|  |  |  |  |
| --- | --- | --- | --- |
| **Jc Academy Logo.pngTuesday Lunch time club** Lesson: Hockey | | | |
| Resources: Hockey Equipment/Bibs/Cones/Discs | | | |
| Warm up (15mins):  Children will each have a hockey stick and will take part in a targeted penalty shootout with each target worth different points. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Children will then play a regulated hockey match using the shooting drills they learned, displaying different types of shots like the slapshot for example.  The children will work on the handling of the hockey stick and how to strike the ball.  Children will work on their positional sense when it comes to receive the ball and what space to get in. | | | 1 Coaching points:  Co-ordination  Technique  Ball work  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Footwork  Reaction  Teamwork  2 Safety points:  Sensible behaviour  Listening Skills |
| Cool Down(10mins)  Children will then name different types of shots before going off to lunch. | | | Safety points:  **watching where you are going.** |
| RED  Amend Session to ensure children are learning | AMBER  Make lesson slightly harder to challenge those children who are excelling | GREEN  The lesson will be progressed to make it harder and more detailed | Outcome of the session:  **Working on the set position and understanding of techniques** |