

Resources:

Cones, sticks, balls, bibs

Upper KS2

Lesson 2

Objectives:

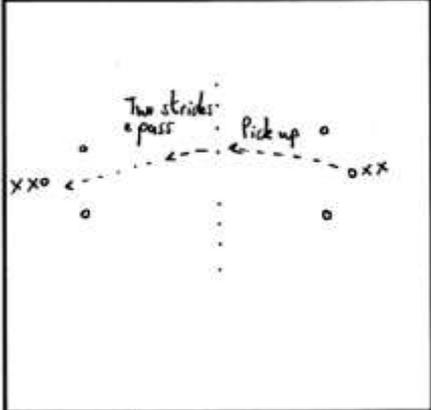
M.T. – Passing off either foot

WALT –pass a ball accurately using two different type of pass.

WILF –is for you to have the correct foot and hand position and pass accurately towards the target.

TIB –in a game the quickest way to move a ball about a hockey pitch is to pass it (keep the ball moving)

Activities	Coaching Points/Diagrams	
<p>Warm up: Running stride</p> <ul style="list-style-type: none"> Tails - Restricted area, each child with bibs tucked in shorts, run about collecting as many tails (tags) as possible in a time limit. 	<p>Running</p> <p>Non-contact Heads up Reach out to collect bib Change running stride long to short</p>	
<p>Activity 1: Sprinting, change of direction</p> <p>Slalom relay (cones)</p> <p>Split class into 5 teams and then divide team in half with 3 players and the top cone and three on the bottom cone. First player runs in and out of cones with relay baton to top cone and hands over to waiting player. Relay ends when all players in the team are back in their correct place.</p> <p>Variations</p> <ul style="list-style-type: none"> Begin by running backwards up to halfway and then turn. Sideways facing running forwards and backwards in a diagonal line. 	<p>Development of:</p> <p>Pace Agility Competitiveness</p>	
<p>Activity 2: Control. Look, Pass</p> <p>Through the gate (Sticks, ball between 2 or 3, cones)</p> <p>In pairs, spaced in a circle around teacher, using cones 3 steps apart player take 5 strides away from the cones and control, look and pass the ball through the cones. Once players have completed 10 successful passes then shorted the distance between the cones to 2 strides and continue.</p> <p>Variation</p> <ul style="list-style-type: none"> Experiment with different pass (push and hit) Once passed player more to encourage the passer to control and look to make the pass. Player 1 change places with other player 1s 	<p>Push Pass</p> <p>Basic grip Keep low Ball need right foot Keep ball in contact with foot Transfer weight from right to left foot Keep stick on ball as long as possible</p>	<p>The Hit</p> <p>Basic grip Ball level with front foot Shoulders in line with target Get low Rotate shoulders and wrist on back swing Step to the ball Right knee low to the ground at impact.</p>

<p>Activity 3: Passing the ball on the run Pick up and pass (6 cones, sticks and balls per group) In fours using a thin rectangle with a cone in the middle of each end set back a 1m with two players behind each. The 8 balls are arranged in the middle of the rectangle in a line. Player 1 runs towards the first ball, picks it up and passes to player 2 stood between the two cones, who stop the ball and moves it to the side. Player 2 then runs out, picks up the ball and passes the ball between the 2 cones at the opposite end. Continue until all players are back in the same position. Variations</p> <ul style="list-style-type: none"> • Pick up ball from opposite site • Experiment with different passes. 	<p>Passing ball accurately on the run off either foot.</p> 
<p>Game: Dribble, pull back, push pass Robbin the nest (balls) Split class into four groups, one in each corner upon command first player runs into the middle, pulls back the ball and dribbles it half way before push passing it back to the player waiting in the coned square. Once the ball is under control then that player is allowed to go and collect a ball from the middle. Once all the balls have gone from the centre the next player may steal a ball from another team's corner using a pull back, dribble and pass to their corner. Time limited game. Variation</p> <ul style="list-style-type: none"> • Introduce a golden ball (rugby ball) worth 3 balls. 	<p>Pull back Bottom hand as low as possible Turn head and pull back Bend knees and pull back across body Dribbling Basic grip Dribble ball in front of body and to the right Try to keep the ball at 2 o'clock Push Pass (see above)</p>
<p>Cool down: Control and pace Moving into space (Cones, sticks and balls for 1 each or 1 between 2) Using a large restricted area each player finds a space for themselves and their ball. Upon command player should look for a space and dribble the ball into that space whilst the teacher counts to 5 before bringing the ball back under control. Variations Follow may leader drill Partner stands 5m away and player must dribble the ball to them Reduce or increase the size of the area.</p>	<p>Head up Eyes on the space Awareness of other around you.</p>
<p>Success Criteria: I can:</p> <ol style="list-style-type: none"> 1. Perform a push and hit pass to my partner 2. Make an accurate pass on the run 3. Pass the ball whilst on the run off either foot. 	<p>Main Coaching Points Hand position Foot position Contact with the ball</p>
<p>Lesson Evaluation</p>	<p>Points for next lesson</p>