**Hockey: Shooting**

**Learning objective:**
1. To learn different shooting techniques.
2. To shoot on from a static and moving position.
3. To score in 1-1 situations.

<table>
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<th>Lesson Structure</th>
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<tr>
<td><strong>Introduction/ warm up (Connection and Activation)</strong></td>
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| **Dribble tag:** 5 players (taggers) dribbling their hockey balls, the rest of the class moving around in dribbling position without a ball. The taggers aim to hit feet or hockey sticks. If tagged children stand still and can be released by touching hockey sticks together. Change taggers every 90 seconds. | 10 mins | Extend: The pass to take must be with a reverse pass
Support: Children struggling to tag can run, the rest of the class have to walk |

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<tr>
<th><strong>Main (Development/ Application)</strong></th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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| **Activity 1: REFER TO HOCKEY VISUAL AIDS FOR TECHNIQUES BELOW** | | Extend: Extend distance of shooting box from goal
Make goal and corner areas smaller
Support: Reduce distance of shooting box from goal
Make goal and corner areas smaller |
| Children form groups of (ideally) 3 or 4. Set up 1 goal, using 2 cones 2 metres apart, put two additional cones of the same colour 30 cms inside the goal on either side. This creates corners as targets for the shooter. The children set up a shooting zone, with 4 cones making a square, opposite the goal approximately 4-6 metres away. See set up below | | Extend: As above
Add defender to dribble past
Shoot from different angles
Shoot with reverse shot
Support: As above
Limit GKs movement |

- X
- + X X
- Attackers shoot from box
- + X X

- Start without a goalkeeper and aim for the corners with a push pass/shot
- Keep track of individual scores - 1 point for middle, 3 pts for corners
- Introduce Slap shot, with stick taken back to waist height pre contact

**Activity 2**
Remove corner cones and 1 child becomes goalkeeper (GK), rotating with others every 6 shots.

**Progress**
- Receive pass from GK in box and then shoot
- Receive pass from GK behind box, dribble in and shoot on the move
- Receive pass from GK in box, dribble forward closer to goal to score
- Dribble from box to goal and perform and Indian dribble to score

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<th><strong>Plenary</strong></th>
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<tr>
<td>What effects the accuracy of your shooting? What technique would you use to score closer to the goal? What technique would you use when shooting from distance?</td>
<td></td>
<td>www-moving-matters-org</td>
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