



YEAR 3/4

Hockey

Lesson 1

Learning Objective

To develop open stick dribbling.

Success Criteria

Year 3

- I can dribble the ball with some control.

Year 4

- I can dribble the ball with increasing control.

Handy Hints

Bend your knees.

Keep your head up to see where to go.

Only use one side of the stick.

Equipment

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

10 Mins

Warm Up and Introduction

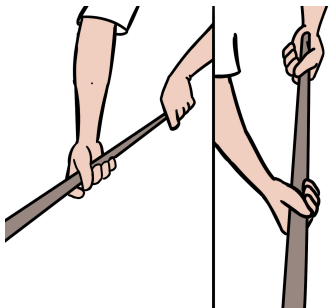
Holding the hockey stick:

Pupils have one hockey stick and one cone each. Ask the pupils to place their cone in a space. 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: for safety, the hockey stick must not be lifted above waist height. Remind the pupils of this throughout the lesson and correct behaviour if you see otherwise.



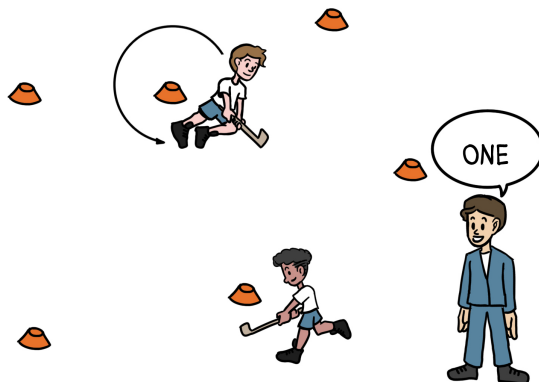
Moving with the stick:

Use the cones laid out. Ask the pupils to move around the area, jogging and holding the stick out to their right hand side (open side).

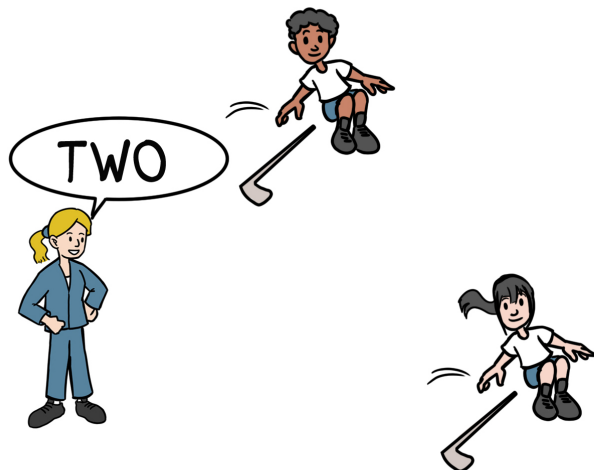
Keep the stick close to the floor, bend your knees and keep your head up.

Teacher to call out the following numbers and pupils respond with the corresponding action.

- 1 Find a cone and travel around it in a circle, all the time keeping their stick close to the floor and on the open side.



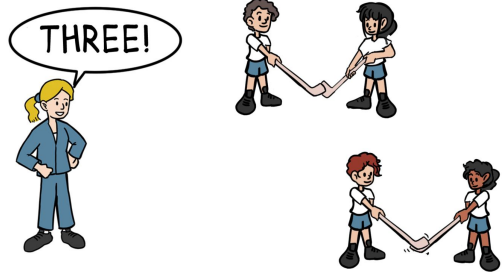
- 2 Place the hockey stick on the floor and jump over it six times before picking it up and continuing to jog around the area.



- 3 Find a partner and complete a bully off.

Communicate with your partner by looking at them so that you hit sticks at the same time.

Teacher note: a bully off is used to restart a game after a stoppage. Two opposing players stand with the ball between them and alternately touch their sticks on the ground and against each other before attempting to strike the ball. In this case pupils can complete it without the ball.



30 Mins

Skill Development

Explore dribbling the ball:

Use the cones already laid out. Pupils collect one ball each.

Teach the pupils the flat side rule, that they can only use one side of the stick to move the ball.

Teacher note: in a game, if the wrong side of the stick is used, a free pass is awarded to the opposition.

For all activities, pupils keep the ball slightly to the front and right of them (the open side), this is called open stick dribbling.

Keep the ball in contact with the stick.

- A** Ask the pupils to dribble their ball one way around their cone in one direction and then the other.
- B** Ask the pupils to walk around the area, dribbling their ball and avoiding the cones.
- C** Progress to jogging around the area, dribbling their ball and avoiding the cones.
- D** Ask the pupils to jog around, each time they come to a blue cone dribble clockwise around it and each time they come to a red cone, anticlockwise.

North, East, South, West:

Use the cones laid out. Assign each side of the teaching area as North, East, South or West.

- A** All pupils begin with a ball in a space. They dribble their ball around the area avoiding the cones. When the teacher calls North, East, South or West, the pupils dribble their ball to the corresponding side.

Dribble the ball on the open side (right side) of their body, knees bent, head up, ball in contact with the stick.

Make this easier by removing the cones.

- B** Pupils dribble their ball around the middle of the teaching area. Instead of calling out the direction, teacher points, encouraging the pupils to keep their head up. Each time, pupils return to the middle and continue to dribble around the area, avoiding others.

Dribble past the defence:

Remove a few of the cones already laid out. Pupils spread out evenly around the outside of the cones. Begin with ten balls.

A Pupils dribble the ball through the cones in the middle (the imaginary defence) and give the ball to another pupil, taking their place. Play for a few minutes then stop and highlight good technique and communication skills.

Watch out for other pupils as you travel through the middle.

Look up to see the free attacker.

If you are a free attacker let your teammates know by saying 'here' or 'I'm free'.

Make this easier by using less cones.

B As in A, except this time the pupils must dribble around two cones before giving the ball to the next person.

Be inclusive of your classmates and try to give the ball to a different person each time.

Make this harder by specifying that the person who gave them the ball will call the two colours that they need to dribble around.



5 Mins

Plenary

Question the pupils on the correct technique for open stick dribbling.

Why is it important to keep the ball close to the stick?

Ask the pupils why it is important to communicate in hockey? Can they give an example of when they did this effectively?

For safety, where should the hockey stick be held. *Teacher note: lower than the waist.*