



HOCKEY

KNOWLEDGE ORGANISER

Upper KS2



Overview

-Hockey is an invasion game in which two teams play against each other.

The aim is to try and manoeuvre the ball or puck into the opposition goal using a hockey stick. The game is played over a set time period, after which the team with the highest number of goals wins.




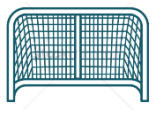

-There are several different types of hockey, for example field hockey and ice hockey.

-Hockey is a well-liked sport for both men and women. It is played in many countries across the world, and can be played on multiple surfaces.

-Players and teams should consider how tactics and strategies can help them to outwit opponents.



Physical

Skill	Definition	How do I do this?
Open and Reverse Stick Dribbling 	To move the ball with the stick, keeping it in your possession.	-Right hand half way down, left hand on top of the stick. -Left hand helps rotation. Right hand gives control. -Keep the stick close to the floor, bend your knees and keep your head up. Turn your stick with your stop hand for control. -Avoid defenders to stay in possession of the ball.
Push Pass 	To send the ball to a teammate by pushing (rather than hitting) the ball.	-Look for an opponent who is in space. Stick on the ball, no back swing. Stepping action with opposite foot coming forward to create more power in the push. Push the ball using the flat side of the stick. Follow through leading with left elbow. Keep your stick lower than waist height.
Receiving the Ball 	To receive and hold possession of the ball.	-Move into space away from others. Move your feet to get in line with the ball. Stick low to the ground to create a barrier. Left elbow as high as shoulder in front of body. Thumb pointed down towards the ground, angled stick, forming a trap. -Cushion the ball by moving the stick backwards.
Shooting 	To direct the ball towards the goal by hitting the ball with your stick.	-Keep your eye on the ball to increase the chances of a clean strike. If possible, slow the movement of the ball so that it is easier to hit. Lift your hockey stick back away from the ball (lower than waist height) and strike the ball towards the goal.
Open Stick/ Jab Tackle 	To stay close to an opposition player.	-Move to stay in line with the attacker. -Open Stick: Widen grip and place the stick towards the ground in a crouched position, creating a barrier. Jab: move the stick quickly in and out like a snake strike.

Social and Emotional

Cooperation

Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates effectively. Teams need everybody to put effort in – one or two weak links can mean that a team is not as effective as it could be!

Supporting and Encouraging

Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. Make sure that your comments to others are aimed either to build their confidence or skills, and are always fair/ appropriate.



Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. You should be able to officiate your own matches fairly.



Communication

Success in team games hugely depends on communicating well with teammates. We can do this through speaking, listening body language and facial expressions. It is important to listen, build on and challenge the ideas of others. Remember to communicate clearly & appropriately.

Inclusion

Inclusion is all about including others within groups and teams. We should adopt pro-active behaviours, options and actions to make people from all backgrounds, ages and abilities feel welcome, respected and that they belong as a part of our sporting activities.

Perseverance

Perseverance is about continuing with tasks even through setbacks or when they are difficult. We should aim to learn from mistakes, rather than dwelling on them. Remember that all successful sportspeople started somewhere, and made lots of mistakes on their way to success! When it gets hard, keep going!

Key Vocabulary

Hockey
Hockey Stick
Ball/ Puck
Open Stick Dribble
Reverse Stick Dribble
Push Pass
Open Stick Tackle
Jab Tackle
Awareness
Strategies
Tactics
Perseverance
Feedback

Thinking/ Strategic

Strategies – A strategy is your team's overarching approach to being successful within the game, for example to try and soak up opposition pressure and play on the counter attack.

Tactics – Tactics are the specific actions or steps that the team takes to achieve the strategy, for example to pass the ball to the fast wingers, or for the attackers to support the defense in defensive situations.

By upper Key Stage 2, you should be able to plan and implement some of your own strategies and tactics. Improve your team's effectiveness by evaluating your successes and areas for development afterwards.



Selecting and Applying Skills

You now know a range of different hockey skills, including different ways to dribble, tackle and support your teammates. You should carefully consider which skills to use at which time, in order to provide the most positive outcome.

Observing and Providing Feedback

Watch others as they play and provide constructive feedback on strengths and areas for development. Remember to always be fair and polite to others.

Health and Safety

Always try to follow the rules of the game honestly and safely.

Be aware of the people and space around you. Use communication to let others know where you are.

Perform actions in a strong and balanced position.

Keep hockey stick below waist height at all times.

Hard objects, like hockey sticks and balls, should be used sensibly at all times, as they can easily injure people.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.