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| ***Class: Y1*** |
| ***Lesson: Hockey*** |
| ***Lesson Objective:***TO MOVE EFFECTIVELY  |
| ***Resources:***HOCKEY STICKS, CONES, TENNIS BALLS |

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| ***Warm Up:***JOGGING AOUND THE AREA, SKIPPING, JUMPING, SIDE STEPS ON THE COACHES COMMAND. DYNAMIC STRECHES WILL FOLLOW. **Coaching Points:*****Safety Points:***BE AWARE OF WHOS AROUND  |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***PARTICPANTS WILL START BY JOGGING AROUND THE AREA WITH NO CONES, WHEN I SAY FREEZE, WHO EVER IS IN THE MOST SPACE WILL GET A POINT. CONES WILL BE LAYED OUT AND EACH INDIVIDUAL WILL RUN TO A CONE AND WAIT 2 SECONDS BEFORE FINDING ANOTHER CONE AND RUNNING TO IT. A BALL WILL BE INVOLVED WHERE THEY WILL NEED TO PASS, RUN TO ANOTHER CONE AND RECEIVE THE BALL AGAIN. **Coaching points:**RIGHT HAND BOTTOM OF THE GRIP, LEFT HAND TOP OF THE GRIP, HOCKEY STICK ACROSS THE BODY, BENT BACK, GLIDE THE HOCKEY STICK ACORSS THE FLOOR TO SHOOT.***Safety Points:***BE AWARE, NO SWIGING THE STICKS, KEEP THE STICKS LOW.  |
| ***Warm Down***:JOGGING, WALKING, FOLLOWED BY STATIC STRECHES. **Coaching Points:*****Safety Points***:BE AWARE OF WHOS AROUND  |
| ***Plenary:*** |

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| RED:SLOWER SESSION |
| AMBER:STANDARD SESSION  |
| GREEN: INCREASE THE SPEED |