



# SPORTS ABILITY

## Hockey

A lead up game to Zone Hockey to develop passing, teamwork and movement in the playing space.



### Learning Intention

To practice passing the ball between team mates as they move down the playing area.



### Skill Focus

Defending, shot placement, striking.



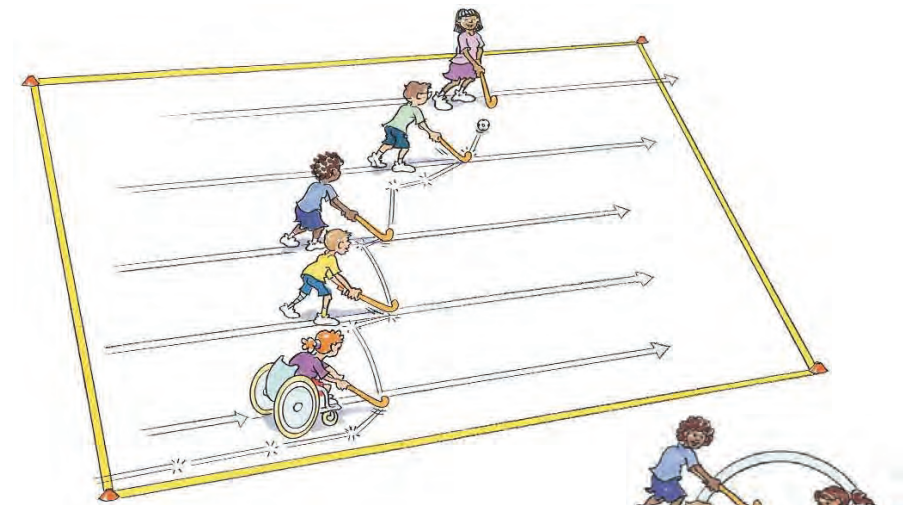
### What you need

- Suitable indoor or outdoor playing area
- Markers or cones
- Hockey sticks or equivalent
- Airflow/whiffle balls or alternative balls



### What to do

- Mark out the playing area.
- Divide players into groups of 3-5.
- Groups line up at the same end of the playing area.
- Players travel down the playing area passing from player to player along the line.
- Every player must make at least one pass before the end of the line.
- Markers or cones can be used to create a moving or passing challenge.



Alternative Balls



Introduce obstacles or defenders into the game



## Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

### Teaching style

- Emphasise to play (hit) the ball in front of the player receiving the pass.
- Encourage players to strike the ball in different ways, e.g. hard or soft.
- Encourage players to move in different formations and develop strategies to beat the defenders such as passing faster, holding the ball until they run past the defender, skipping a person when they pass along the line.

### Rules

- Change positions in line after each complete run through.
- Control the ball before passing.
- As skills improve introduce:
  - 'one touch' play
  - replace markers or cones with real defenders who don't move or tackle
  - progress to tackling defenders when appropriate.
- Introduce a time limit to add pressure.

### Equipment

- Experiment with the size and weight of the ball to increase or decrease speed of the game. A smaller, harder ball will increase difficulty.
- Bean bags may assist initially while skills develop.

### Environment

- To make the game easier:
  - reduce space between players
  - increase space between markers or cones
  - reduce the number of players.

### Safety

- Ensure appropriate space between teams.
- No stick to be raised above waist height.

### Ask the players

- What types of passes were most effective for moving the ball down the field?
- What techniques did you use to beat defenders?
- How could you work as a team to maintain possession and move the ball down the field?