

Key Knowledge for striking

Passes/Shots Push Pass

Left hand at top, right hand at bottom of grip/ left foot forwards/ push ball from behind body/ follow through with stick in direction you want ball to go. Used for a shorter pass.



Slap Pass

Left hand at top, right hand at bottom of grip, hands can come together/ left foot forwards/ knees bent/ aim for chest on knee/head over ball/ stick draws semicircle across ground contacting ball slightly in front of body. Used for a longer pass.



Hit

Both hands at top of grip/ ball in line with left foot/ head over ball/ contact ball with flat stick face and follow through where you want ball to go. Used for more power.

Dribbling stick positions

Open stick: Left hand at the top, right at the bottom of grip/ knees bent/ back straight/ elbow up/ ball at 1/2 'o'clock on right hand side

Indian: Left hand at top, right hand at bottom of grip/ knees bent/ back straight/ stick rolls over ball pulling it right on reverse/ open stick dribble again slightly to the left before pulling right again.



Hockey

Key Vocabulary

Stick	The equipment used to hit and move the ball
Side In	Free hit awarded to a team after the opponent hits the ball Stick out of bounds over the sideline. Also called "hit-in" or "push-in."
Free Hit	Awarded after most penalties. Defenders must stand five yards from the ball until it is played.
Control	keeping the ball as close to the stick as possible when dribbling or receiving the ball. Or knowing what you are doing with it to keep the ball away from defenders
Receive	when a teammate passes to you
Tackle	Knees bent/ back straight/ stick flat on the floor/ left fist on the ground/ stick slightly tilted forward
Foot Foul	Occurs anytime an outfield player's foot is hit by the ball even if unintentional

Gripping the Hockey Stick

Grip Left (top) hand above the right (bottom) is a great start and holding the top (grip) of the stick. Make sure there is a gap between the top and bottom hand as this provides control, this gap can decrease as control improves and also for certain passes. Holding the grip correctly allows an easy transfer to the reverse side.



Famous Hockey Player

Lily Owsley- Currently plays for the England Women's Hockey Team. Making 150 appearance and helping England win Olympic and European Golds.



Key Questions

- How do you hold the stick?
- How would your body be positioned so you are ready to strike the ball?
- Where are you aiming for the ball to go?
- What do you do once you have struck the ball?
- How do you tackle an opponent?