

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Hockey	5/6	#5	Shooting with accuracy

### Equipment

- Hockey sticks
- Hockey/tennis/small balls
- Cones
- Bibs
- Goals if available or benches

### Learning Objective

- To develop shooting technique and accuracy when aiming for a goal.

### Success Criteria

- I can strike the ball with control towards a target.
- I can position my body correctly when shooting.
- I can aim for space in the goal rather than just hitting the ball hard.

### Key words

- Striking
- Accuracy
- Consistency

### Preparation Ideas/Warm Up

#### Target Practice

Target game looking to improve striking and accuracy. Children in pairs with a stick each, one ball and a skittle or cone (depending on equipment).

Similar to the through the gates game from week 2, the target is in the middle, both partners stand equal distance away looking to hit the target, however this time we are looking for the shooting technique. Aim of the game is to hit the target in the middle. Person with the most points win the game.

### Skill Development

#### Dribble and shoot

Have a goal set up at one end of the area for the group (either using a goal or two cones depending on the equipment available).

Place 4 cones in a line around 1m apart from each other that the children must dribble in and out of. Once they reach the end of the dribbling lane, they must use the shooting technique to strike the ball into the goal. Allow the children to set a target for them to reach (it may be first to 5 points)

Progression:

- >Create a harder dribbling lane by introducing more cones to dribble through,
- >Move the goal further away to make the shot harder,
- >Make the goal smaller or change the target to a skittle or pin as oppose to a goal or cone
- >Set a target for teams to meet (could be first to 11 points) and allow teams to compete

### Game

#### Hockey Squash

Set the space up so there is one side with a line of cones to be used as a starting point. On the other side lay benches on its side to create a wall (any object can be used for this including outside walls). Get the children into pairs with a ball and a hockey stick each.

Children will take it in turns to hit the ball towards the wall without the ball stopping. If the ball misses the wall or you miss the ball you get a letter from a chosen word (the word can be anything relating to the lesson. E.G. Hockey). Every time you make a mistake, such as missing the ball or you miss the wall with the ball, you gain a letter towards that word. One the word has been spelt out, your opponent wins!

### Teaching points

- Ensure the children are using the correct technique for shooting (this can be found in the Y3/4 shooting session). We do not want to see too much of a backswing when attempting to shoot as this could be seen as dangerous play when playing a game
- We want to see good accuracy when shooting. Get the children to think about their power and aim when shooting and how it differs to when we pass. As we are increasing the power in our strike, and swinging back slightly to strike rather than pushing the hockey stick, we need to concentrate even more on our aim and where the stick is pointing when we strike

### Key Questions

- What do we mean by the term accuracy?
- What two things do we need to think about to ensure that we are accurate with our shooting?
- Why is it important to only have a small backswing when using our shooting technique?

### National curriculum links:

- Using running in isolation and combination
- Developing control, balance and technique through playing hockey

### Social and environmental skills:

- What do we mean by the term accuracy?
- What two things do we need to think about to ensure that we are accurate with our shooting?
- Why is it important to only have a small backswing when using our shooting technique?