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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 |