## Year 5&6 Hockey Lesson 1 Objectives

**Ball familiarization**
- To be able to perform the fundamental hockey skills.
- To be able to perform these in a small sided game to maintain ball possession.
- To develop their understanding and knowledge of the basic rules in hockey.

### Introduction/ warm up (Connection and Activation)

<table>
<thead>
<tr>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-10 min</td>
<td>Start by having every child walking from end to end. Progress into a constant walk around the area. This provides control &amp; sets out expectations for the lesson.</td>
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</tbody>
</table>

**Warm Up: Octopus**
Two/three children are taggers (an octopus). The rest of the children start by moving from one end of an area to the other on teachers command. If they are tagged they turn to seaweed, feet are not allowed to move but they can use their hands/arms to tag others as they move past.

### Main (Development/ Application)

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<td>5-10mins</td>
<td>Lower ability coaching and KPs for lower ability students.</td>
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**Introduction**
In partners, one child will dribble the ball around an area & on the teachers commands find their team mate to complete a pass.

**Development**
Set up a gate using 2 cones for each pair.
Passing to a partner using a push pass.

a) 1 point for every pass through a gate.
b) Different colours = different points.
c) Colours = different types of passes.
d) Receiving the ball on the move

**Development: Indian dribbling (refer to KP5)**
Every student to have a stick and ball, students to learn and develop the skill of Indian dribbling in hockey.

**Application**
Dribbling around the area, when you reach a cone, students to apply Indian dribbling skill to beat the cone.

**Cool Down & Plenary**
Long, slow steps around the area, also gently swinging arms in a large circle (forwards then sideways... each way)

*How did you pass the ball? What is Indian dribbling? Why is it good to use when playing hockey?*

[https://www.youtube.com/watch?v=kDB3CbsjNmQ – Indian Dribbling](https://www.youtube.com/watch?v=kDB3CbsjNmQ)