

# Year 5 - PE Knowledge Organiser - Invasion Games (Hockey)



## **Dribbling**

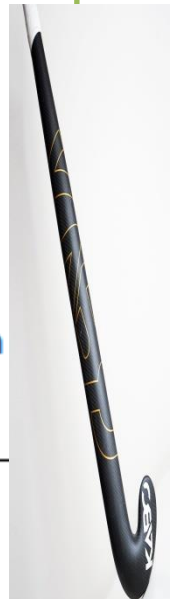
**Open stick:** Left hand at top, right at bottom of grip/ knees bent/ back straight/ elbow up/ ball at 1/2o'clock on right hand side

**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



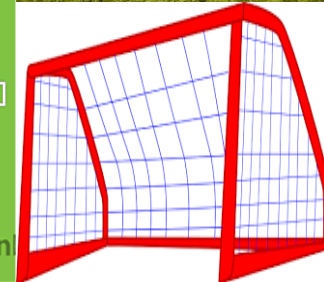
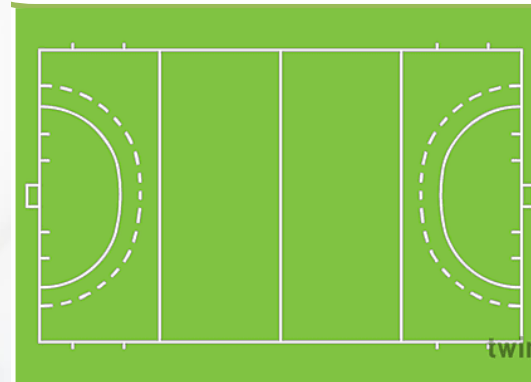
## **Grip**

**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.



## We will learn how to:

- use a push pass to pass a hockey ball
  - stop and receive a hockey ball
  - intercept a hockey ball
  - dribble a hockey ball
  - shoot and score from a stationary position.
  - use defense and attack tactics
- Play mini competitive game, following the rules.



## 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 semi-circle 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.**

## Key Vocabulary

Attack	Tackling the opposite team to reclaim the ball.
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
Defend	Keep the ball away from the opposite team and protecting your goal.
Pass	Hitting the ball to another teammate e.g. push pass, slap pass or hit.
Receive	When a teammate passes to you, you receive the ball