

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Hockey	5/6	#1	Advanced Dribbling

Equipment

- Hockey sticks
- Hockey/tennis/small balls
- Cones
- Bibs

Learning Objective

- To be able to dribble effectively with good technique and control

Success Criteria

- I can keep the ball close to my stick when dribbling.
- I can move with the ball while keeping my head up.
- I can change direction to keep possession.

Key words

- Agility
- Control
- Space

Preparation Ideas/Warm Up

Dribble Exploration

Each child to be given a ball along with their hockey stick. We are going to learn how to dribble using the two different techniques.

Allow a few minutes for the children to explore this technique keeping the ball close. To stop, the children need use the flat side of the stick either flat on top of the ball or on the opposite side the ball. It is important that the children can do both.

Progression:

- >STOP ! The children must be able to stop and trap the ball.
- >Round About! Do a full circle with the ball.
- >Inside, Outside! Chopping and changing sides with the ball.
- >PASS! Pass the ball and swap balls with someone else.

Skill Development

Gate Game

Place a range of different gates around the room. Change the sizes of the different gates around the room so they are various sizes. This will encourage the children to keep their head up while they are dribbling. Every time the children dribble through a gate without touching the cones, they get a point.

Add up the points over the course of allowed time and the most points win.

Progression:

>Add in rules when you are dribbling through the gates. For example when you go through a gate you must do 5 inside, outside.

>Add defenders who can move around and intercept and tackle. If you get dispossessed, your score returns to 0

Game

King/Queen Of the Ring

Everyone will start in the middle of the area now, with a hockey stick and ball. Everyone can tackle everyone, aim of the game is to keep your ball inside of the ring, if your ball is tackled from you or if you lose control and it leaves the area you must run around the outside of the area before you can join back in.

Progression:

>You can also make this game competitive by saying that if your ball leaves the area, you are out. Last person in is the winner. (You may want to create 2-3 areas and split the class into ability groups for this. It will allow for those who are lower ability a greater chance of staying in the game longer)

Teaching points

- The technique for dribbling includes only using the flat side of the stick. This differs depending on what type of hockey sticks are used. If you have a stick with 2 flat sides, the children can use both sides. If you have the wooden sticks with a flat and round side, they have to rotate the stick when dribbling from left to right to ensure they only use the flat side. If they were to use the round side, this is a foul in field hockey and possession is given to the opposition
- We want to encourage the children to keep close control of the ball throughout. The ball should almost appear to be glued to the stick. Almost as if the children are constantly pushing or sweeping the ball along, rather than striking the ball, which would see it move out of close proximity of the stick.
- Encourage the children to switch their view from the ball to looking where they are going. If they keep their head looking forward, they should be able to see the ball in their periphery vision. If not, encourage them to switch between the two as they dribble as we want to be looking for spaces to move into. If they see free spaces, they should be moving quickly into that space
- When playing king of the ring, you want to encourage the children to have good spatial awareness to see not only where the space is, but also where others are so they are not sneaking up and taking their ball away from them

Key Questions

- What do we mean by the term spatial awareness and how can we show good spatial awareness in the session?
- What do we mean by the term control and how can we show good control of the ball in today's session?
- When dribbling, why is it important to keep dribbling using the flat side of the hockey stick?

National curriculum links:

- Using running in isolation and combination
- Playing competitive games against others, applying basic principles for attacking and defending

- Developing control, balance and technique through playing hockey

Social and environmental skills:

- Developing resilience in looking to improve throughout the session
- Improving our listening skills in being able to take on information