Knowledge Organiser: PE Year 7 Hockey

Skills

Key Words	Description	Coaching Points	Useful Information
Push pass	Moving the ball along the ground using a pushing movement of the stick after the stick has been placed close to the ball.	Left foot and shoulder point to target Shake hands grip Weight on balls of feet Head over ball Stick next to bottom half of the ball Transfer weight forward Left hand pulls stick forward Right hand exerts pressure and direction Extend arms, finish with stick and arms pointing towards target	Most common pass in hockey Used over distances of 2– 5 metres
Receiving ball on forehand	Fielding the ball onto the stick on the players right hand side.	Left shoulder points to oncoming ball Shake hands grip Bottom of stick head on ground Head steady focus on ball Adjust feet Allow ball to come to stick Control ball into space away from opponent	Bring ball under control Allow ball to come to stick, even when you are running to meet the ball
Speed dribble	Running with the ball into open space to gain ground and move the opponent	Body slightly crouched Shake hands grip Ball to right of body Contact lower half of the ball Push/tap ball ahead outside right foot Head up	Run in a straight od diagonal line Executed on right side of the body
Block Tackle	A tackle where the stick is used as a barrier in front of your feet or wide to the side	Position goal side Low centre of gravity Head of stick on ground Eyes on lower half of the ball Trap and contact lower half of the ball Control ball away from the dribbler	Use when an opponent is dribbling directly at you

Shake hand Grip

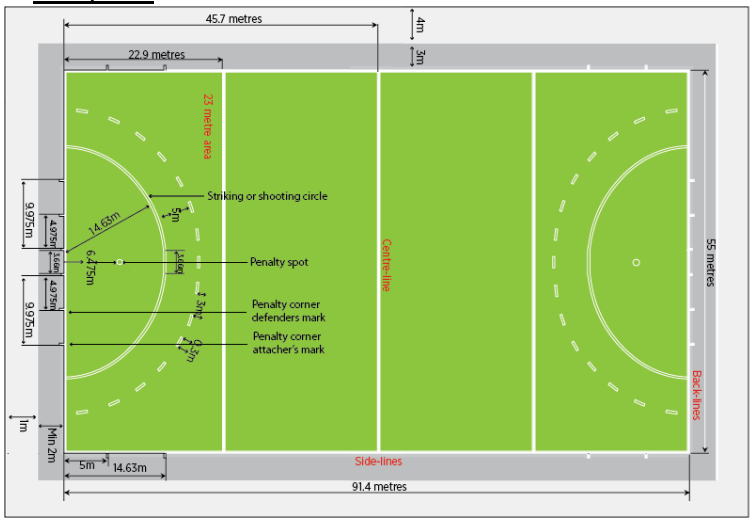
Rules

Infringement	Description	Restart
Back stick	The ball can be played on the flat, left-hand side of the stick, or on its edge; it cannot be played on the rounded side	Free hit
Foot foul	Field players are not allowed to use their feet, or any other body part, to control the ball. .	Free hit or let the game continue if the other team gains an advantage.
Stick Tackling	You can not hit, hook or hold an opponent's stick with your stick.	Free Hit

Effects of exercise

Short term	Long term
Increased muscle contractions Increased heart rate Increased rate of breathing	Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles

The pitch



Components of fitness

Component of fitness	Definition	Example of use in the game
Power	Combination of strength and speed	To Launch an accurate pass of any length
Agility	Ability to change direction quickly	Dodge to beat a defender whilst dribbling a ball
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy	Being able to play well for the entire game