a walking pace or beginning the attacker further back.

**Ball steal:**

In groups of four, pupils play in an area approx. 6m x 6m. Three pupils have one ball each (attackers) and one pupil without (defender). The defender must use a block tackle to gain possession of a ball. The pupil who loses possession must then try to gain possession from another pupil. They cannot take from the pupil that just took from them.

Be careful not to get your stick down too early as it will be hard for you to change direction if your opponent changes direction.

Make this harder by playing with two defenders.

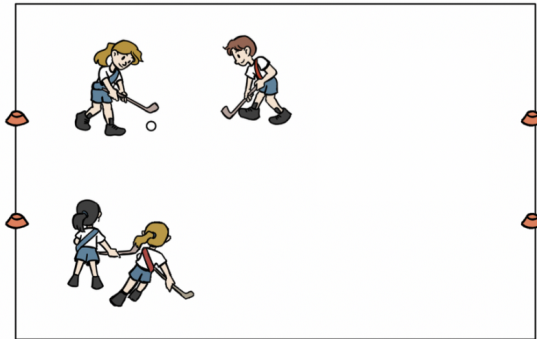
**2v2:**

In their groups of four, pupils play two against two. Use four cones to mark out two goals 3m wide. Once a goal is scored, the ball is given to the conceding team. Only one pupil can tackle at a time.

Wide grip and low stance for control and balance when tackling.

Make this easier for the defenders by specifying that three passes must be made before the attackers can score.

Make this harder for the defender by playing three against one. Attackers score in one goal and then the opposite goal. The defender scores a point for each successful tackle or interception.



5 Mins

## Plenary

Ask the pupils how the timing of their tackle affected their success.

Ask the pupils to reflect on when they were successful or unsuccessful at tackling. Why? Ask them to share their ideas with the person sitting next to them.