

Topic:	Outdoor Team Games
Sub-Topic:	Hockey
Overview:	<p>This unit is designed to develop the students' practical ability and knowledge in hockey. Knowledge will be based around both the technical and tactical elements of this activity with consideration given to the importance of teamwork, decision making, communication and knowledge of the rules. Students will explore all these elements with a view to improving their performance. Students will also have the opportunity to further develop their performance through attendance at Extra-curricular hockey sessions.</p>
Content:	<p>Technical Skills - Through the teaching of the technical skills the following aspects will be considered:</p> <ul style="list-style-type: none"> • Speed, power and accuracy • Weight and angle • Timing and control • Direction, flight and trajectory • Deception and disguise • Appropriate decision making/options during game play • Attacking and defensive options <p>Evasion</p> <ul style="list-style-type: none"> • Identifying space through scanning • Creating/exploiting space through good footwork • Running into the space with/without ball • Support ball carrier • Acceleration/deceleration away from the defender <p>Control</p> <ul style="list-style-type: none"> • Receiving the ball - low body position, weight on balls of feet, stick low and central • Dribbling - low body position, ball away from feet, ball 'glued' to stick, scanning for passing options/space (front/reverse stick) • Control without ball - be in ready position to intercept/tackle <p>Passing/Shooting (push, sweep, hit, lifting)</p> <ul style="list-style-type: none"> • Side on push pass - stationary and on the move • Front facing push pass on the move - off right & left foot • Sweeping - stationary and on the move • Hit - stationary and on the move • Lifting - aerial lob, low lift into space over stick • Reverse stick options <p>Defence Principles</p> <ul style="list-style-type: none"> • Deny/restrict space - Width and depth of defence • Applying pressure - Stick down • Channelling onto front stick • Timing and patience

	<p>Tackling - Block & Jab</p> <ul style="list-style-type: none"> • Block Tackle - channel opponent to one side, strong base with left foot forward and right foot back, head up, horizontal stick in 2 hands on ground • Jab Tackle - stay on balls of feet and balanced while waiting for opportunity to jab, lunge forward on left foot, take right hand off stick to extend reach, keep stick low with flat side facing up, extend stick towards ball using quick 'jab' like motion • Shave Tackle - keep stick low, sweeping action. <p>Set Piece - Penalty corners, long corners and free hits</p> <ul style="list-style-type: none"> • Attack - role of injector, stopper, hitter and other attacking players • Defence - role of goalkeeper, flyer, right trail, left trail, post • Creativity in attack <p>Decision Making</p> <ul style="list-style-type: none"> • Identify where the space is (scan) • Select best option (dribble, pass, shoot) • Make successful decisions when faced with an overload (2v1, 3v2) • Movement of supporting player to provide passing opportunities <p>Communication</p> <ul style="list-style-type: none"> • Verbal - calling for a pass, identifying who to tackle/mark • Non-verbal - arm/hand/stick gestures <p>Tactical Development</p> <ul style="list-style-type: none"> • Formations - 8 a side, 11 a side • Positional knowledge - similarities & differences between positions • Roles & responsibilities • Width/depth/support in attack • Depth & delay in defence • Restarts <p>Rules</p> <ul style="list-style-type: none"> • Formal rules - feet, using flat side of stick only, stick tackle, ball out of play, dangerous/foul play - high stick • Informal rules (etiquette) - shake hands at end of game, give ball back to opponent
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Outdoor Games (Hockey, Rugby and Football)

Level 3

Significant Aspects of Learning

