

### About this Unit

Hockey is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

In this unit you will be given the chance to umpire. Here are some top tips when umpiring.



TOP TIPS

- Be clear and confident when making a decision.
- Have knowledge of the rules.
- Move with the ball up and down the pitch so that you can see the play.
- Be fair and honest.

### Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Can you think of any other invasion games that share these principles?



### Key Vocabulary

- ball carrier:** the person in possession
- barrier:** an obstacle that prevents movement or access
- close down:** to reduce the amount of space for an opponent
- create:** to make space
- maintain:** to keep
- possession:** to have
- pressure:** to add challenge
- situation:** circumstances that create what happens
- sporting behaviour:** play fairly, respect others and be gracious in victory and defeat
- support:** to help
- tactics:** a plan that helps you to attack or defend
- transition:** moving from attack to defence or defence to attack
- umpire:** the person who makes sure the rules are followed



### Ladder Knowledge



#### Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

#### Dribbling:

Dribble in different directions and at different speeds will help you to lose a defender.

#### Space:

Move to space even if you do not receive the ball will help to create space for a teammate.

### Movement Skills

- dribble
- pass
- receive
- tackle
- intercept
- run
- shoot

This unit will also help you to develop other important skills.

**Social** communication, collaboration, respect, support others

**Emotional** honesty, perseverance

**Thinking** identify areas of strength and areas for development, select and apply, decision making, comprehension, reflection

### Rules

#### Feet:

- You cannot kick the ball. Try not to let the ball touch your feet. If feet are intentionally used, a free pass is awarded.

#### Sticks:

- The stick cannot be lifted higher than waist height, and you can only use the flat side.
- You cannot intentionally interfere with another person's stick.
- If these rules are broken, a free pass is awarded.
- Don't swing stick to make a tackle.

#### Free pass:

- If a rule is broken, a free pass is awarded to the other team.
- All players must be three steps away from the person taking the free pass.

### Tactics

We use tactics to select how to attack and defend as a team. You will learn different tactics and choose as a team which to use in which situation.

### Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Don't lift your stick higher than your waist.
- Ensure you are working in a safe space away from others.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Track and Touch



**What you need:** A partner and two markers.

- Place the two markers approx. 8m apart.
- One person leads by sidestepping between the cones, changing direction at any time. Partner tracks them, mirroring their movement and attempting to stay in line with them.
- The leader shouts 'touch' and turns and sprints towards one marker, partner races to beat them past the cone.
- Repeat three times before switching roles.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

If you enjoy this unit why not see if there is a hockey club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Head to our youtube channel to watch the skills videos for this unit.



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