

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Hockey	5/6	#2	Sending & receiving from distance

Equipment

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

Learning Objective	Success Criteria
<ul style="list-style-type: none"> • To accurately pass the ball over distance and receive it under control. 	<ul style="list-style-type: none"> • I can use the correct technique to send a push pass over distance. • I can use the correct power and aim when passing • I can receive the ball using a controlled trap.

Key words

- Pass
- Receive
- Accuracy

Preparation Ideas/Warm Up

Messy Bedrooms

Split the hall into 2 halves and create a zone in the middle which will be the halfway line. This zone should be no bigger than a meter. Give each team a couple of balls which they must pass to the oppositions side of the room! If the ball hits the back wall or line then that team gets a point (goal). The object of the game is to intercept the ball before it reaches the back line by using the stopping techniques learnt through the gates game

Skill Development

Through the gates

Children to get into pairs. They are given a hockey stick each, one ball and two cones. Ask them to place the cones approx. 2m apart to create a gate and then take 3 steps back either side of the gate. We are going to learn the push pass technique to pass the ball through the gate to our partner on the other side who is going to use the trap technique to stop the ball.

Allow the children to pass the ball through the gates continuously. Give them a target number of passes to reach in a row. If they reach that target, tell them to take another step backwards each to make the passing more difficult. What two things to we need to focus on to ensure our passes are

accurate

Game

Hockey Kabaddi

Children need to be in groups of 8 but split the group in half. An area is created with a halfway line. Everyone needs to have a stick with one ball for the group. 4 begin on one side of the area and another group on the other side. They will be against each other.

The aim of the game is to complete as many passes as possible without the ball being intercepted. The group with the ball begins the game. As soon as the ball is passed once, the team without the ball will send one player into the area of the team with the ball to intercept a pass. If they intercept a pass the game stops and the ball is transferred into the other area. The team to complete the greatest number of passes wins the game

Progression:

>Allow teams to send more than one player into the other area

>Decrease the size of each area.

Teaching points

- Ensure that the children are using the correct techniques for the push pass and trap technique. If you need to, see the teaching points for each in the Y3/4 sessions
- We want to see accuracy in their passes. Ensure they are using the correct power and aim when passing and explain to them how the power in their passes may need to increase when passing at a longer distance and how they need to be more accurate with their aim at a longer distance as the ball is needing to travel further
- When trapping the ball, we want to see the ball staying close to the children. We don't want to see the ball bouncing far in front as in a game situation, this may result in the opposition winning the ball back

Key Questions

- How can we ensure that our passes are accurate in today's session?
- How does the accuracy of our passes change, depending on the distance of our target?
- Why is it important to ensure that when we trap the ball, we maintain our control?

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 team work and collaboration skills
- Developing good communication skills
- Showing resilience in their work
- Improving problem solving skills in passing/receiving from different distances