

## SESSION OBJECTIVES

- > Know how to control the ball using the stick
- > Can maintain control of the ball whilst moving in a variety of directions whilst under no-, partial- and full-pressure
- > Understand how to apply the skills learnt in basic games

## VOCABULARY

- “ Scoring goals ”
- “ Dribble with the ball ”
- “ Tackling and repossessing the ball individually ”
- “ Game play ”

## SESSION OUTCOMES

### NCPE

- > All children will understand how to keep control whilst moving in a variety of directions
- > Most will be able to control the ball whilst moving in a variety of directions
- > Some will be able to control the ball whilst under pressure

### PHYSICAL

- > Developing hockey-specific movement patterns including understanding the best body position to adopt whilst in possession and challenging to win the ball

### TECHNICAL

- > Introduce basic ball carrying techniques and apply these in a contested situation
- > Introduce block tackling in a game situation

### TACTICAL

- > Develop an understanding of maintaining possession in a 1v1 situation by playing to space and attacking the defenders left foot when possible

### MENTAL

- > Develop confidence when in possession of the ball
- > Evaluate previous performances to improve future play
- > Challenge players to stay with the task until the end of each activity

### COACHING THE WHOLE CHILD

- > Encourage players to find creative solutions to the challenges they face when playing 1v1
- > Introduce the Respect that underpins the game of hockey (see page 85):
  - > Respect for the game
  - > Respect for others
  - > Self respect



## SESSION DELIVERY PLAN

### WARM UP

#### SKILL CARD 1: INDIVIDUAL BALL CARRYING INTRODUCTION

This challenge provides players with the opportunity to become comfortable in possession of the ball. Divide the group into teams of four and position each team behind one of the cones on the corner of the large box (set up as many boxes as are required for the group). There are four progressions to follow:

1. Straight line, there and back
2. Left drag
3. Left pass
4. There and back, partial pressure 1v1

Repeat each exercise four times each. Use races between teams to increase the pace of the challenge if appropriate.

#### SKILL CARD 2: 1V1 HEAD-TO-HEAD

This challenge allows players to practice their ball carrying when under pressure and introduces the first basic defensive skill. A change of pace will also help them gain success. Start with a brief demonstration and walk-through of the block tackle. Divide the group into teams of three and assign two teams to each pitch. Players start on middle cones and on 'Go' sprint round their goal and compete for the ball. The player in possession tries to score in the opposite goal. Defender looks to gain possession and score in turn. Aussie Rules scoring is used (Goal = 6pts; Behind = 1pt). The team with the most points at the end is the winner.

#### SKILL CARD 3: 1V1 FIND THE SPACE

This challenge allows players to practice their ball carrying under pressure. They should be encouraged to play to space to score easy goals and use a change of direction and/or pace to eliminate the defender. Use the same teams as Skill Card 2 and adapt the pitch to include two extra goals. Teams alternate between attack and defence. The defender must start behind their goal and run to a cone in the middle to release the attacker (if the defender wins the ball they become the attacker). The attacker starts behind their goal and can score by carrying through either side goal (1pt for a 'behind', 6pts for a goal). Alternate so as soon as one pair is finished the next one is ready to go. The team with the most points at the end is the winner.

#### SMALL-SIDED GAMES CARD 1: ATTACKING THE SPACE

The first small-sided game card progresses from the previous challenges and uses the same pitch layout as Skill Card 3. Using the same teams play 3v3 using the Aussie Rules scoring (Goal = 6pts; Behind = 1pt). Play four-minute games in a ladder format with the winner's moving up towards the top pitch and the loser's moving down. Pitches can be named after the following International Hockey Tournaments:

1. Olympic Games, 2. World Cup, 3. Champions Trophy, 4. European Championships, 5. London Cup

### COOL DOWN



## Plenary

- > **What was our main objective in this lesson?**  
Develop individual ball carrying skills
- > **Show me how to hold your stick when you play.**  
Left hand at the top.
- > **Why do you hold it like this?**  
For control when we ball carry
- > **Where do we want the ball when we are in possession?**  
Ball out in front.

### > Why?

So we can see ahead and so that the ball does not touch our feet

### > How confident are you at beating a defender in a 1v1 situation?

Imagine a line across the pitch, if you feel very confident stand on the line towards the left hand side, not so confident, stand towards the right hand stand.

### > What do you need to do to get better?

Eg vary my actions towards a defender. I always use change of pace. I need to practice change of direction & moving into space as this is the defenders reverse stick side)