

Hockey Knowledge Organiser

Key Skills:

Ball Control	Correctly holding the hockey stick—1 hand high and 1 low. A variety of skills to control the ball including dribbling, stopping and striking.
Defending	This includes the physical act of dispossessing the opponent or otherwise preventing them from passing, dribbling or scoring. Equally, a player must be aware of what position to take up in order to be effective in the passage of play.
Attacking	This includes the physical act of dribbling or passing (push/drive/sweep) the ball in order to create the opportunity to score. Equally, a player must be aware of what position to take up in order to be effective in the passage of play.
Shooting	A skill used by players within the game to score a goal.
Match Play	Used to describe the overall game. A combination of tactics and physical actions.

Game:

- The aim of the game is to score goals past the opposition's goalkeeper.
- The game begins with a pass from the very centre, on the halfway line. This also happens after half time and when a goal is scored.
- A competitive game is usually 70 minutes, in two halves.
- The team with the most goals wins the game.

Scoring:

- A goal is scored when a player hits the ball in between the goalposts and over the line from within the shooting circle.
- The ball must be hit with the flat side of the player's stick.
- Goals can also be scored from penalty corners.

Key Terms

Tactical Skills

Attack and defence
 Free space
 Losing an opponent
 Change of speed
 Timing
 Decision making

Physical Fitness

Coordination
 Agility
 Reaction time
 Power
 Stamina
 Strength

Equipment

Hockey stick
 Hockey ball
 For protection, shin pads/gum shield

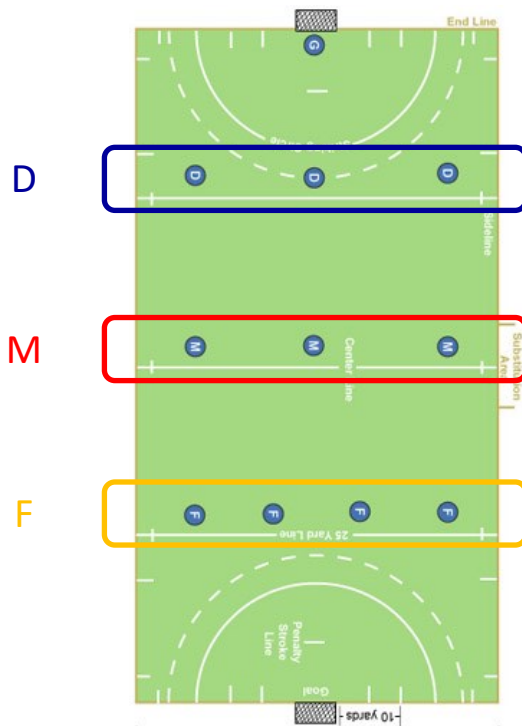
Team:

- There are two teams, which both consists of 11 players including a goalkeeper.
- The teams also consist of forwards, midfielders, defenders and may have a sweeper, depending on the formation chosen.

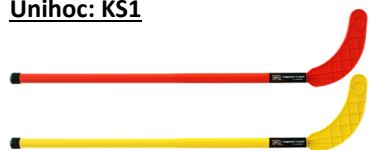
Common Fouls:

- Hitting the ball off another player with the intent of causing harm.
- Deliberately using the body to assist in moving or stopping the ball.
- Hitting the ball with the rounded side of the hockey stick.
- The stick being raised above waist height.
- Striking the opponent with the stick (or striking their stick, if deemed excessive force).

What a hockey pitch looks like



Unihoc: KS1



Wooden hockey sticks: KS2

