



Knowledge Organiser

Hockey Year 3

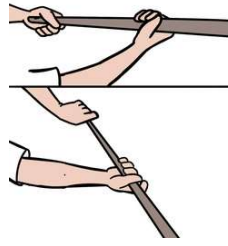
Get Set 4
Education

About this Unit

Hockey is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals. If you are in possession, you are on the attacking team. If you are not in possession, you are on the defending team.

In hockey we use sticks to pass, dribble and shoot the ball. Did you know that there are no left handed sticks? That means that all players play with a right-handed stick!

To hold your stick, place your right hand in the middle of the stick. This helps to control the stick and the ball. Your left hand stays at the top and helps to turn the stick to change the direction of the ball!



Can you think of any other invasion games that share these principles?

Invasion Games Key Principles

| attacking | defending |
|----------------------------|-----------------|
| score goals | stop goals |
| create space | deny space |
| maintain possession | gain possession |
| move the ball towards goal | |

Key Vocabulary

- accurate:** reaching the target
- attack:** the offensive action of trying to score goals or points
- attacker:** someone in possession
- control:** being able to perform a skill with good technique
- decision:** select an outcome
- defender:** someone not in possession
- defend:** mark a space or player
- dribble:** to travel with a ball using feet or hands
- intercept:** to gain possession of the ball
- invasion:** a game of two teams who invade each other's space to score goals
- opposition:** the other team
- possession:** to have
- receiver:** to collect or stop a ball that is sent to you
- tactics:** a plan for how to play
- teamwork:** working together
- tournament:** a competition of more than two teams

Sending & receiving:

Point your stick to your target when sending the ball to help to send it accurately.

Dribbling:

Dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

Space:

Spreading out as a team will help to move the defenders away from each other.

Attacking and defending:

As an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

Ladder Knowledge

- dribble
- pass
- receive
- intercept
- run
- shoot



This unit will also help you to develop other important skills.

- Social** communication, collaboration, work safely, respect, co-operation
- Emotional** honesty, perseverance, determination, support others
- Thinking** decision making, select and apply, comprehension, identifying strengths and areas for development, reflection

Feet:

- You cannot kick the ball. Try not to let the ball touch your feet.

Sticks:

- The stick cannot be lifted higher than waist height.
- You can only use the flat side.

Free pass:

- If a rule is broken, a free pass is awarded to the other team.
- All players must be three big steps away from the person taking the free pass.

To start a game, one team begins from the middle. After a goal, the non-scoring team begins from the middle.

Tactics

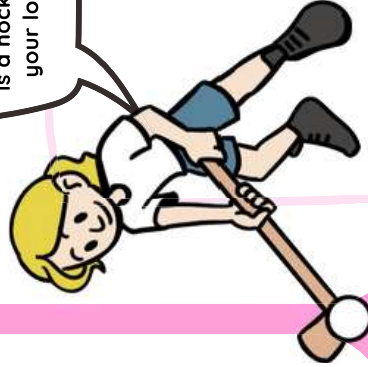
Tactics help us to make a plan for how we are going to play. Spreading out in attack is a good tactic to help to create space and move defenders. Defending a player each is a good tactic to limit the attacking team's options.

Healthy Participation

- Make sure any unused equipment is stored in a safe place.
- Don't lift your stick higher than your waist.
- Ensure you are working in a safe space away from others.



If you enjoy this unit why not see if there is a hockey club in your local area.



How will this unit help your body?

- agility, balance,
- co-ordination, speed,
- stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Push Pass

What you need: a pair of socks or a small ball and three markers e.g. cushions

How to play:

- Place two markers approx. 2m apart to create a goal and a third marker approx. 3m away as a start point.
- Place your socks/ball on the floor and attempt to push it using your hand through the goal.
- If successful move back a step and try again. How far back can you go? For an extra challenge, make your goal smaller!

Top tips:

- Step forward with your opposite foot to the hand you are using.
- Finish with your hand pointing in the direction you want the socks/ball to go.



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Head to our youtube channel to watch the skills videos for this unit.

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