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| Jc Academy Logo.pngSubject: Hockey | | | |
| Resources: Hockey Equipment/Balls/Discs Cones | | | |
| Warm up (15mins):  Introduce the rules of scoring in hockey, showing the lines on the court. One child stands by each cone to receive the ball. When they have received the ball and passed it to the next cone they then run to the next cone ready to receive the ball from the previous cone. When the child has received and passed on each cone they then dribble into the D and take a shot at goal. They then run back to the start, making sure to stay clear of the cones. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Attackers must try to score as many goals as possible while the defenders must try and get the ball over the half way line  The ball must be successfully passed to someone stood on the half way line or must be dribbled over the half way line for the defenders to score a point  If a goal is scored or if a ball goes out of play normal hockey rules apply with the exception that when the defenders have reached the half way line the attackers take the ball from the half way line  Attackers and defenders are switched around after 5 minutes. | | | 1 Coaching points:  **Hockey safety**  **Ball Technique**  **Hand Technique**  2. Safety points:  **Spatial Awareness**  **Listening Skills**  **Hockey Equipment safety**  1 Coaching points:  **Movement with the ball**  **Movement without the ball**  **Spatial awareness**  **Communication**  2 Safety points:  **Hockey Safety**  **Spatial Awareness**  **Hockey equipment Safety** |
| Cool Down(10mins)  **Movement around the area- Using various breathing techniques** | | | Safety points: |
| RED  Bring the practice down a level | AMBER  Continue with practice | GREEN  Develop the session accordingly | Outcome of the session: |