



YEAR 5/6

Hockey

Lesson 8

Learning Objective

To be able to apply attacking and defending principles and skills in a hockey tournament.

Success Criteria

Year 5

- I can lead a partner through short warm-up routines.
- I understand the rules of the game and I can use them most of the time.

Year 6

- I can lead a small group through short warm-up routine.
- I can use the rules of the game consistently.
- I can create and use a variety of tactics to help my team.
- I can dribble, pass and receive the ball with increasing control under pressure.

Handy Hints

In between matches, discuss with your team how to improve for your next match.

Be honest and play to the rules.

Equipment

- Cones x 12
- Hockey Stick x 30
- Team bands x 30
- Tennis Balls x 3
- Score Sheet Four Teams Document

10 Mins

Warm Up and Introduction

Rules:

Ask the pupils to recap on the rules they have learnt so far:

- **Feet** - The ball cannot touch feet
- **Sticks** - The stick cannot be held higher than waist height
- **Tackles** – Only one player can tackle at a time

If any of these rules are broken, then a free pass is awarded to the non-offending team. A player taking a free pass cannot be tackled. All other players must stand 3m away.

Warm up:

Place pupils into four or six even teams and ask them to lead their own warm up. It must include an aerobic activity followed by dynamic stretches.

45 Mins

Skill Development

Tournament:

Split the class into four or six even teams.

Referees:

One pupil from each team will referee each game. They will also need to keep the score.

Rotate this person each time the pupils play a new game.

Encourage the referees to be loud and clear when giving their decision.

If a team makes an error the ball is awarded to the non-offending team.

Order of play:

For four teams:

Pitch 1	Pitch 2
1v2	3v4
1v3	2v4
1v4	2v3

For six teams:

Pitch 1	Pitch 2	Pitch 3
1v2	3v4	5v6
1v3	2v5	4v6
1v4	2v6	3v5
1v5	2v4	3v6
1v6	2v3	4v5

Pupils begin their games with a bully off. In between games ask the pupils to reflect on the their teams' performance. Can they keep some players in each half of the pitch so that have attackers and defenders evenly spread out on the pitch.

Encourage teams to be honest and play fairly with good sportsmanship.

Make this easier by increasing the size of the goal.

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 stike the ball.

Points:

At the end of each game, one pupil must tell the teacher the score for them to record. Five points if their team wins, three points for a draw and one point for a loss.

Teacher note: please see resource card 'Tournament Score Sheet - six teams' or 'Tournament Score Sheet - four teams'.

5 Mins

Plenary

Ask the pupils the importance of playing to the rules.

Question them on their understanding of different rules.

Can they select a player who they thought contributed well to the game from their team and explain why?

Can they select a player from another team who they thought contributed well to the game and explain why?