



Westacre Middle School PE Knowledge Web: Hockey

Skill Acquisition



Fundamental Movement Skills

Hockey Skills:

Grip

1. Left hand at the top, right hand below.



Straight dribble

1. Stick in front of you but slightly to the right.
2. The ball never leaves your stick.



Loose dribble

1. Stick in front of you but slightly to the right.
2. Continually tap the ball forward.

Push pass

1. Back foot in line with the ball.
2. Keep stick in contact with the ball as weight is shifted from back to front foot.



Drive

1. Both hands together at the top of the stick.
2. Swing stick back and make contact with the ball on the down swing.

Teamwork and Leadership

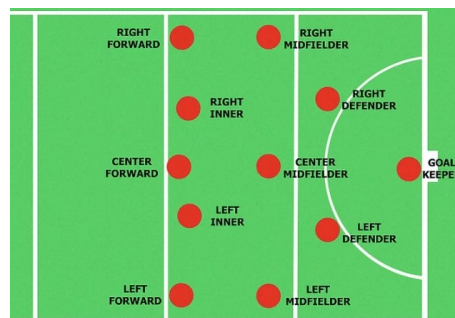


Cooperation

Hockey is a team sport played by two teams of 11 players. Every player has a hockey stick of which they can only use one side of the stick to hit the ball. The ball must be passed or dribbled using the stick and no other body part is allowed to intentionally come into contact with the ball. A goal is scored when the ball is successfully hit into the opponent's goal.

Players are assigned different positions, which define their roles within the team.

Hockey Positions:



Performance Analysis



Technical Vocabulary

Rules of Hockey

1. Hockey players can only hit the ball with the flat side of their stick.
2. Hockey players (other than the goalkeeper) are not allowed to use their feet, or any other parts of the body, to control the ball.
3. A goal can be scored from a field goal, a penalty corner, or a penalty stroke. A field goal is a goal scored from open play and can only be scored from inside the 'striking circle', in front of the opponent's goal.
4. Hockey is a non-contact sport and all fouls result in a free hit or a 'penalty corner'.

Attack

In hockey, this involves players keeping possession, dribbling and passing the ball to the 'striking circle', where a field goal can then be scored. Attacking strategies include creative use of space and creating overloads.

Defence

The aim of defending is to gain possession of the ball through interception and tackling. Defensive strategies include zonal and man-to-man marking.



Self-reflection

How successful is your team?

How can you improve your performance?

Healthy Active Lifestyle



Inspirational people

<https://www.greatbritainhockey.co.uk/>

At the 2016 Rio Olympic games, Great Britain's women won a historic first Olympic hockey gold medal by defeating defending champions Netherlands in a dramatic penalty shootout.



Exercise

Components of Fitness:

Agility – Being able to change direction quickly to get away from your opponent.

Balance – Being able to stay balanced when dribbling, passing and shooting.

Speed – Being able to outwit your opponent, with and without the ball.

Co-ordination – Dribbling, passing and shooting need hand-eye co-ordination.

Reaction Time – Reacting to the whistle/opponent's play.

Aerobic Endurance – Being able to play for over an hour.

Muscular Endurance – Being able to continually perform skills for over an hour.

Year 5

You will be introduced to the rules of hockey and learn the basic skills needed to play hockey.

Year 6

You will build on basic skills, and learn attacking and defensive strategies that can be applied to game situations.

Year 7

You will discuss and analyse how you can work better as a team to win against your opponents.