



Hockey

Key Stage 2

BEGINNER Ball Control

In hockey, it is important that players are confident in moving with the hockey ball.

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. Mark out several smaller areas within the main area using cones. Ask the players to move within the main area but not in the smaller marked out areas. When you shout out a number, the players must dribble the ball into one of the marked out areas. Ensure the number you called out corresponds to the number of players in each area.

Game: Tidy the Toxic Factory (Using a Hockey Stick)

Scatter different colours of small balls over the area. Place buckets (matching the colour of the balls) in the corners of the area. Give each player a stick. Explain to the group that they are workers in the toxic factory and they need to get rid of the toxic waste, but they cannot touch the waste. Therefore, they must use the sticks to carry the toxic waste. Then explain that when the whistle blows, the players must run around the area and collect each ball and place it in the correct bucket. When the floor has been cleared, the activity is over. If the players are capable, you can show them how to lift the ball using the 'jab' lift.

INTERMEDIATE Shooting

To score in hockey, it is important that the players can accurately shoot into a net.

Introduction

Ask the players to dribble a ball each in a marked out area. Place a goal outside the area for them to shoot into. Initially, have no goalkeeper in nets. Give each player in the area a number. When you call out the number of the player, they must dribble out of the area and shoot towards the net.

Game: Two vs. Two

Divide the players into two teams. Give each player in each team a number. Mark out an area with a goal at each end. Call out two numbers and then the two players from each team, corresponding to the numbers called out, will run out into the area and wait for you to release the ball. The players will have to pass to each other and make their way towards their opponent's goal. Make a rule that there must be at least one pass before the team is allowed to shoot. Introduce a goalkeeper into each net to make it more difficult.

ADVANCED Game

Players have now gained the basic skills to play a simplified game of hockey called Quicksticks.

Game

Divide the group into teams of four players. This will ensure the players will have more opportunities to run with the ball and more chances to pass the ball. Use an area of appropriate size for the hockey pitch, depending on the group's ability. Use a larger or softer ball and smaller sticks if necessary. You could give smaller sticks, such as Quicksticks hockey sticks, to players who find the game difficult. These sticks have coloured markings to help the players position their hands. Encourage the goalkeepers to change positions so that everyone has a turn in nets. If some players are having difficulty with moving with the ball on the stick, then allow a player to move without being tackled (but they must pass after a certain length of time). If some players are more able, then limit how far they can travel before passing and shooting. Ensure the time set for each half is suitable for the age and ability of the players.



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.