**Year 7 - Hockey**

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| **Unit aim** | To become more confident and competent when performing core skills required to keep possession of the ball. | | | | |
| **Lesson outcomes** | Demonstrate open and closed dribbling techniques to remain in possession of the ball. | Demonstrate effective footwork to turn with the ball and start to develop the V drag and Indian dribble | Demonstrate a drag and dummy skills to be able to eliminate an opponent | Demonstrate the defensive skills of a block and jab tackle to regain possession | Demonstrate different “cuts” off the ball to create passing opportunities for a teammate |
| **Intended Knowledge** | Students will know how to safely grip and hold the hockey stick  Students will know the difference between open and closed dribbling techniques  Students will know how to stop the ball and change direction | Students will know how to manipulate the ball using two key techniques  Students will know that 'manipulate' means to handle or control the ball in a skilful manner  Students will know when they would use each technique and why  Students will know that 'dribble' means to move with the ball in different directions  Students will know how to exploit space with a quick dribble  Students will know how these skills would allow you to eliminate an opponent by moving the ball from side to side | Students will know the importance of ‘faking’ to outwit an opponent  Students will know that ‘outwitting’ an opponent means to deceive / trick an opposition player  Students will know to use speed and changes of direction to beat an opponent in a 1 v 1 situation  Students will know that the word 'eliminate' in a hockey game means to go past an opposition player so they are out of position  Students will know how to perform a range of ‘elimination’ techniques to evade a defender by changing pace and direction | Students will know what the key principles that make a tackle successful  Students will know that goal side is a tactic used when defending by staying between the ball and the goal being defended  Students will know that they have to stay goal side of an attacker when defending  Students will know how to stay goal side of an attacker when defending  Students will know the difference between a block tackle, channelling and intercepting the ball  Students will know that ‘defensive pressing’ means to create tension with the intention of getting the ball back  Students will know when the techniques above are appropriate to use | How to perform a range of techniques to create space for a pass.  Students will know that the term 'cut' means a sudden move or change of direction on the pitch  When to use each technique and how to perform them effectively  The importance of decision making in 2 v 1 overloads  Students will know that the term 'overload' means that one team has an extra attacker and should try to 'exploit' the attacking situation (e.g. 3v2) |
| **Prior knowledge** |  | Students will already know how to safely grip and hold the hockey stick  Students will already know the difference between open and closed dribbling techniques  Students will already know how to stop the ball and change direction | Students will already know how to manipulate the ball using two key techniques  Students will already know that 'manipulate' means to handle or control the ball in a skilful manner  Students will already know when they would use each technique and why  Students will already know that 'dribble' means to move with the ball in different directions  Students will already know how to exploit space with a quick dribble  Students will already know how these skills would allow you to eliminate an opponent by moving the ball from side to side | Students will already know the importance of ‘faking’ to outwit an opponent  Students will already know that ‘outwitting’ an opponent means to deceive / trick an opposition player  Students will already know to use speed and changes of direction to beat an opponent in a 1 v 1 situation  Students will already know that the word 'eliminate' in a hockey game means to go past an opposition player so they are out of position  Students will already know how to perform a range of ‘elimination’ techniques to evade a defender by changing pace and direction | Students will already know what the key principles that make a tackle successful  Students will already know that goal side is a tactic used when defending by staying between the ball and the goal being defended  Students will already know that they have to stay goal side of an attacker when defending  Students will already know how to stay goal side of an attacker when defending  Students will already know the difference between a block tackle, channelling and intercepting the ball  Students will already know that ‘defensive pressing’ means to create tension with the intention of getting the ball back  Students will already know when the techniques above are appropriate to use |

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| **Lesson 1 -** Demonstrate open and closed dribbling techniques to remain in possession of the ball. |

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| **Do now** | What safety aspects do we need to consider before we start playing hockey? | | | | |
| **Teacher exposition**  **(I do)** | **Context:** One of the most important skills in field hockey is the ability to control the ball while running, a skill that is known as dribbling. | | | | |
| **Basic grip**  Used for receive, dribble, push, reverse stick pass - off the dribble, rebounds.  Hands apart.  Left hand at the top of the stick.  Both ‘V’s formed by thumb and index finger are in line with the toe edge of the stick.  To rotate the stick the left hand moves to the right and the stick turns through the right hand. | | | **Ball carrying position**  Bend your knees  Dribble the ball in front of the body and to the right, at about 2 o’clock.  Keep the stick in contact with the ball so that a pass can be made immediately. (closed) | |
| **Learning task (We do / you do)** | | | | | |
| *Practice – dribbling and ball manipulation*     * Students move freely in the area propelling and stopping the ball in a controlled manner. * Backwards and sideways * Around cones (figures of 8 etc) * Forwards over an imaginary barrier. * Trapping | | | *Application – End zone*     * Small sided games 2v2, 4v4 or 2v1 using – NO tackling only possession game * Points gained every time ball gets dribbled into the end zone.   Two balls in play at all times to keep the game active. | | |
| **Responsive adaptations** | **Developing**  Larger playing space  3 balls during game | **Securing**  As above | | | **Mastering**  One hand reverse dribble  Smaller playing space  More pressure  One ball during game |
| **Progress check questions** | What body position should we have when dribbling?   * Bent knees * Hockey stick out at 2 O’clock   Why is it important to keep our head up when dribbling?   * To be able to look around for passes. * To prevent running into players and defenders.   How would other players react if their team has the ball and is dribbling up the pitch?   * Run into space to ask for the ball to advance and get closer to goal * Support the person who has the ball | | | | |
| **Errors or misconceptions to look out for** | The player taps the ball to move it forward - Player grips the stick too far down the shaft requiring them to lift the stick off the ball when they look up.  The head is looking down at the ball when dribbling - The player is not comfortable running with the stick on the ball and regularly looking in the direction they are travelling. The player runs with the stick off the ball. | | | | |

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| **Lesson 2 -** Demonstrate effective footwork to turn with the ball and start to develop the V drag and Indian dribble |

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| **Do now** | Why is it important to be able to manipulate the ball when you have possession? | | | | |
| **Teacher exposition**  **(I do)** | **Context:** The main principle behind V-drags is the ability to drag the ball from either right to left or from left to right to eliminate a member of the opposition.  The Indian Dribble is characterised by dribbling the ball quickly to the left and right, moving forward as you do so. It is named the Indian dribble as the Indian team from the 1956 Olympics were the first to showcase it. The technique requires agility and quick movements when done properly it can make it hard for the opposition to intercept the ball. | | | | |
| **V drag**  Basic grip.  Ball moves across body to the left  Rotate stick to drag ball back across body  Return to original running line  Keep the ball out in front of the body. | | | **Indian dribble**  Basic grip.  The left hand is turned to the right so that the stick can be fully rotated.  The stick turns through the right hand; the right hand does not turn over.  Keep the ball out in front of the body.  Use short and long drags. | |
| **Learning task (We do / you do)** | | | | | |
| *Practice – world famous dribbling and turning*     * Students begin with free practice in a marked area with both techniques. * Move to Indian slalom (A) * Move to V-drag (B) | | | *Application – attack the gates*     * Half the students with a ball half without. * Students with a ball will score a point for dribbling through a gate.   Students without a ball must sprint and block gates to stop the opposing team from scoring. | | |
| **Responsive adaptations** | **Developing**  Cones further apart during practice.  Less defenders in game | **Securing**  As above | | | **Mastering**  Cones closer together  Less gates  more defenders |
| **Progress check questions** | What were the two skills we learnt today?   * V Drag * Indian Dribble   Why is it called the ‘Indian dribble?’   * From the 1956 Olympics where the Indian Team performed it.   How can a V Drag deceive the opponents?   * You are pretending to go one way before manoeuvring the ball the other. | | | | |
| **Errors or misconceptions to look out for** | Stick “rolling” over the ball or the ball being pulled back into the feet - Incorrect grip -the time” position prior to commencing the Indian dribble. This means that when they wish to drag the ball back from the left of their body the stick face is not perpendicular to the ball, and the ball is pulled towards the right foot.  Player is not able to move the ball in a range of directions on the left side of their body - Incorrect grip - left hand is not in the “tell the time” position. Players may not have been shown that the stick face can be turned to move the ball in a range of directions, e.g., forward while using a reverse grip.  Right hand twisting over the stick towards the left hand side - Incorrect grip – right hand does not release on the stick when turning the stick with the left hand | | | | |

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| **Lesson 3 -** Demonstrate a drag and dummy to be able to eliminate an opponent |

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| **Do now** | How can we deceive or outwit an opponent in a game of hockey? | | | | | |
| **Teacher exposition**  **(I do)** | Context: To create effective attacking play and goal scoring opportunities your team must be able to eliminate a defender. This can be done either with individual (1-on-1) skills, or with elimination passes. This can also be done through: *Speed (change of speed and pure speed), stickhandling skills, change of direction, deception/feints:* these are all skills that, if used at the right time and place, can help an attacking player to eliminate an opponent. | | | | | |
| **Drag right to left**  Basic grip.  Fake to beat the opponent on reverse stick side.  Wide drag with the open stick to the left.  Control the ball with the reverse stick.  Scan.  Cut out. | **Dummy drag right drag left**  Basic grip.  Dummy to make a reverse stick pass to the right, let the stick go past the ball.  Wide drag with the open stick to the left.  Control the ball with reverse stick.  Scan.  Cut out. | | | | **Dummy drag left drag right**  Basic grip.  Dummy to make an open stick pass to the left, let the stick go past the ball.  Wide drag with the reverse stick to the right.  Control the ball with the open stick.  Scan.  Cut out. |
| **Learning task (We do / you do)** | | | | | | |
| *Practice – Elimination practice*     * Set up a row of cones in the centre * Players dribble to cones and practice elimination skills around the cones.   **OR**     * Player A passes the ball across * Player be must move the ball left or right. * Player chases through gate. * Player B to dribble to opposite gate. | | | | *Application – elimination 1 v 1 or Interceptor*     * Students play 1 v 1 games for a set amount of time. * Winner moves a pitch up   **OR**   * 1 defender in a box Attackers must * try to dribble through the box without being tackled.   If tackled attacker becomes the defender. | | |
| **Responsive adaptations** | **Developing**  Students to focus on V drag only | | **Securing**  As above | | **Mastering**  V drag from left and right side  Multiple defenders in tackle box for added pressure | |
| **Progress check questions** | What are three ways you can outwit your opponent?   * Drag Right to Left * Dummy Drag Right then Drag Left * Dummy Drag Left then Drag Right   Why would we need to outwit an opponent?   * To make a lead to increase chances of advancing towards the goal.   How could the team progress if the deception doesn’t work?   * Move the ball around the defenders, looking for spaces on the field. | | | | | |
| **Errors or misconceptions to look out for** | Unable to eliminate opponent - focus on the opponent to recognize when the opponent has been “tricked”.  When attempting to “rotate”, the player allows the opponent to intercept the ball - not keeping the opponent in behind the body when rotating. | | | | | |

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| **Lesson 4 -** Demonstrate the defensive skills of a block and jab tackle to regain possession |

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| **Do now** | What would make a successful tackle in hockey? | | | |
| **Teacher exposition**  **(I do)** | **Context:** A block tackle is used blocks the attacker's route by placing their stick horizontally on the pitch to gain possession of the ball and/or prevent the attacker from travelling any further. In using a block the defender uses a greater area of the stick to try and regain possession. | | | |
| **Two-handed block**  Basic grip.  Do not get stick down early (immobile in this position), but tackle at the last moment.  Stick at right angles to the line of the ball.  Use the shaft of the stick.  Scan for passes. | | **One-handed block**  One-handed grip.  Can use right or left hand, depending on the distance needed to reach.  Jab first, then lay the stick flat on the floor, tackle at the last moment.  Scan for passes. | |
| **Learning task (We do / you do)** | | | | |
| *Practice – block tackle 1 v 1*     * Continuous 1v1. * A starts with ball and dribbles * towards B, who closes A down * A is trying to beat B and get ball in control over the end line that B * started from. * B is trying to dispossess A and score over As line, with A tackling back. | | | *Application - Pirates*     * student to try and protect their ball in an area. * Defenders to try and tackle players with a ball. * Alternatively, all with ball and have to protect and tackle at the same time. | |
| **Responsive adaptations** | **Developing**  Passive defender | **Securing**  As outlined in drill | | **Mastering**  Perform drill in 2 v 1 in attacker favour  Use one handed block tackle. |
| **Progress check questions** | What is a block tackle?   * Where the stick is placed horizontally on the floor to stop the attacker from advancing.   Why would we use tackles in a game?   * To prevent the attacker from going further with the ball and to gain possession of the ball.   How could a tackle put off an attacker?   * Closing down the space to increase pressure on the ball and the attacker. | | | |
| **Errors or misconceptions to look out for** | The tackler hits opponent’s stick - The tackler is not in good position to take the ball.  The ball bounces up and away on the tackle – The tackler has angled the stick poorly.  The stick swings as the tackle is made - Reinforce the importance of blocking the path of the ball rather than swinging at the ball. | | | |

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| **Lesson 5 -** Demonstrate different “cuts” off the ball to create passing opportunities for a teammate |

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| **Do now** | What would you do to create space if you were not in possession of the ball? | | | | |
| **Teacher exposition**  **(I do)** | **Context:** Hockey is largely a game of manipulating angles. By changing the direction of movement using cuts you create either better passing options for a team mate or passing options for yourself. | | | | |
| **V-cut**  Used mainly against back and side marking defenders.  Move in a straight line towards opponent and slightly in the direction of the goal.  Push off strongly on the foot nearest opponent.  Move in a straight line slightly towards the passer. | **Using the blind spot**  Used against side and front marking defenders.  Get behind defender and in line with defender and ball.  When defender looks at the ball, either move sharply back to receive pass in the space made away from the defender, or fake to do that and receive on the other side. | | | **Creating space 2 v1**  Dribbler changes direction sharply towards receiver. Receiver darts out to the right.  This creates space for the pass.  Receiver gets level with the defender so that the pass eliminates the defender |
| **Learning task (We do / you do)** | | | | | |
| *Practice – posting up*  *All above techniques can be practiced using this drill*     * Player 2 starts at back of rectangle and moves forward to receive the ball at front of square. * Player 1 passes ball to team mate 2, who posts up in front of defender and then rolls out round the defender. * Player 1 follows their pass and will become defender for next repetition. * Player 2, after rolling out, passes to player 3, and follows their pass. * Now repeat drill with player 3 passing in to posting up player. | | | | *Application - 4 v 2 cut to get free*     * Two teams of 4 * 2 players is middle two on outside * Players in the middle need to cut free to receive a pass and then pass across to the other side. * Defenders try to intercept and cut out pass and score with their team mates   Players on outside cannot be tackled. | |
| **Responsive adaptations** | **Developing**  No defender for the initial practice | | **Securing**  As above | | **Mastering**  Defender puts active pressure on the receiver |
| **Progress check questions** | What is a cut?   * Changing the direction of movement   Why is using the blind spot good to do in a game environment?   * It eliminates a defender   How could we make the defender create a passing channel?   * Get them to initiate a tackle | | | | |
| **Errors or misconceptions to look out for** | The opponent intercepts the ball before it gets to the receiver - 1. The receiver hasn’t deceived their opponent to be able to create enough time and space to receive.  2. The receiver hasn’t held good body position to keep the opponent away from the line of the ball.  The attacker continually gives the ball to the opposition - The attacker is making the incorrect decision in the game situation. If the defender is blocking the path of the pass to the other attacker, the decision should be to dribble.  The defender is caught between the attackers - The defender has not decided whether to push towards the ball carrier or drop back towards the receiver. | | | | |