

# PE

## What skills do I need to play Hockey?



**Class Tamar**

**Autumn 2 2023**

We learnt how to hold the hockey stick correctly to dribble the ball. We practised dribbling the ball in straight lines, moving on to dribbling the ball around cones. For our final challenge we had to make sure we paid attention to obstacles (our friends!) by looking up whilst dribbling the ball around the hall.

It feels strange holding the hockey stick low down with one hand but I have more control this way.

I learnt not to hit the ball hard so that I had control when dribbling the ball.

Today's top tips:

- ✓ Hands apart on hockey stick.
- ✓ Keep the ball in close contact with the stick.
- ✓ Look up!





In this lesson we learnt and practised how to pass and receive the ball accurately to/from another player.  
We then moved onto passing and receiving the ball while travelling.



Today's top tips:

- ✓ Look up.
- ✓ Keep stick in contact with the ball.
- ✓ Shift weight from back to front foot.

We must make sure that we keep our eyes on the ball when we are receiving it so that we don't lose control of it.

When I was moving with the ball I tried to make sure that the ball stayed close to my stick.





We learnt how to select the best ways to attack and defend. Some of us were beginning to put pressure on attackers by tackling players with the awareness of space needed to be defended. At the end of the lesson we practised our shooting skills.



- Today's top tips:
- ✓ Look up.
  - ✓ Keep stick in contact with the ball.
  - ✓ Shift weight from back to front foot.



When shooting it is important to aim carefully at the target.

I had to remember that you mustn't just 'get in the way' of the player with the ball. It isn't like football!



We used the skills that we have learnt to play a match of Hockey 5s.



I enjoy playing hockey and think I'd like to practice more!

It was tricky playing mini matches as everything was moving a bit faster.

My hockey skills have definitely improved.

**What I have learnt before:**

I know how to pass a ball with increasing accuracy.

I know that in hockey, the aim is to control the ball with a hockey stick.

**Forever Facts**

I know I must only hit the ball with the flat side of the stick.

I know you must use two hands when hitting the ball.

I know your knees should be bent and feet shoulder width apart.

I know the ball is not allowed to hit a player's foot or this will be a foul.

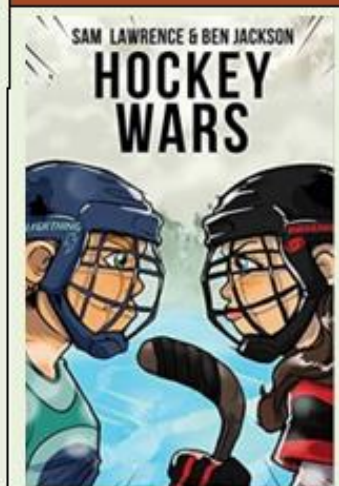
**Skills**

Show growing awareness of space in team games.

Know how to keep possession of the ball.

Work within a team, with less focus on self.

**Personal development:** Sports enhances social and cultural life by bringing together individuals and communities. Children will have the opportunity to evaluate their progress in order to develop their skills.

**Exciting Books****Our Endpoint**

To apply the skills learnt over the unit to play a match of Hockey.

**Subject Specific Vocabulary**

Ball Control

A variety of skills to control the ball including dribbling, stopping and striking

Defending

The physical act of dispossessing the opponent or otherwise preventing them from passing, dribbling or scoring

Attacking

This includes the physical act of dribbling or passing the ball in order to create the opportunity to score.

Shooting

A skill used by players within the game to score a goal.

Match

Play Used to describe the overall game. A combination of tactics and physical actions.