



John Port Spencer Academy PE Department Organiser



Knowledge

Activity: Indoor Hockey

Year: Year 7

Key Skills:

- **Dribbling-** use of flat side only of the stick. Left hand at the top of the stick and right hand half way down. V shape grip. Turn stick to do reverse stick.
- **Passing –** Push pass for indoor. Hands apart – push action – no backswing
- **Receiving –** feet apart, knees bent. Ball position is away from feet and on open stick side. Get low to the ball. Angle stick. Stop the ball about 10cm up the stick length.
- **Defending :** block tackle
- **Use of space**
- **Small sided games**
- **Basic rules-**
 1. Use flat side of stick.
 2. Ball cannot touch feet.
 3. Ball cannot be hit – only Push passes allowed
 4. Centre pass is taken to start a match and restart after goals have been scored
 5. Players must not raise the ball off the pitch



Position of hands on stick- open stick.



Position of hands on stick- reverse stick.



Position of hands and stick for receiving.

Stretch and Challenge Task:

- List protective clothing for goalkeepers and other team players
- Explain the obstruction rule
- When is the ball out of play
- Watch a game of indoor hockey

Key Content and Terms to learn:

Push pass, dribbling. Reverse, block tackle.