

## Invasion games

### Y6 Hockey

<b>National Curriculum subject content:</b>
<ul style="list-style-type: none"> <li>✓ Play competitive games and apply basic principles of attacking and defending.</li> <li>✓ Use running in isolation and in combination.</li> </ul>
<b>National Curriculum theme:</b>
<ul style="list-style-type: none"> <li>✓ Invasion games</li> <li>✓ Attacking and defending</li> </ul>



<b>Key Vocabulary:</b>	
Centre pass	Pass from midfield used to start each half
Clearing	Hitting the ball away from the goal on defence, usually as a pass up the field
control	Keeping the ball as close to the stick as possible when dribbling or receiving the ball.
Feint dodge	A move to trick opposition into thinking you are going to advance one way when you advance another
Flick	Movement of the stick that lifts the ball off the ground
Foot foul	When a person's foot hits the ball.
Free hit	Awarded after most penalties. Opponent must stand 5 yards from ball.
Jab tackle	Standing on the left of an opponent/ stick in left hand on reverse/jabbing notion to block ball away.
Lock tackle	Knees bent / back straight/ stick flat to the floor/ left fist on the ground/stick slightly tilted forward
Obstruction	Offence of shielding the ball from an opponent with one's body or stick
Penalties	When a player does not follow the rules.
Receive	When a teammate passes to you.
Side in	Free hit awarded after opponent hits the ball out (can be called hit in or push in)
Stick	The equipment used to hit or move the ball

<b>Sequence of Learning:</b>					
<b>Objectives (key knowledge):</b>					
To learn to control and pass to a teammate.  Dribble/ pass/ receive	To know how to select tactics to shield the ball.  obstruction	To know how to change direction.  Feint dodge	To learn to clear the ball.  clearing	To know some key rules of the game. To learn to play a simple game using basic rules.	To understand basic game rules and team skills to play competitive games.

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Fundamental links					
Fundamentals Running movements Agility/ Balance / Coordination skills Agility the ability to rapidly change direction, accelerate or decelerate. Spatial awareness	Fundamentals Running Agility/ Balance / Coordination skills To balance body Use body to form a base. Core control	Fundamentals Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination Spaticall awareness	Fundamentals Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination

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#### Rules and Regulations

- No jewellery of any type can be worn.
  - Hair must be tied away from the face at all times.
  - Trainers must be worn. Shin pads may be worn if wanted.
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- **If the ball touches your feet it is a free hit for the other team.**
  - **A player awarded a free hit may take the ball themselves in a 'free pass'.**
  - **Tackles must not be obstructive and the ball must be 'made'.**
  - **A combination of dribbles and feint dodges in the game are encouraged.**
  - **Because a 'keeper' is not wearing kickers, they will not be allowed to kick the ball.**
  - **Long and short corners will be awarded when the ball goes off the back line.**
  - **Only the open side of the stick may be used.**
  - **Flicks will be taught and practised but not used in games.**



#### Equipment

- Hockey Sticks
- Hockey Balls
- Cones
- Bibs

#### Key Questions

- What are the three different types of feint dodge?
- Why would you jab tackle?
- When would a flick be appropriate in a game?
- What is the difference between an open stick and an Indian dribble?

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