Hockey Session Year 5

Dribbling and Passing

**Equipment:**
- Hockey stick per player
- Hockey ball per pair
- 10 large hoops
- 40 Disc cones

**Time:** 45 Minutes

**Vocabulary:**
- Communication
- Push pass
- Dribbling
- Turning

**Key Teaching points:**
- Have one hand lower down on the stick for control
- Push the ball to your partner
- Cushion the ball to control it

**Warm Up:**
Pupils should get into groups of three; each group has a hoop and 3 balls. The team must go around the square collecting one cone at a time, they are also allowed to take other teams cones, and they must then put them back in their own hoop. Players cannot defend their own hoop.

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**Warm up 2:** Stretches, hold each for 8-10 seconds, pupils should be able to name muscles and demonstrate example stretches to rest of group.

**Warm up 3:** Progression of first game, this time each team has three hockey balls, they must go around to other hoops take a ball and dribble it back to their own hoop. Players cannot defend their own hoop or tackle others.

**Further progression:** Add in two defenders to tackle dribblers.

**Main activity:**

**Passing gates:**

Pupils work in pairs to try to score as many goals as possible, they score a goal by successfully passing a ball through a ‘gate’ to their partner, they then dribble ball, to another goal to try and score as many goals as they can in 1 minute. Repeat this activity introducing teaching points with each go.

**Progression:**

Add in one defender and then two defenders whose aim is to intercept passes and tackle those dribbling, each time a defender touches a ball the attacking pair loses 1 goal from their total.

**Differentiation:**

Pupils work with a similar ability in a pair and can measure their success by improving on their own score, so working at own speed, H.A. pupils should try to achieve as many goals as they can and again improve on score.

**Assessment Focus:** Are pupils increasing the number of ‘goals’ scored with each go? Do they score more on their last go than on their first – ask for show of hands as to whether they have improved on their first score?

**Cool Down:**

Pupils jog round travelling between gates changing direction, on call from teacher the collect a certain colour. Then in groups of three perform stretches, holding each for 15 seconds.