

SCHEME OF WORK - BEGINNER HOCKEY



The aim of this resource is to provide quick and adaptable planning resources with appropriate progressions and regressions to suit the needs of the group. It can be used in any space, whether it be an astroturf, playground or indoor space. Each session aims to fill a one hour session inclusive of a warm up.

Key Vocabulary:

These are key terms used by hockey players and coaches and a short explanation of each term you may need to use during your delivery

- **Forehand** – when the stick is on the right side of the body
- **Backhand** – when the stick is on the left side of the body
- **Carrying** – using the stick to move the ball along the floor (dribbling)
- **Push pass** – where the stick stays in contact with the ball to gain momentum to pass the ball
- **Receive** – where the player uses the stick to gain possession of the ball from another player
- **Tackle/steal** – where a player wins the ball from another player. They make a tackle with their stick is on the right hand side of their body
- **Interception** – when a player receives the ball between two players passing on the other team
- **SOG** – small sided game

Unit learning objective: To introduce the sport of hockey, and equip players with the basic skills to play

Beginner Hockey is adaptable to any age group with the aims of;

- Developing control of a hockey ball
- Experience of an invasion game
- Working within a team
- Develop an understanding of being In Possession and Out of Possession

Key safety considerations;

- Mouthguards and shin pads are strongly advised to be worn by all. If they do not have them, then stick to activities which have no contact or involvement with defenders
- Keep the group sizes small so less players are chasing after one ball. There can be multiple groups playing the same activity
- Provide more space between activities to avoid any collisions – the more space the better
- Remind students to keep their sticks in two hands, and with the stick head on the floor at all times
- Practice responding to a whistle – players should stop and stand still when they hear it.

LESSON 1: IN POSSESSION - INTRODUCTION TO MOVING WITH THE BALL (CARRYING/DRIBBLING)



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ACTIVITIES

Arrival activity: Noughts & Crosses

Set up the playing grid (use hoops, throw down lines or cones) Players are in teams of 3. One at a time a player runs to the grid and stands by a cone. If both players run to the same cone, they must both choose a different cone to stand next to. The next player runs to stand on a cone. The aim is to end up in a row of three either horizontally, diagonally or vertically. This is a quick game so you can play a number of times.

- **Variation** – One at a time, run to place a bib in a square and run back to tag your teammate who then goes and places the next bib. Aim to get 3 of the same colour bibs in a row either horizontally, diagonally or vertically.
- **Variation** - Add a stick and a ball to the activity. Players have to carry/dribble the ball and leave it in a square instead of a bib.

Activity 1 – Catch me if you Can

- All players have a stick and ball in the playing area
- Put the players in pairs, one of the partners is the leader and one is the follower
- They both have a ball
- The leader has to carry/dribble the ball around the space
- The follower must carry/dribble their ball and follow the leader wherever they go
- Swap over roles.

- **Progression** - Ask the leader to carry/dribble their ball and try to get away from the follower. The follower tries to keep up with the leader and if they are close enough, tags them on the back. This then means they swap over roles.

- **Progression** - Put half the pairs into one playing space and the other half in a second playing area. The pairs stay in the area allocated until there is a tag. Once the follower tags the leader they stop, both members of the pair walk over to the other playing space. They swap roles and then play again.

- **More able** – can they carry/dribble the ball at varying speeds and maintain control. Can students move the ball on both the right and left side of the body and keep control
- Can you add in obstacles they need to dribble round (cones/tyres/flat markers etc.)
- **Less able** – can they carry/dribble the ball at a slower speed, focusing on maintaining their grip on the stick?



LEARNING OUTCOMES

- Carrying/dribbling the ball unopposed
- Changing direction with the ball
- Changing pace whilst maintaining control of the ball
- Using the correct grip with hands apart, using the flat side of the stick
- Left hand at the top of the stick
- Right hand down the grip of the stick
- Bend the knees
- Ball outside the right foot at about 2pm on a clock face
- To change direction, they can move their body and feet around the ball or turn the stick over 180 degrees using the left hand to move it and the right hand to guide it turning. This will mean they use the flat side of the stick at all times
- Keep looking up to make sure they don't bump into any other player
- Always remind players to keep the head of the hockey stick on the floor both when they are carrying/dribbling and when they are stealing

LESSON 1: IN POSSESSION - INTRODUCTION TO MOVING WITH THE BALL (CARRYING/DRIBBLING)



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ACTIVITIES

Activity 2 – Sharks & Fishes

- Set out a playing area
- Split the group in half
- Fishes have a stick and a ball each and stand on one edge of the playing area
- The other half of the group are the Sharks, they have no equipment
- On 'GO' the fishes have to carry/dribble the ball across the playing area to the other side
- The sharks chase the fishes and try to tag them on the back
- If a fish is caught by a shark, they join the shark team

- **Progression** - The sharks have a stick and try to steal the ball off them. If the shark wins the ball the fish joins the shark team.



LESSON 2: IN POSSESSION - PASSING THE BALL TO ANOTHER PLAYER & RECEIVING THE BALL FROM ANOTHER PLAYER



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ACTIVITIES

Arrival Activity – Traffic Lights

Mark out a playing area. All players have a stick and a ball. Players carry/dribble their ball around the space changing direction and avoiding other players. You could put some obstacles in the space. As the players are moving around, the leader shouts out different commands:

- Green – Go, Roundabout – spin in a circle, Red – Stop, French Roundabout – spin the other way, Motorway – move quicker, Speed Bump – little lift

Activity 1 – Great Goal Robbery

- Mark out a number of bases (use hoops, throw down lines or cones)
- Put a collection of balls in each base (the same number in each)
- Allocate players to each base (small teams)
- On the command 'GO' the players have a set time limit to go and get more balls from other bases.
- They must carry/dribble one ball at a time from one base back to their own.
- The team with the most balls at the end of the time wins.



- **Progression** – Instead of carry/dribbling the balls back to their base they now work as a team to pass the ball back to their base. Can they beat their score when repeating the activity?
- **More able** – encourage players to go to the base furthest away so they carry over a larger distance
- **Less able** – Players could work in pairs and help each other carry/dribble the ball back to their base

Activity 2 – Skittles

- Set up a line of targets in the middle of the playing space
- Make sure there is a good size gap in between the targets (You could use a ball on a cone, an upright cone, a water bottle)
- Players are in pairs and push pass the ball towards the target to try and hit it over
- If they miss the other player has a go. Keep repeating until the target is hit
- Players move further away from the target and try to hit it again



- **More able** – start further away from their target or make their target smaller
- **Less able** – Make the target a larger object so they get success early Player could roll the ball at the target while the partner uses the stick to receive the ball if it misses the target

LEARNING OUTCOMES

- Understanding how to pass the ball to another player
- Understanding how to receive a ball from another player
- Changing direction with the ball

- To push the ball, stand sideways onto the ball
- Hold the stick the same way as you have been for carrying/dribbling
- The stick starts on the ball
- Gently move the stick to point to where you want the ball to go
- The ball will roll to their partner

LESSON 3: OUT OF POSSESSION - INTRODUCTION TO TACKLING



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ACTIVITIES

Arrival Activity – Tails

Mark out a playing area. All players have a bib tucked in the back of their shorts. Players attempt to keep their tail for as long as possible by moving around the area avoiding other players. At the same time, they are trying to steal as many bibs as possible from other players by grabbing them. The player with the most bibs at the end wins. If the player can keep their own bib, then that is worth triple points.

- **Progression** – Put the group into teams and give them all the same colour bib. Players now work as a team to collect as many of the other colour teams bibs as possible.

Activity 1 – Jack/Queen/King

- Divide the group into three and set a playing area.
- One group are the Jacks and have no stick or ball, the next group are the Queens and have a hockey stick, the last group are the Kings and have a stick and ball.
- The Kings attempt to keep their ball for as long as possible by carrying/dribbling it around the playing area, avoiding the Queens. The Queens use their stick to try and steal a ball off a King and the Jacks have to tag a Queen and will then get their stick. If a Queen gets tagged, they cannot tag the same person straight back.
- The players will keep changing roles as the game progresses.
- Change the number of Kings so more or less people get to carry/dribble the ball.
- **More able** – two people try to steal the ball off of them. Try carrying/dribbling faster or maybe with one hand as a challenge
- **Less able** – They wear an 'invincibility bib' and cannot have the ball stolen. They try to move around the area avoiding other players



Activity 2 – Gain Ball

- Mark out a playing area, half the players in the area have a ball and half do not
- The players with the ball carry/dribble the ball around the area
- The players without a ball are trying to steal from the players who do
- If they successfully steal a ball, they keep it and start to carry/dribble around the area. If a player loses a ball, they cannot try to win it back from the same person.
- **Progression** – put obstacles in the area or make it smaller. If the player loses the ball, they can try and take it straight back off them.



LEARNING OUTCOMES

- To be able to put pressure on the ball carrier
- To be able to win the ball from another player
- Keep the head of the stick on the floor at all times and use two hands to keep control
- When carrying/dribbling the ball keep the stick against the ball. This will allow the player to move with more control and make it harder for the stealer to take the ball

LESSON 4: IN POSSESSION - PASSING THE BALL TO ANOTHER PLAYER, RECEIVING THE BALL FROM ANOTHER PLAYER & WORKING AS A TEAM

ACTIVITIES

Arrival Activity – Hand Hockey

Mark a playing area. Split the group into small teams. Use a tennis ball or any soft ball. When the player has the ball, they cannot move with it. To pass the ball to a teammate they roll it along the floor. The opposing team can intercept the ball, with their hands, as it is being passed. If they gain possession, then they start to pass the ball around. Start with five passes equals one point. When a team reaches five passes then the other team gain possession.

- **Progression** - After five passes they can keep the ball and try to score more points. Add a direction so one team has to roll the ball over an end line to score and the other team has to roll over the opposite line. Once they score over the end line, they keep possession and have to try and score at the other end (Turn & Burn).

Activity 1 – Team Treasure Chest

- Split the group into teams, each player is given a number, for example if there are five in the group then number one to five
- Each team has an area marked out by cones, at the top of this area is a circle/hoop, this is the 'Treasure Chest'
- There is another hoop at the bottom of the area with lots of hockey balls in it

The aim of the game is to move the balls from the hoop to your 'Treasure Chest'.

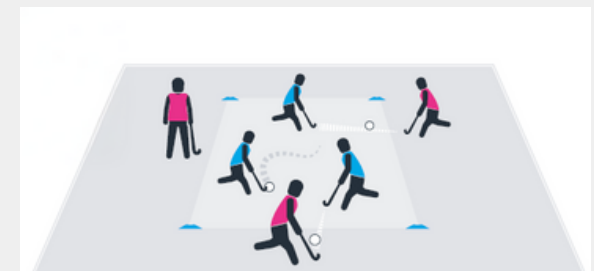
- Run in your team area until you hear the person in charge call out a number. If they call out number three, and you are player number three, you must move to the bottom hoop and collect a ball. With your stick pass the ball to one of the players in your area. Your pass must go from the hoop into the play area.
- The player who has been passed the ball receives the ball with their stick. If there is another teammate closer to the 'Treasure Chest', they can pass the ball to them and they should then carry/dribble it into the treasure chest.
- If you get a ball from the hoop to the treasure chest successfully, your team wins a point.
- **More able** – make the treasure chest further away so they have to make longer passes. All players in the team have to make and receive a pass before the ball reaches the treasure chest
- **Less able** – players can carry/dribble the ball in the space before they make a pass to a teammate. Give the team more space to make the passes.



Activity 2 – Bounce

- Mark a playing area
- Half the group stand inside the area and the other players stand on the outside of it
- Players inside the area carry/dribble the ball around and pass to one of the players on the outside of the area
- They get the ball passed back to them from the same player and continue to carry/dribble around the area
- Receive one point for every time they successfully make and receive a pass back

- **More able** – See if they can make a pass with the least amount of touches of the ball possible
- **Less able** – Can do this without sticks and roll the ball to the person on the outside who rolls it back



LESSON 5: IN POSSESSION - GOAL SCORING, OUT OF POSSESSION, INTRODUCTION TO INTERCEPTING



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ACTIVITIES

Arrival Activity – Truck and Trailer

- Mark a playing area, start with the players in pairs.
- The player at the front is the Truck and has a stick. The player behind is the Trailer and has a stick and a ball
- The truck leads the trailer around the area making sure they do not collide with any other trucks and trailers
- When the leader shouts 'pit stop' the players stop under control. Players swap over each time there is a pit stop
- **Progression** – Add a trailer to each truck, make the space smaller, both the truck and the trailer can have a ball, add obstacles in the area

Activity 1 – Interceptor

- Put the players into small groups (three or more) and chose one person to be an Interceptor
- The other players need to pass the ball from player to player
- The players should move about as they pass the ball
- The Interceptor has to try to steal the ball by intercepting a pass (this means stopping the ball from getting to the player it was meant for)
- When the Interceptor gains control of the ball, they should swap roles with the person who made the pass
- **More able** – the attackers use a larger area so the passes are longer. The player must completely secure the ball and have it under control to get out of the middle
- **Less able** – a smaller space will mean the person in the middle will get more success. Any touch on the ball means they get out of the middle



LEARNING OUTCOMES

- Try to intercept the ball with two hands on the stick
- If they need to reach then they can try to intercept with one hand on the stick
- Keep on their toes so they can change direction quickly
- Keep the stick head on the floor
- The left hand will get lower to the floor so more of the stick is available to try and intercept the ball

LESSON 5: IN POSSESSION - GOAL SCORING, OUT OF POSSESSION, INTRODUCTION TO INTERCEPTING

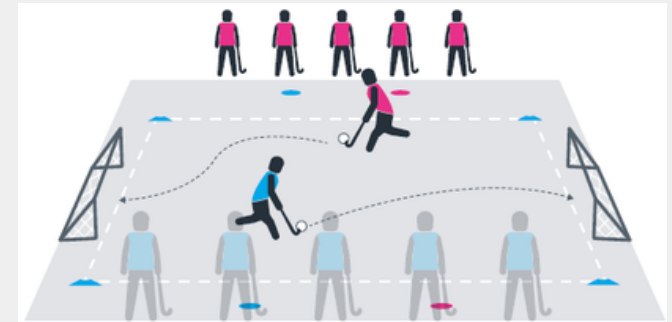


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ACTIVITIES

Activity 2 – Rapid Fire Challenge

- Get into two teams and give every player a number e.g. four players numbers one, two, three, four
 - Each player needs a stick
 - Get four cones and mark out a rectangle as the playing area
 - Get four more cones to create a goal at each end
 - Set up a ball zone at each end with a number of balls in it
 - Teams should line up in number order at each side of the pitch
 - Someone shouts out one number, the players with that number should run to collect a ball from their ball zone and dribbles to the opposite goal to score a goal
 - The players then return to their space and another number is called. Every goal scored wins a point for the team
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- **Progression** - You can add a line or a semi circle around the goal which the players have to be across/in to score the goal.
 - **More able** – carry/dribble the ball towards the goal and shoot whilst on the move. Make the goal smaller.
 - **Less able** – get control of the ball and take it closer to the goal. Stop the ball before having an attempt at scoring. Make the goal bigger.



LESSON 6: IN POSSESSION & OUT OF POSSESSION - ADDING RULES TO PREVIOUS ACTIVITIES



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ACTIVITIES	LEARNING OUTCOMES
<p>Arrival Activity</p> <ul style="list-style-type: none">• Players choose the arrival activity they have enjoyed over the last five weeks• Ask them to choose a new rule to try out in the activity	<ul style="list-style-type: none">• To be able to work in a team to design new rules for the activities• Using imagination and creativity skills to think of new rules• Evaluating the rules and describing how effective the rule changes were
<p>Activity 1 & 2</p> <ul style="list-style-type: none">• Ask the players which activities they have enjoyed the most and get them to play them again• Ask them to choose a new rule to try out in the activities• More able – make up new rules on their own• Less able – given suggestions of new rules and get to try them	