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| ***Class: Y3*** |
| ***Lesson: Hockey*** |
| ***Lesson Objective:***TO SHOOT CORRECTLY USING A HOCKEY STICK  |
| ***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)***CHILDREN WILL LINE UP IN GROUPS OF 5, THEY WILL TAKE IT IN TURNS TO DRIBBLE AROUND THE CONES AND SHOOT AT THE GOAL INFONT OF THEM. NEXT, THEY WILL TAKE ON A DEFFENDER AND SHOOT AT THE GOAL. LASTLEY, THEY WILL HAVE A 2 V 1 AGAINST A DEFFENDER WITH ONE OF THE ATTACKERS SHOOTING. **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:0 DEFFENDERS |
| AMBER:STANDARD SESSION  |
| GREEN:2 DEFFENDERS  |