



Hockey

Key Stage 1

BEGINNER Movement

It is important that the players are familiar with holding the hockey stick and are able to move a ball around while holding the stick. This section develops these basic skills.

Introduction

Demonstrate to the players how to hold a hockey stick and how to move a ball on the ground with the stick. Give each player a ball and a stick. Ask the players to move within the area using the stick to move the ball along and encourage them to keep the ball close.

Game: Islands

Place a small mat for each player in an area. The players will then move around the area, controlling the movement of the ball with their stick. The players will have to avoid each other and the mats. Then, when you blow the whistle, the players must move their ball onto a mat using their stick. The player who does not get their ball onto the mat quickly enough is out. Remove a mat each time and the player who is standing on the last mat at the end is the winner.

INTERMEDIATE Ground Passing

It is essential that hockey players can pass the ball to a teammate by striking it along the ground to the other player. This skill requires hand-eye co-ordination.

Introduction

Put the players into pairs with a stick each and a ball between two. Place the players a small distance apart initially. Ask them to practice hitting the ball along the ground to the other player. If necessary, the players can stop the ball with their stick first before striking it back.

Game: Through the Gate

This game develops the player's ability to pass the ball accurately to a teammate. Put the players into pairs of similar ability level. Then set out two cones at an appropriate width apart between the two players. The players will need to pass the ball between the cone gate. After the players have made five successful passes through the cone gate, ask them to take three steps back each and repeat the game.

ADVANCED Shooting

Players have been using the skills to move the ball and pass the ball along the ground. Now the players have the opportunity to move the ball along the ground and shoot at a target.

Game: Shoot!

Divide the players into two teams and set out two rows of cones. Each team will start behind each set of cones. The players will have to dribble through the sets of cones, then shoot the ball into the net. The players must make their way through their set of cones, weaving in and out of them while controlling the ball. The player who scores into the net first is the winner. The players must wait for you to blow the whistle before starting. Each player tries to score before the other team to earn their team a point. You could also give each player a number. It is important that the players are listening when you call out a number so they know it is their turn to go and battle against the other player to try and earn their team a point.



General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players and make a rule that others can only hold onto the ball for a certain length of time.
- Ensure inclusion by introducing the rule that every player must touch the ball before the team can score.

Physical Disability

- Reduce the size of the pitch for players with mobility difficulties.
- Widen the nets, if necessary.
- Use a hockey stick with a shorter handle and larger foot to make it easier to control the ball, e.g. Quicksticks.
- Use a softer or lighter ball instead of a hockey ball.
- If several wheelchair users are playing, they may need to use a bigger ball.

Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Allow the player to use a hockey stick with a shorter handle and larger foot to help them to control the ball.
- Allow an adult or 'seeing' player to guide them around the pitch using directions or a hand on their shoulder.