

Year 7 Hockey

Spring 1

National Curriculum Key Skills:

- Play in competitive games developing fluency in skills & technique.
- Develop tactical knowledge and game play understanding.
- Team discussions about how to improve and gain advantages.

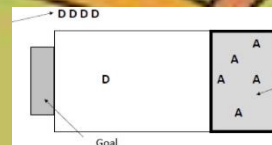
Key Vocabulary:

Tackle	Intercept the ball from another player.
Marking	To stay close to an opponent to prevent them gaining possession.
Supporting	To assist, help or communicate with teammates.
Power	The force used to hit the ball.
Distance	Space between players / objectives.
Long corner	Awarded to attackers when defenders put ball over the line.
Consistency	To perform well over time.
Fair play	Playing to the rules, showing good sportsmanship.
Indian dribble	Technique where ball is dribbled from left to right repeatedly.

Equipment needed: Sticks, balls, cones, goals, bibs, stopwatch.

Sequence of Learning:

- Practicing the 'Indian dribble' technique by using the flat side of the stick and twisting the forearms.
- Perform the flick pass accurately enough between team mates at different angles.
- Use speed and agility to identify, mark and stay with opponents.
- Discuss how movement of the ball helps out your team mates and gives you an advantage over the opponents.
- Discuss defending and goalkeeping techniques to improve.
- Work co-operatively to implement attacking and defending strategies and demonstrate previously learnt skills in games.



Final Outcome:

To develop tactical understanding and technique as a team in a game situation, using a competition format.

Key Questions:

How do you become a 'good team mate' for your team?

How do we make it harder for the opposition to beat us?

What tactics could your team use to score against your opponents?