



# PE – KS3 – HOCKEY

## A KEY TERMINOLOGY

1	<b>Open Stick Dribbling</b>	The ability to keep control of the ball. Ensuring the ball is close to the stick whilst moving in different directions. <i>Left hand at top, right hand at the bottom of the grip / knees bent / back straight/ left elbow out / ball at 2 o'clock position.</i>
2	<b>Push Pass</b>	Controlled pass to an opponent. Often used at Penalty Corners. <i>Same grip as dribbling. Left foot forwards / push ball from behind the body / follow through with the stick in the direction you want the ball to go.</i>
3	<b>Slap Pass</b>	<i>Same grip and stance as the Push Pass but aim to have the chest on the knee and head over the ball. The stick draws a circle across the ground contacting the ball slightly in front of the body.</i>
4	<b>Reverse Stick dribble</b>	The ability to receive and control the ball on the left side of the body. <i>Same grip / stance as above but the right hand has a "soft" grip allowing the stick to roll over the ball so it can be pulled back from the left side of the body to the right side</i>
5	<b>Indian Dribble</b>	Combination of open and reverse stick dribbling which allows for quick changes of direction and more passing options. <i>Must ensure stick rotates in the right hand – no crossed arms</i>
6	<b>Hit</b>	Ball travels very fast. <i>Both hands are at the top of the grip. Ball is in line with the left foot. Head is over the ball. Contact the ball with the flat face of the stick and follow through where you want the ball to go. Short backswing and extend arms to the front to stop the stick lifting into the air.</i>
7	<b>Block Tackle</b>	Front facing tackle as the player travels towards another player. <i>Knees bent / back straight / stick flat on the floor / left fist on the ground / stick slightly tilted forward.</i>

## B

1	Ball cannot touch the back of the stick
2	A player cannot tackle another player's stick
3	The game starts with both teams being on-side and the ball is pushed back from the centre point in any direction.
4	Side-Line Ball – taken by the team who did not last make contact. All players 5m away.

## C TACTICAL SKILLS

1	<b>Teamwork</b>	We play selflessly: working for the team, not for ourselves alone, both on and off the pitch .We take pride in our team, rely on one another and understand that each player has a part to play.
3	<b>Enjoyment</b>	Enjoyment is the reason we play. We encourage players to enjoy training and playing. We use our sport to adopt a healthy lifestyle and build life skills.
4	<b>Discipline</b>	Strong discipline underpins our sport. We ensure that our sport is one of controlled physical endeavour and that we are honest and fair. We obey the laws of the game.
5	<b>Sportsmanship</b>	We observe fair play both on and off the pitch and are generous in victory and dignified in defeat

## D LINKS TO THEORY

1	<b>Cardiovascular Endurance</b>	The ability to continuously exercise the whole body without tiring. A hockey player would need cardiovascular endurance to maintain high levels of performance whilst running around the pitch the whole game.
2	<b>Power</b>	A combination of strength and speed. A hockey player would need this when passing or shooting
3	<b>Agility</b>	The ability to change direction at speed. A player would need this when dribbling with the ball to avoid being tackled.
4	<b>Speed</b>	The ability of the body or parts of the body to move quickly. A hockey player would need this to run past defenders or as a defender to catch up with the player dribbling the ball.

## Rules

5	The ball cannot be kicked or hit with the foot.
6	Any foul in the circle by a defender will result in a Penalty Corner. The ball must be taken out of the circle before a goal can be scored.
7	Long Corner – Ball accidentally goes over the back line from a defender. It is placed on the attacking 25 yd line in line with where it went off
8	Hit-Out – 16yd hit taken by a defender in line with the top of the circle when it is hit over the back line by an attacking player.