



# Hockey EYFS

## Overview

### **Week 1:**

- Hockey stick Familiarisation.
- Traveling safely with Stick held correctly.

### **Week 2:**

- Basics of Dribbling.

### **Week 3:**

- Dribbling with improved speed and accuracy

### **Week 4:**

- Basics of Passing / Push Pass

### **Week 5:**

- Combining passing and dribbling.
- Basics of Shooting.

### **Week 6:**

- Combining passing, dribbling, and shooting
- Accuracy of passing and shooting.

### **Week 7:**

- Conditioned games.

# Hockey Key Stage 1

## Overview

### **Week 1:**

- How to hold a hockey stick correctly.
- How to move around with the hockey stick safely and correctly.

### **Week 2:**

- How to dribble with a tennis ball.
- Indian dribble.
- Straight dribble.

### **Week 3:**

- How to pass a ball in hockey.
- Push pass.

### **Week 4:**

- Advanced push passing.

### **Week 5:**

- Combining push passing and dribbling together.
- Intercepting and tackling.

### **Week 6:**

- How to shoot using correct technique.

### **Week 7:**

- Conditioned games.

<b>National Curriculum links:</b>	<ul style="list-style-type: none"><li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li><li>• Participate in team games, developing simple tactics for attacking and defending.</li></ul>
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# Hockey KS2

## Overview

### Week one:

- Passing technique. (Push pass).
- Passing over different distances with accuracy.

### Week two:

- Moving with the ball. (Indian dribble or straight dribble)
- Dribbling with control and keeping the ball safe.

### Week three:

- Passing the ball to keep the ball away from the defender.
- The basics of tackling whilst keeping safe.

### Week four:

- Beating a defender using the correct dribble.
- Using a team mate to beat a defender and score a goal.

### Week five:

- Bring all the skills of passing, dribbling and tackling together in conditioned games.
- Show improved team play to keep the ball.

### Week six:

- Bring all skills together in conditioned games with players showing how they can play as a part of a team and influence how the game turns out.

