**Hockey - Passing**

**Learning objective:**
1. To develop the range of passing techniques in hockey.
2. To extend the distance of passing.
3. To pass and move around others.

## Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| Hi baby warm up with hockey balls. Children have a hockey or tennis ball each and dribble around the space. When they go past someone, they make eye contact and say “Good morning/afternoon” | 10 mins | Extend:  
- Encourage reversing the stick to control movement (see Indian dribbling video)  
- Increase speed  
Support:  
- Use a larger ball to dribble.  
- Allow the use of both sides of the stick |

<table>
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<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
</table>
| Activity 1:  
Set up a gate (2 cones of the same colour ½ metre apart) in between each pair. Children stand 1 metre from the gate each side. Push pass through the gate (see video and visual aid for Hockey). Partners receive a pass in a low stance, knees bent, lying stick low to absorb pass (see visual aid).  
**Progress:**  
- Pass through the gate, receive, dribble to next gate, pass back to partner  
- Pick two pairs to be GATE DEFENDERS. They protect the gates to prevent attackers from passing through. Change defenders regularly.  
  - Defenders can only stand in the way  
  - Defenders can intercept  
  - Defenders can tackle | 10 mins | Extend:  
- Extend the distance of the pass  
- Receive pass, move to the side and pass back on the angle  
- Reverse pass  
Support:  
- Larger ball  
- Use feet to stop the pass |
| Activity 2:  
Remove the gates and set pairs up over a greater distance, provide as much space as possible. If space is limited have 2 pairs working together, each time 1 receives the other passes. Introduce Slap and Hit pass (see visual aid) - ensure the safety of the group, be aware of drawing stick back behind body more. This technique is for long passes. Receive the pass as above from activity 1.  
**Progress**  
- Introduce a target zone. Partners score points when they hit the target  
- Add in a target cone to increase accuracy | 10 mins | Extend:  
- Hit on the move, push small pass ahead of you and slap hit the pass.  
- Reverse hit  
Support:  
- Have a larger target area to hit to.  
- Move closer to target |

## Plenary

What type of passes did we work on? When would you use the push pass? When would you use a slap/hit pass? Discuss your body position for receiving a pass.

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