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| ***Class:*** Yr 4, 5, 6 |
| ***Lesson:*** Hockey |
| ***Lesson Objective:*** Basic skills, introduction to hockey stick handling, dribbling |
| ***Resources:*** Hockey sticks, tennis balls, cones |

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| ***Warm Up:*** 4 different coloured cones laid in 4 different corners of the playing surface, whilst using the hockey sticks as part of handing, the children are to jog around the middle of the playing surface, once a colour is called out they are to sprint, whilst holding the stick close to their body with one hand at the top of the stick and one at the base. The correct way of holding the stick whilst running and not dribbling.  **Coaching Points:**   * Always holding the hockey stick in the correct positions whilst running * Ensuring nobody is colliding with each other * Coordinating running with being able to hold the stick correct at all times   ***Safety Points:***   * **Make sure area is completely risk free of any spills, equipment etc.** |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Dribbling  With the class split into 3 – 4 teams evenly, dependant on numbers, they will have to dribble around 5 different cones all lay in a line in front of there team cone. To make this harder for anyone that is easily able to dribble around the cones, they are to only allow the ball to make contact with one side of the hockey stick when dribbling, as is correct in hockey.  **Coaching points:**   * Allow all children to find their own feet with this by having a few tries up and down. * Step in if they are finding this activity difficult and offer support in the form of improvement they may be able to utilise. * Keep the ball close to them as it’ll allow them to have greater control of the ball, not needing to stretch out to get the ball.   ***Safety Points:***   * **Make sure area is completely risk free of any spills, equipment etc.** |
| ***Warm Down***:  Warming down will be starting with a couple of fast pace races, dribbling in and out of the cones like already practiced. Bringing heart rates down from sprint races, 50% pace races down to walking through the cones at a brisk pace.  **Coaching Points:**   * **Support all children with continuous points on stick handling, if they have progressed to one side of the stick use and keeping the ball tight to themselves for greater control..**   ***Safety Points***:   * **Make sure area is completely risk free of any spills, equipment etc.** |
| ***Plenary:*** |

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| RED: |
| AMBER: |
| GREEN: |