

Hockey/Unihoc - Dribbling

Keywords

Teamwork	Respect
Balance	Movement
Receive	Accuracy
Control	Body position
Close	Weave
Attack	Outwitting

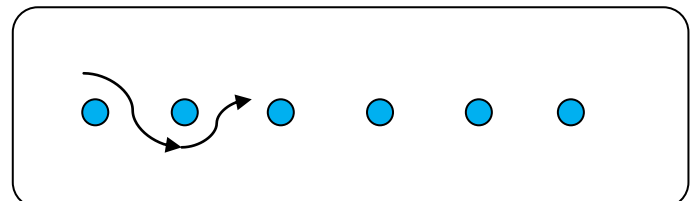
Can you think of anymore?



Dribbling with the Ball

- Make sure you have good control of the ball by using the inside of the stick.
- Keep the ball close to your stick at all times.
- Keep eyes focused on the ball and look up when you can.

Performance	Can walk with the ball
	Can walk with the ball under control
	Dribble with ball from A to B
	Can dribble when towards a goal
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can dribble on favourite side
	Uses dribbling technique with no pressure
	Dribbles the ball close even under pressure
	Uses dribbling when in a game
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently



How could you make this drill it ...

(a) Harder? (b) Easier?

Hockey/Unihoc - Control

Keywords

Teamwork	Respect
Attack	Movement
Receive	Possession
Control	Accuracy
Pass	Impact
Soft	Cushion

Can you think of anymore?



Performance	Can stop the ball
	Can stop ball consistently
	Can stop the ball
	Can stop the ball using different parts
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Stops the ball some of the time
	Understands how to control ball
	Controls the ball under pressure
	Shows control over the ball when passing in a game
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently

STOPPING THE BALL



1. Move your body into position to stop the ball from passing.
2. Place your stick close to the ground.

CONTROL



1. Face the direction of the ball approaching.
2. Watch the ball all the way onto your stick and bend your knees.
3. Cushion the ball with your stick.



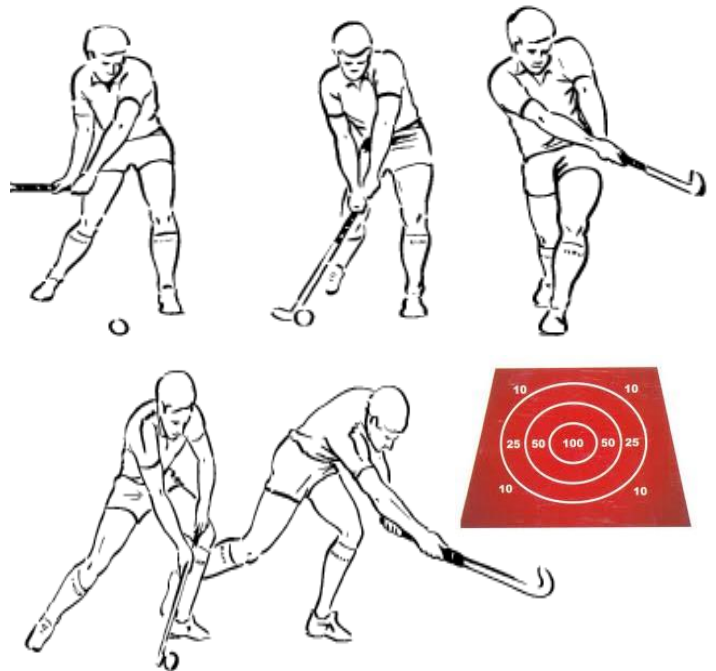
Can you control the ball from the reverse side? (left side)

Hockey/Unihoc - Shooting

Keywords

Teamwork	Respect
Balance	Movement
Receive	Accuracy
Control	Attack
Shoot	Contact
Power	Hit Shot

Can you think of anymore?



Performance	Can strike the ball
	Can shoot towards a target
	Shoots at a target making good contact with the ball
	Can shoot and generate power
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Makes some contact with the ball
	Shoots when there is no pressure
	Able to shoot at a target on the move
	Can shoot at different part of the goal
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently

- Stand close to the ball.
- Draw stick backwards to waist height
- HIT ball forward towards target

Can you hit a target?



Can you shoot at different parts of the goal?



Hockey/Unihoc - Passing

Keywords

Teamwork	Respect
Balance	Movement
Receive	Accuracy
Control	Attack
Push	Contact
Pass	Outwitting

Can you think of anymore?



Performance	Can strike the ball
	Can pass to partner
	UseS a pass and can receive a pass
	Knows when to pass in a game
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can pass with some control
	Can pass the ball with a partner in own time
	Passes the ball under pressure
	Can use different passes in a game
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently

PUSHING THE BALL



- Place the stick next to the ball so it is touching.
- Stand with a wide stance to the side of the ball.
- PUSH the ball in the direction intended.



Think about when is the right time to pass and dribble.