

HOCKEY



JOG AND DRIBBLE

HOCKEY

SAFETY, MANAGEMENT, AND TEACHING HINTS

- Conduct activities on any smooth surface, free of obstacles. A floor hockey ball (instead of puck) is recommended, however, a small foam, tennis or wiffle ball may be substituted.
- To ensure students' safety, proper stick handling technique is very important. Remind students to keep sticks below waist level and encourage them to use good judgment at all times.
- Utilize the SPARK "Principle of 3's" during drills and game play: "How many feet must I be away from my opponent? How many passes must be completed before a shot on goal may be taken?" The answer is always "3."
- After the first lesson, begin class with "Instant Activity," such as free dribbling or partner passing within boundaries of play area for 2-3 minutes.
- Challenge advanced students by using them as group leaders, peer teachers, and demonstrators.

SKILLS

Dribble and Dodge

Pass and Receive

Shooting

Combining Games/Skills

MAJOR DRILLS/GAMES

Stationary Dribble
Walk and Dribble
Jog and Dribble
Dodge and Go
Dribble Keep Away
Get Your Ball
Face-Off

Partner Pass and Receive
Challenges
Pass-Pass
Give and Go

Shot on Goal

Dodge and Pass
2 v 1 Keep Away
3 Pass Game
3 Pass with Shot
End Line Hockey
Sideline Hockey

EQUIPMENT NEEDS

1 stick and ball/student, 12 6" cones, 12 18" cones, 1 whistle
Optional: 1 pinnie/2 students (if sticks not color coded)

UNIT: HOCKEY

LESSON: 1

OBJECTIVES

Grip, trapping, dribbling

EQUIPMENT

1 stick and ball/student, 4 cones,
whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-INDIVIDUAL DAY-</u>		
Grip/Stance	<p><u>-Students scattered within activity area, each with a stick.</u></p> <p>-Discuss safety tips, behavioral expectations of students.</p> <hr/> <p>-Practice whistle cues until students demonstrate mastery.</p>	<p>-Grip: Top hand at end of stick, lower hand grips stick about 2 feet lower.</p> <p>-Place blade on ground. Bend knees, lean forward, and place one foot forward. This is the forward straddle position.</p> <p>-For safety, keep your stick low. NEVER raise it above waist level.</p> <hr/> <p>-When you hear 1 whistle, freeze and listen; 2 whistles, come to me.</p> <p>-Let's practice that a few times.</p>
Stationary Dribble	<p>-Distribute balls, 1/student.</p> <p>-Students practice ball control pushing forward and back, side-to-side, while stationary.</p> <p>-Ball should not go further than 1-2' from stick.</p> <p>-“Front side:” Side of stick blade facing away from student.</p> <p>-“Backside:” Side of blade closest to student.</p> <p><u>For Advanced Students:</u></p> <p>-Tap-Tap-Pull: 2 short taps forward followed by 1 long pull backward. Also, 2 short taps L (or R) followed by 1 long pull R (or L).</p>	<p>-In forward straddle position, push ball forward with front side of stick (the side facing away from you), then backward with backside of stick.</p> <p>-Can you transfer your weight from front to back foot while you do this?</p> <p>-In side straddle position (like the “out” position in jumping jacks), move ball side to side using both sides of your stick.</p> <p>-Don't go beyond your toes!</p> <p><u>Challenges:</u></p> <p>-How quickly can you move the ball front-to-back? Side-to-side?</p> <p>-Going front-to-back, count your touches on the ball. How many touches can you make in 15 seconds?</p> <p>-How quickly can you make 15 touches?</p> <p>-Going side-to-side, how many touches can you make in 15 seconds?</p> <p>-How quickly can you make 15 touches?</p>

UNIT: HOCKEY

LESSON: 1 (Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
Trapping	-Students use front side of stick to trap ball.	-On whistle, stop ball with front side of stick, angle stick forward.
Walk and Dribble	<ul style="list-style-type: none"> -Students dribble while walking freely in boundaries. -Trap on teacher command. -Stick blade should stay below knee level while dribbling. -Stress the importance of controlling the ball. 	<ul style="list-style-type: none"> -Keep ball within 1-2' of your stick. -Look forward and watch for others. -Pay attention to your OWN ball. -Keep stick low to ground and do not raise above knee level. -Trap ball with front side of the stick (give with the ball) on the whistle.
Challenges	-Pose challenges, allow sufficient practice time.	<ul style="list-style-type: none"> -<u>While keeping the ball close to your stick can you:</u> -Walk slowly in a curved pathway? At a low level? In a zigzag pathway? -Walk at a medium level in a diagonal pathway? -Walk quickly around the perimeter of our play area? -Keep your distance from others around you. -Watch where you're going.

UNIT: HOCKEY

LESSON: 2

OBJECTIVES

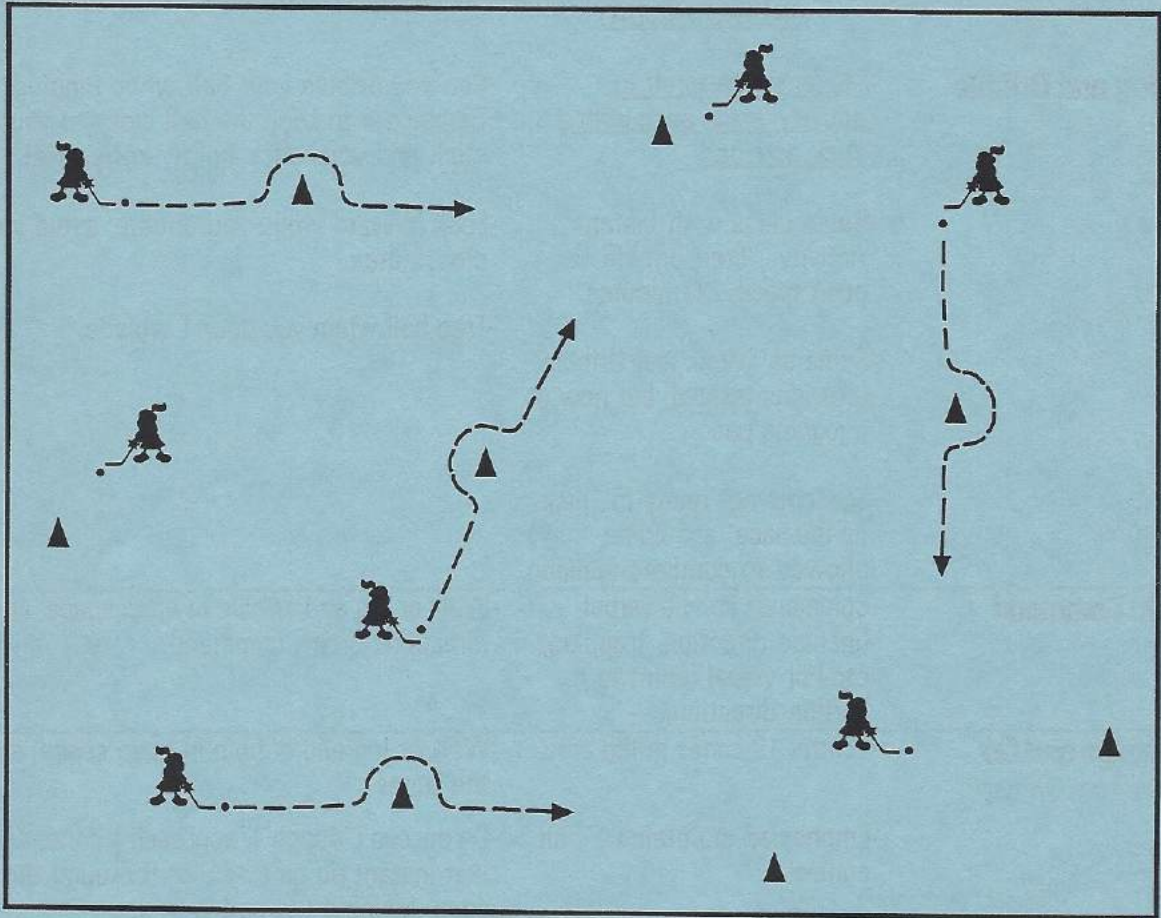
Dribbling, trapping, dodging

EQUIPMENT

1 stick and ball/student, 12 small cones,
4 large cones (for boundaries), whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
	<u>-INDIVIDUAL DAY-</u>	
Jog and Dribble	<ul style="list-style-type: none"> -<u>Students scattered in activity area, each with a stick and ball.</u> -Begin class with Instant Activity. Free dribble in open space, 2-3 minutes. -Same as "Walk and Dribble" (previous lesson), but now at a jogging pace. -Students not ready to "pick up the pace" should be allowed to continue walking. 	<ul style="list-style-type: none"> -Can you dribble your ball while jogging? Remember to keep the ball close to your stick and your stick below knee level. -Look forward while you dribble, avoid your classmates. -Trap ball when you hear 1 whistle.
On Command	<ul style="list-style-type: none"> -Commands can be verbal (include direction, trapping, etc.) or visual (point to a certain direction). 	<ul style="list-style-type: none"> -Walk or jog and dribble in open space; change directions on my command.
Dodge and Go <i>Diagram on back</i>	<ul style="list-style-type: none"> -Scatter 12 cones in the area. -Emphasize maintaining ball control. -Change of speed and direction are crucial when dodging. 	<ul style="list-style-type: none"> -Walk or jog and dribble in open space, avoid the cones. -On my cue ("dodge"), approach a cone, and at last instant go quickly L or R around the cone, keeping the ball with you. -Use a burst of speed as you go around cone. -Continue dribbling in open space.
Dribble Keep Away	<ul style="list-style-type: none"> -<u>Scattered in boundaries, with own stick and ball.</u> <u>Option:</u> -If students lose their ball, have them dribble once around the outside of the area before returning to game. 	<ul style="list-style-type: none"> -<u>The object of this game is to dribble and keep control of your ball while trying to knock away the ball of others.</u> -You may knock balls away only when you have control of own ball. -If your ball goes outside the boundaries, get it quickly, come back and play. -Keep stick low to ground. -Move into open space.

DODGE AND GO



UNIT: HOCKEY

LESSON: 3

OBJECTIVES
 Passing, receiving

EQUIPMENT
 1 stick/student, 1 ball/2 students,
 4 cones, whistle

ACTIVITY	ORGANIZATION -PARTNER DAY-	TEACHING CUES
Partner Pass and Receive	<p>-Partners face off formation, standing 5-6 yards apart.</p> <p>-When receiving, emphasize trapping ball close (within 1') to stick.</p> <p><u>For Advanced Learners:</u> -Backhand pass - students turn sideways to pass using backside of stick.</p>	<p>-Both partners in forward straddle, one with ball.</p> <p><u>Forehand passing:</u> -Face partner, keep ball on front side of stick. With top hand angled forward, push ball to partner using lower hand, keep stick along ground. -Finish with lower hand forward; extend ("snap") your wrists.</p> <p><u>Receiving:</u> -Keep blade on the ground. As the ball approaches, "give" with it: relax lower hand grip and angle top hand forward. Try not to let ball rebound off your stick. -Pass from stick to stick.</p>
Challenges	<p>-Teacher presents challenges.</p> <p>🍏 <i>Math Integration:</i> Play "Trap and Count" by 3's, 5's, 7's, etc.</p> <p>🍏 <i>Language Arts Integration:</i> Play "Trap and Spell" using words from vocabulary, spelling, social studies, etc.</p>	<p><u>Challenges:</u> -Can you pass the ball directly to your partner's stick? -How many traps can you and your partner make in 15 seconds? -Remember your score. Let's do it again and see how many people can improve! -How quickly can you and your partner make 10 traps? Squat when finished.</p>
Partner Step Back	<p>-Every 2 successful traps, pairs step back.</p>	<p>-Stand 1 yard apart, facing partner. -Pass back and forth. -After 2 "clean" receptions (trapping ball within 1' of stick) in a row, each take a step back. -How far back can you and your partner get in 30 seconds?</p>

UNIT: HOCKEY

LESSON: 4

OBJECTIVES

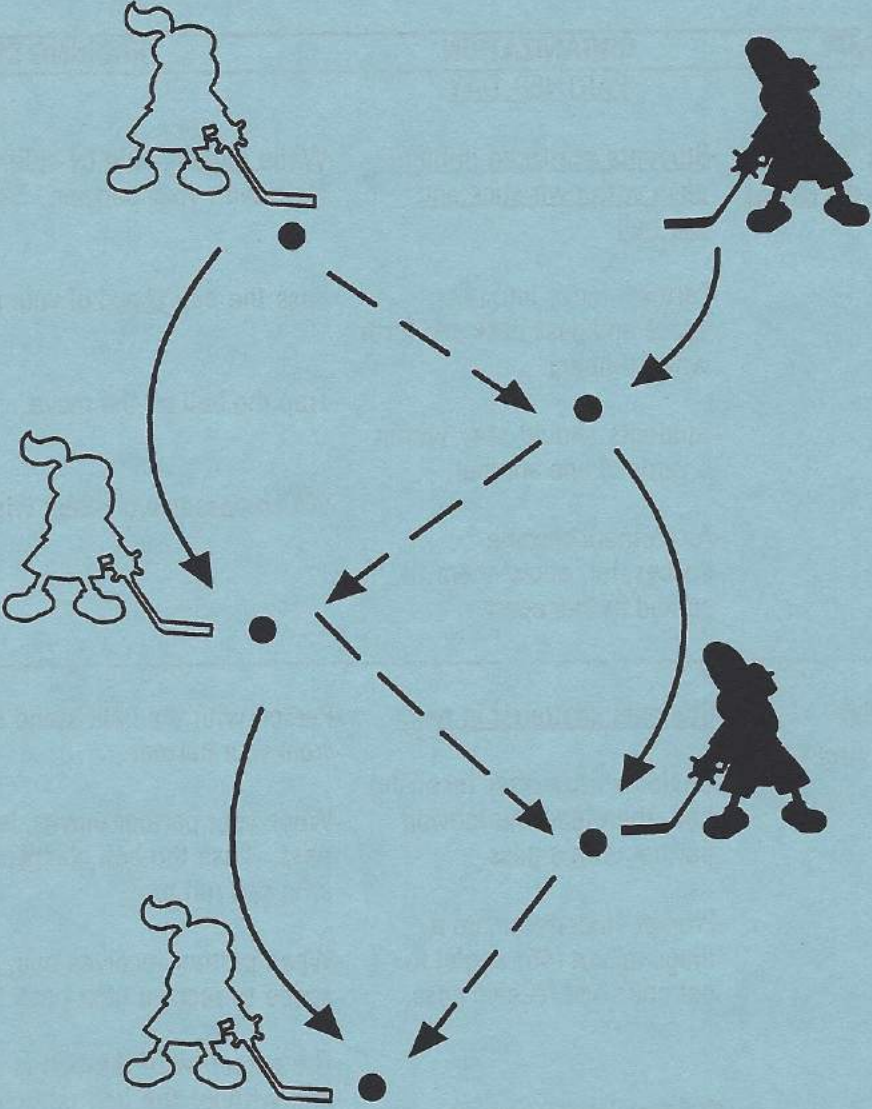
Passing, receiving

EQUIPMENT

1 stick/student, 1 ball/2 students,
4 cones, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-PARTNER DAY-</u>		
Pass-Pass (Passing on the move)	<ul style="list-style-type: none"> -<u>Students scattered in pairs, each with own stick and one ball.</u> -Partners move into open space and pass back and forth while running. -Students should stay within 5 yards of one another. -As partners become successful, allow them to spread further apart. 	<ul style="list-style-type: none"> -While jogging side by side, pass back and forth with your partner. Stay close. -Pass the ball <u>ahead</u> of your partner. -Trap the ball on the move. -Which passes work best when moving?
Give and Go <i>Diagram on back</i>	<ul style="list-style-type: none"> -<u>Students scattered in pairs.</u> -Students stop after receiving ball, then lead the moving partner with a pass. -Prompt students to run a diagonal cut (45° angle) to get open and receive pass. <p>🍏 <i>Math Integration:</i> In classroom, have students draw the "give and go" pattern, including the 45° angle. Ask students, "What pathway is created with a series of 45° angles?" (zigzag).</p>	<ul style="list-style-type: none"> -Person with the ball, stand 5 paces away from your partner. -When your partner moves, lead him/her with a pass. Pass the ball <u>ahead</u> of your partner so s/he can run to it. -When partner receives ball, move into open space to receive next pass. -The person with the ball is stationary, the one without the ball is moving. -Alternate passing and receiving. -You give, then you go! -Remember to control the ball (trap it) before you pass!

GIVE AND GO



UNIT: HOCKEY

LESSON: 5

OBJECTIVES

Dribbling, game play

EQUIPMENT

1 stick and ball/student, 4 cones, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Get Your Ball	<ul style="list-style-type: none"> -Divide class into two teams (by separating partners) one on each end line. 	<ul style="list-style-type: none"> -The object of the game is to score a point by <u>getting a ball and dribbling it back to your line.</u>
	<ul style="list-style-type: none"> -Place balls on center line. 	<ul style="list-style-type: none"> -On "Go!", all run to midcourt, try to secure a ball, then dribble it back to your starting line.
	<ul style="list-style-type: none"> -Start with 2-4 fewer balls than there are players. 	<ul style="list-style-type: none"> -Players without a ball attempt to "legally" gain control of one.
	<ul style="list-style-type: none"> -After each round, take away 1-2 more balls. 	<ul style="list-style-type: none"> -Return balls to the mid-line on command.
		<ul style="list-style-type: none"> -Students who push or violate rules must return to the starting line, and wait for their next turn.

UNIT: HOCKEY

LESSON: 6

OBJECTIVES

Passing, receiving, agility

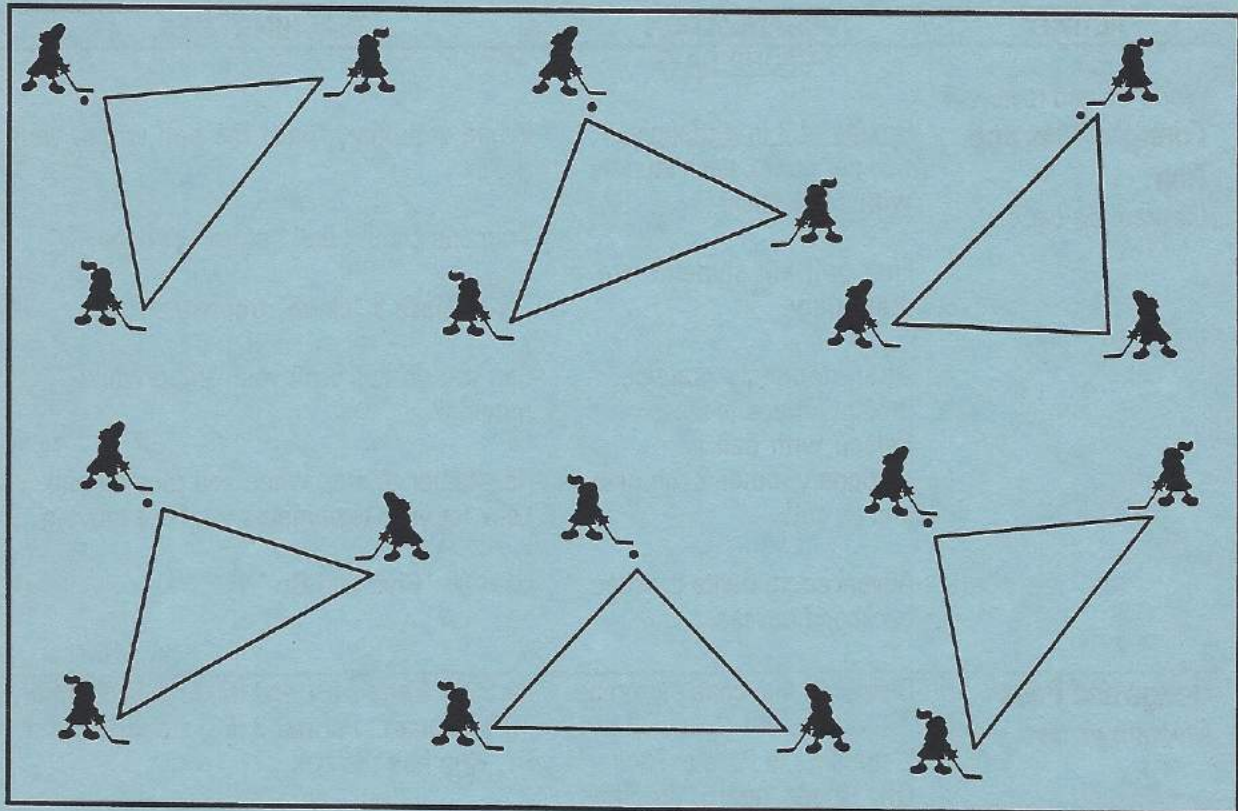
EQUIPMENT

1 stick/student, 1 ball and cone/3 students,
whistle

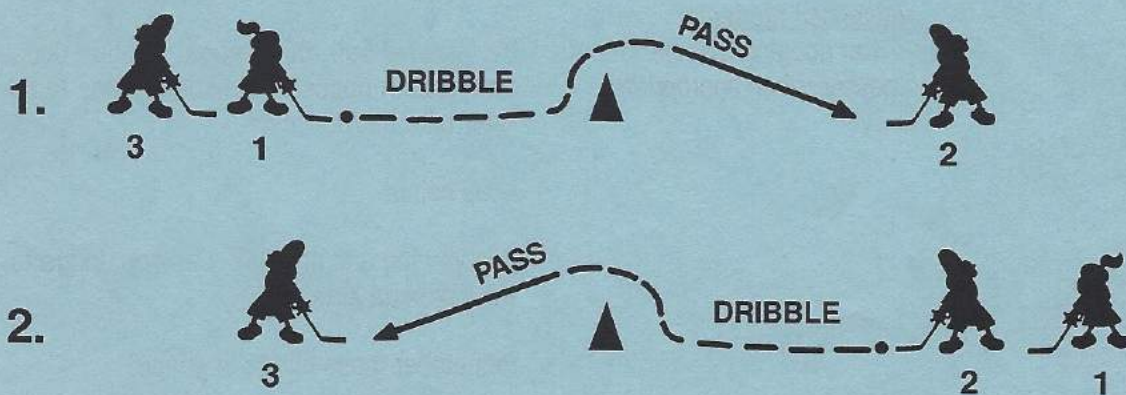
ACTIVITY	ORGANIZATION	TEACHING CUES
	<u>-GROUP DAY-</u>	
Warm-up and review: Triangle Pass and Trap <i>Diagram on back</i>	<ul style="list-style-type: none"> -Groups of 3 in a triangle, 1 ball per group, each student with own stick. -First drill, all students are stationary. -After stationary practice, prompt groups to move. Person with ball is stationary, other 2 run give and go cuts. -Advanced students practice backhand passes. 	<ul style="list-style-type: none"> -While stationary, pass the ball within your group. -Trap and control ball before passing. -Try to make 3 "clean" traps in a row. -Can you do this with your group while moving? -Remember to stop when you receive ball. Look for your teammates who are moving. -Use the "Give and Go."
Dodge and Pass <i>Diagram on back</i>	<ul style="list-style-type: none"> -Distribute one cone per group. -2 students in Partner Face Off, 10 yds. apart. 3rd lines up behind student with ball. -Set up cone in-between. <u>Advanced students:</u> -After dodging, use backhand passes when appropriate. 	<ul style="list-style-type: none"> -Partners 1 and 2 (P1 and P2) face each other, 10 yds. apart. Partner 3 (P3) stands behind P1, who has the ball. -Place cone in-between P1 and P2. -Do you remember "Dodge and Go?" -P1: Walk and dribble towards the cone, dodge it, then <u>pass</u> to P2. Continue moving towards P2 and take his/her place. -P2: Receive ball, then repeat dribble, dodge, and pass in opposite direction. Pass to P3 then take his/her place. -Keep going! -Can you jog and dribble? Can you dodge to the opposite side? -Remember those bursts of speed!

TRIANGLE PASS AND TRAP

TRIANGLE FORMATION INDICATED BY SOLID LINES CONNECTING GROUPS



DODGE AND PASS



UNIT: HOCKEY

LESSON: 7 & 8

OBJECTIVES

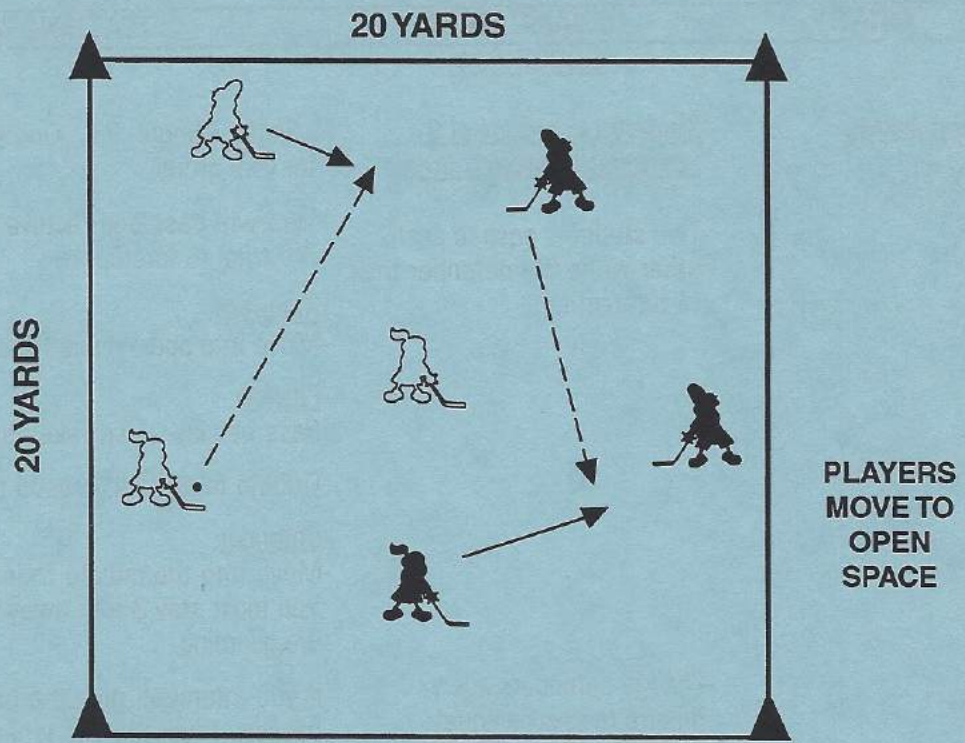
Passing, receiving, defending

EQUIPMENT

1 stick/student, 1 ball/3 students, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Keep Away (2 v 1)	<ul style="list-style-type: none"> -<u>Students in groups of 3, scattered in playing area.</u> -Two students pass to each other while the defender tries to intercept. -Change defenders every minute to ensure equal opportunity. 	<ul style="list-style-type: none"> -Mingle, Mingle, 3's. One student get a ball for your group. -Two will pass and receive the ball while the 3rd tries to intercept. -<u>Receiver:</u> -Move into open space to receive pass. -<u>Passer:</u> -Pass quickly. Use fakes and feints. -Dribble to get into a good passing position. -<u>Defender:</u> -Move into the middle to intercept the ball. You must stay 3 feet away from people you are guarding. -If you intercept, give the ball back to a passer. I will tell you when to change defenders.
3 Pass Game <i>Diagram on back</i>	<ul style="list-style-type: none"> -<u>2 groups of 3 in playing area, 20 X 20 yds., one group with red sticks, the other with yellow.</u> -May be played as "<u>5 Pass</u>" for highly skilled. -Review "Principle of 3's." 	<ul style="list-style-type: none"> -<u>The object of the game is for a team to complete 3 consecutive traps without the ball being intercepted or going out of bounds.</u> -Begin the game with members of one team trying to pass ball to each other. -A point is awarded when one team completes 3 traps (each to a <u>different</u> member); then the defending team gets the ball. -A turnover results when the ball is intercepted or goes out of bounds. -Count your traps and keep your own team's score. <u>Remember the 3's:</u> -Stay 3 feet from person you are guarding. -Hold the ball 3 seconds only. -Ball out of bounds, 3 sec. to pass it in. -Run to an open position to receive a pass.

3 PASS GAME



UNIT: HOCKEY

LESSON: 9

OBJECTIVES

Shooting, dribbling, face off

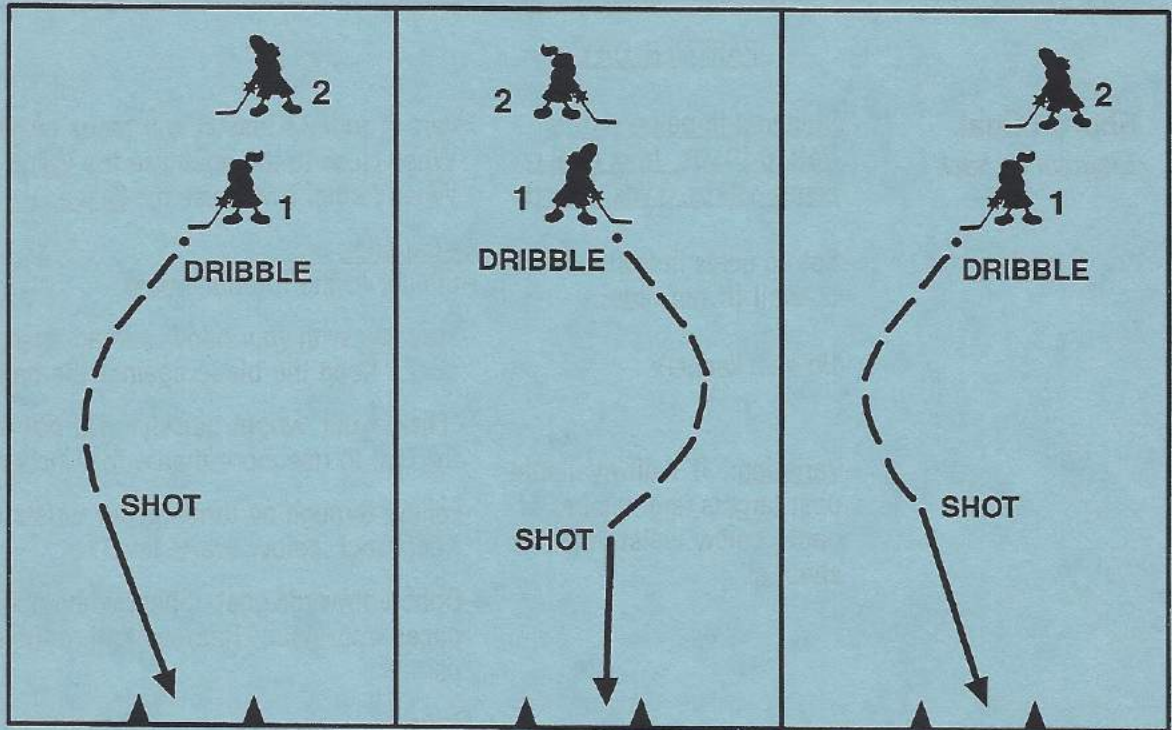
EQUIPMENT

1 stick/student, 1 ball and 2 cones/
2 students, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-PARTNER DAY-</u>		
Shot on Goal <i>Diagram on back</i>	<p><u>-Students in pairs, with a ball, 8-10 yds. from goal (2 cones approx. 3 yds. apart).</u></p> <p>-Set up goals in front of fence or wall (if possible).</p> <p>-No goal keepers.</p> <p><u>-Variation:</u> If wall available, post targets (e.g., pieces of paper below waist level) to shoot at.</p>	<p>-Part of today's lesson will focus on shooting. When close to the goal, use the <u>Wrist Shot</u>. When further away, use the <u>Drive</u>.</p> <p><u>Wrist shot:</u></p> <p>-Similar to the forehand pass.</p> <p>-Stay low with your hands spread apart on stick. Keep the blade against the ball.</p> <p>-"Flick" your wrists quickly. Do not allow the ball to rise more than a few inches.</p> <p>-Follow through by turning your wrists over. Keep stick below waist level.</p> <p>-Dribble towards goal. Shoot when about 3 paces from goal. Retrieve ball, dribble to partner.</p> <p><u>Drive:</u></p> <p>-Hands held closer together.</p> <p>-Raise stick back no higher than waist and swing through ball.</p> <p>-Follow through, keep stick below waist.</p> <p>-Repeat shooting drill with the drive. This time, shoot from about 5 paces out.</p>
Face-Off	<p>-Students in "face-off" area (middle of area); in-between 2 lines, 10-15 yds. apart.</p> <p>-Students practice "ground-sticks" as a means of starting a modified game.</p> <p>-If enough cones, add goals for students to attempt shot after winning face off.</p>	<p>-Face your partner 1 stick's length away, standing in side-straddle.</p> <p>-Place ball in middle.</p> <p>-Tap the ground with your sticks, then each other's sticks above the ball ("ground-sticks"), alternately 3 times.</p> <p>-After 3rd tap above ball, attempt to get control of ball and dribble to your line.</p> <p>-Return to middle and repeat.</p>

SHOT ON GOAL

10 YARDS



WALL OR FENCE

UNIT: HOCKEY

LESSON: 10, 11 & 12

OBJECTIVES

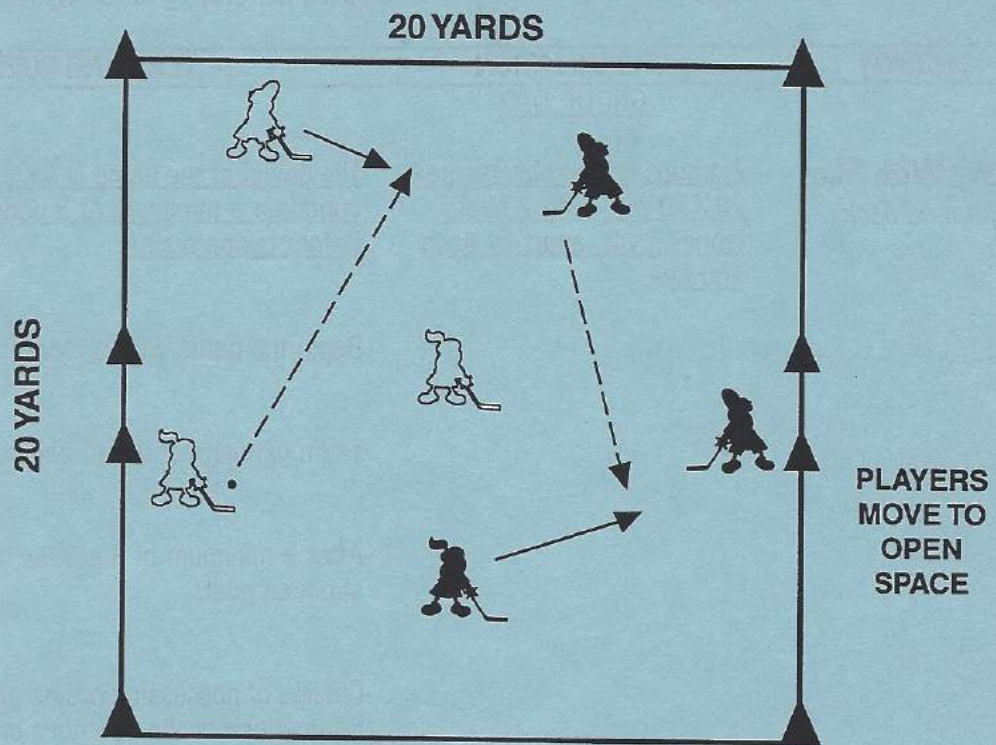
Passing, receiving, shooting, defending,
game play

EQUIPMENT

1 stick/student, 1 ball/6 students,
8 cones per playing area, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<p>3 Pass With Shot <i>Diagram on back</i></p>	<p><u>-2 groups of 3 in playing area, 20 X 20 yds. with 2 goals (cones 3 yds. apart) at each end line.</u></p>	<p><u>-The object of the game is for a team to complete a minimum of 3 consecutive passes before taking a shot.</u></p> <p>-Begin the game with a face-off.</p> <p>-Team gaining control of ball begins passing.</p> <p>-After a minimum of 3 passes, the team may shoot on goal.</p> <p>-Change of possession occurs after an interception or the ball goes out of bounds.</p> <p>-After a goal, begin play from midcourt.</p> <p>-Remember your "Principles of 3's!"</p>

PASS WITH SHOT



UNIT: HOCKEY

LESSON: 13, 14 & 15

OBJECTIVES

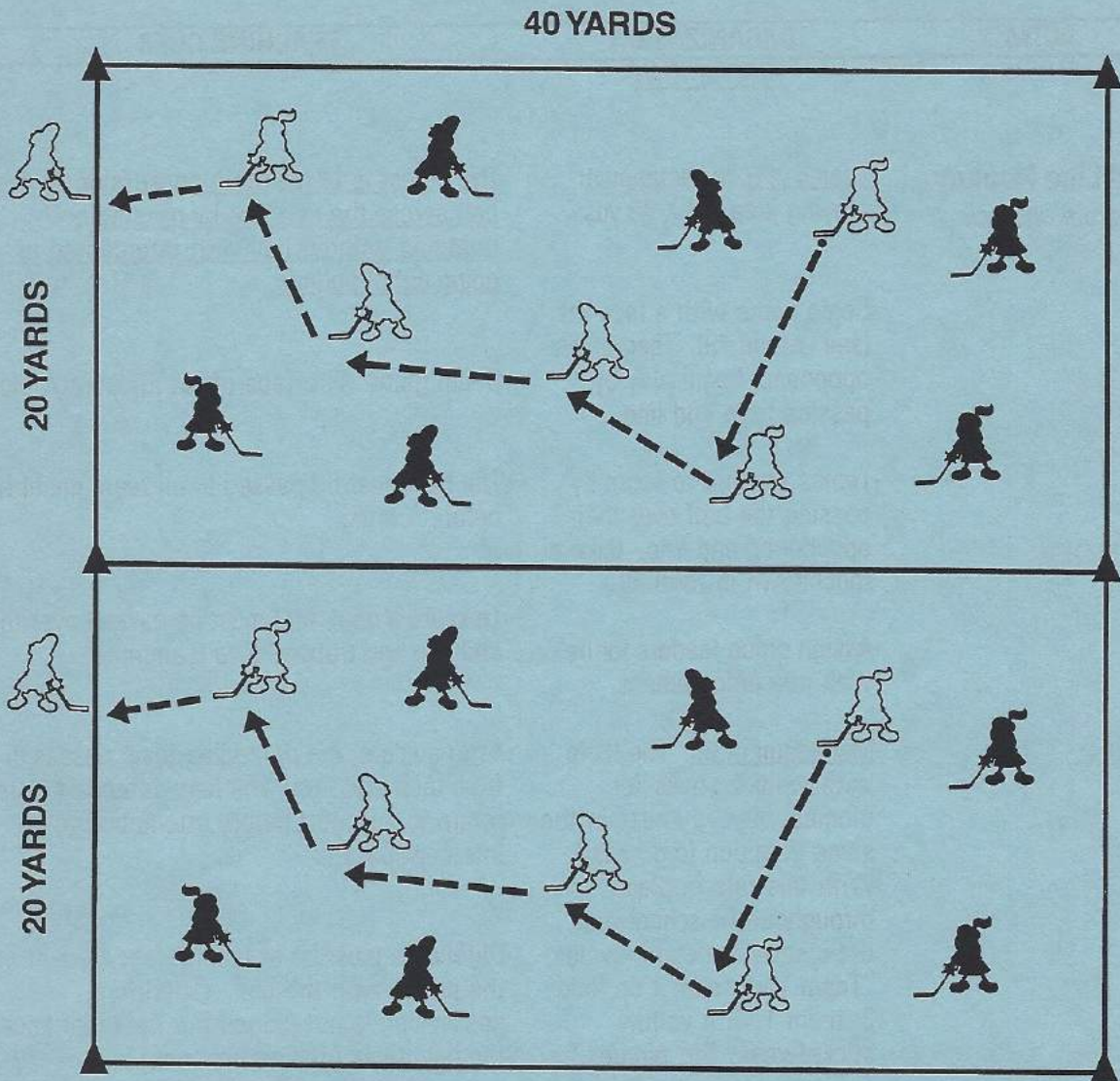
Combining skills, game play

EQUIPMENT

1 stick/student, 2-3 balls, 4-12 cones for boundaries, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
<p>End Line Hockey <i>Diagram on back</i></p>	<p>-Teams of 6, in rectangular playing area, 20 X 40 yds.</p> <p>-Begin game with a face-off (see Lesson #9). Thereafter, opponents begin play by passing from end line.</p> <p>-Teams attempt to score by passing the ball over their opponent's end line. (Like a touchdown in football.)</p> <p>-Assign group leaders for help with rule enforcement.</p> <p>-<u>Management tip:</u> The team with yellow sticks (or pinnies) always starts in the same direction (e.g., east). With this rule in place throughout the school year, the instructor need only say, "Team 1 vs. team 2 on field 3; team 1 with yellow sticks/wears the pinnies." The students <u>know</u> which direction to go in.</p>	<p>-The object is to maintain possession of the ball across the end line by passing or dribbling without having it intercepted or going out of bounds.</p> <p>-Begin game with face-off at midcourt/field.</p> <p>-The ball must be passed to all team members before scoring.</p> <p>-To score a goal, ball must be passed over the end line and trapped by a teammate.</p> <p>-After a score, the defending team passes in from their end line. The new defenders must return to midcourt before attempting to intercept passes.</p> <p>-Defenders must be at least 3 feet away from the player with the ball. (Therefore, possession is not gained if a defender knocks the ball away from an opponent.)</p> <p>-Remember your other "Principles of 3's."</p> <p>-No body contact.</p> <p>-Illegal touches or body contact results in a loss of ball to the opposition.</p>

ENDLINE HOCKEY



UNIT: HOCKEY**LESSON:** ADDITIONAL LESSONS**OBJECTIVES**

Combining skills, game play

EQUIPMENT1 stick/student, 2 balls, 8 small cones,
8 large cones (goals), whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
-GROUP DAY-		
Sideline Hockey <i>Diagram on back</i>	<p>-Teams of 8, <u>divided into 2 groups of 4</u>, on rectangular playing area 20 X 40 yds., with 2 goals (cones 3 yds. apart) at each end line.</p> <p>-Use same organization tips from previous lesson, "End Line Hockey."</p> <p>-Encourage passing strategies between field and sideline players.</p> <p>-Encourage sideline players to move along sidelines.</p> <p>-Rotate groups so the same two do not play each other continually.</p>	<p>-<u>The object is to score a goal by passing or dribbling without having it intercepted or going out of bounds.</u></p> <p>-4 players from each team will be on the court. The other 4 spread out on their respective sidelines. No goalkeepers.</p> <p>-Begin game with a face-off at midcourt.</p> <p>-The ball must be passed to all team members on the court before scoring.</p> <p>-Sideline players are to be used for "give and go" passes and to keep the ball in play. Sideline players may not pass to one another.</p> <p>-A ball that goes out of bounds over the end line is to be put back in play by the team defending that goal.</p> <p>-After scoring, the other team passes in from midcourt.</p> <p>-Rotate sideline and field players every 2-3 minutes.</p> <p>-Defenders must be at least 3 feet away from the player with the ball. (Therefore, possession is not lost if a defender knocks the ball away from an opponent.)</p> <p>-Use the "Principles of 3's."</p> <p>-No body contact.</p> <p>-Illegal touches or body contact will result in loss of ball to the opposition.</p>

SIDELINE HOCKEY

