

Hockey - Year 5

Key vocabulary	Definition
Hockey Stick	Used to hit and move the ball.
Control	Moving the ball around to avoid being tackled.
Receive	When a team mate passes to you, you receive the ball.
Jab tackle	Using a jabbing motion to knock the ball out of the opponent's control.
Feint and doge	Pretend to go one way, but go the other.
Free pass	You get time and space to pass the ball to your team.

Key Knowledge and Skills:

Grip

One hand near the top of the stick, the other hand is about halfway down. Having a good, comfortable gap provides control.



Dribbling

We can use both sides of the stick, but in proper Hockey, you can only use the flat side of the stick. Short sharp movements confuse your opponent. Turn your back to your opponent to make it harder for them to get the ball. Running with the ball at your side can also help prevent your opponent from getting the ball.



Push Pass

Push the ball from behind the body and follow through with the stick in the direction you want the ball to go. Push with the lower hand and use the top hand for control.



If the ball hits your feet, the other team get a free pass.

The first sport we know of that seems similar to hockey was played in Ancient Egypt over 4,000 years ago.

